

Sze Nazalia Eurika S. 4A (10)

Dear Peter,

Hello Peter! I received your email and from what I have read, you are struggling in adapting to the secondary school environment, huh? No worries, I will do my best to help you as a great big brother! I have been through secondary school so I think my advice can help you.

Firstly, I will suggest some things that you should do to adapt better. You mentioned in your letter that you are struggling in making friends, right? With your shy and introverted personality, I am not surprised to hear that, haha! I was the same when I first entered secondary school, too. It was hard at first, but I tried to open up and talk to my classmates. Over time, you will get more used to it, so do not worry! Of course, you do not need to befriend everyone. Just find someone with the same interests as you. I know you love playing video games, and a lot of kids your age have the same interest. I think you can easily make friends with just that alone!

You also mentioned that you are quite worried about your studies which I do not understand since my little brother is one of the smartest kids I know! You came first place in almost every year in your primary days. If I were you, I would feel sorry for my classmates cause I know that I can always appear in the top 3! Just kidding, I can understand your worries. Secondary school can be pressurizing at times. Just study and work hard, but not too hard since it might affect your mental health. Stress can make your performance worse. Do not worry so much though, I believe you have lots of potential to achieve your goals.

Now, things that you should avoid doing. Honestly, the most important thing not to do for me is to be subject to peer pressure. I mentioned a while ago that you should open up more to others, but

if that person is bad (doing drugs, smoking, gambling, etc.) then you should definitely not interact with them. People like those often pressurize their innocent peers into doing bad stuff. Of course, I absolutely do not want that to happen to you. Our family and I care a lot about you, after all. Do not be too worried, you do not often cross paths with those wrong people in a lifetime.

Secondary life may seem scary and alien to you now, but I am sure you can used to it! Just remember to study hard, but do unwind at times. Avoid putting pressure on yourself, whether it be academically or socially. And, always remember that I am always here for you. Write to me if any problems arise. I will not mind even if you send a letter every second.!

Your dear brother,

Chris

The Consequences of Dealing with Drugs

It should not come as a surprise to anyone that illegal drug abuse has endless negative consequences. People of all ages have had their futures ruined because of this, whether it be teenagers, adults or the elderly. This article on drug abuse is to raise awareness on a serious matter and to hopefully make someone considering in trying drugs to take a step back and rethink.

Firstly, why people even take drugs? There are actually many reasons. Some people use it as a coping method to escape reality, some get pressurized by their friends, and some are just curious in trying it. Of these, taking drugs as a coping mechanism seems to be the most common case, and often lead to someone making their friends try it. It is actually disheartening to realize that there people in this world so sick of their lives that they result to finding a high to momentarily escape, even when they know the effects of illegal drug abuse. In the end, addiction settles in and they feel like they will not be able to live without drug intake.

Teenagers are more likely to try drugs as they are in the age where they do not know what to do and are curious in trying unfamiliar stuff. Of course, things more likely than not end up terrible and their once bright future starts to flicker and dim. Addiction causes them to not focus on school and they are more vulnerable to trying similar illegal crimes. They may end up in juvenile detention, which is jail for people not of age. In the worst case scenario, addiction may also cause death. Illegal drug intake can cause several health problems, not just physically but also mentally. Drugs can cause someone to be delusional. These delusions can cause someone to act impulsively and can end up harming someone or even themselves. Overdose on drugs may also lead to cardiac arrest, which often leads to death.

All in all, drug abuse should not be taken lightly. Schools as early as primary should educate the youth on its consequences. Unfortunately, some countries still view the subject as a taboo issue and

not mention it at all. If you or someone you know is struggling with drug addiction, please do not hesitate to contact a drug prevention hotline or talk to a trustworthy person. And, remember that there are ways more efficient to find relief which do not have any negative impacts at all.

