Drugs and Alcohol Alternatives for Teens



There are many reasons people turn to drugs, but almost all of them can be satisfied with other activities. Drugs cause so many problems and damage to a person’s health that it’s a good idea to look for other ways to satisfy the needs that draw us towards drugs in the first place.

Why do most teens start doing drugs? The majority will tell you that it was peer pressure, but that doesn’t explain why they continued using. Let’s take a look at some of the more common reasons that [teens abuse drugs](http://www.teenzeen.org/teen-drug-signs.html).

**1. Excitement:** Taking a hit of ecstasy is exciting, there’s no doubt about it. The danger adds something to the experience too, for many teens. However, if it’s thrills you’re looking for, there are other ways to get that rush of adrenaline. Try something like camping, extreme sports, or getting involved in a cause that you are passionate about instead.

**2. Boredom:** We all get bored sometimes and when the Xbox no longer holds your attention and there’s nothing good on TV, some people turn to recreational drugs to keep themselves amused. Want something to do that won’t cause slow brain cell death? Then you might need to get out a bit. To keep yourself busy **take a class, start a business, or create a blog** about something you’ve always been interested in. You could also meet up with friends and plan an event to pass the time.

**3. To Fit In:** No one really enjoys being the odd one out, so many teens [start doing drugs](http://www.teenzeen.org/how-to-get-clean-from-drugs-and-alcohol.html) just because everyone else does. If that’s your excuse, you’re hanging out with the wrong crowd. Find friends who are interested in the same things you are and stay away from those who bring you into bad situations. Your long term health is far more important than what people think of you.

**4. Curiosity:** It’s completely normal to be curious about drugs, especially if people you know are using them. That doesn’t mean you need to get sucked in. Focus your curiosity on something else instead. Learn a new language, go exploring, or pick up a new skill. If you really must [know more about a drug](http://www.teenzeen.org/drug-facts.html), read up on its effects and mortality rate. Chances are, your curiosity will be more than satisfied!

**5. Meaning:** Some teens take drugs in an attempt to find meaning in the world. It can all seem pretty chaotic and some drugs promise to help you sort things out or at least not care. Sometimes you have to create your own meaning, though. Find a cause you are interested in and pursue it. Make something happen on your own instead of waiting for the meaning of life to come to you.

**6. Escape:** Not everyone enjoys their life. Drugs might seem like a great way to escape an existence that is causing you pain. While getting high might push back the worries of everyday life, it doesn’t do a thing to solve the root of the problem and when you come back down, it will still be there. Instead, see what you can do to fix the problems in your life, even if that means **talking to a school counselor or someone you trust** to help you out.

[Drug abuse](http://www.teenzeen.org/why-not-do-drugs.html) is never a good idea. Even those who appear to take drugs without any bad effects are [messing up their bodies and brains](http://www.medicaldaily.com/news/20101119/3980/teenagers-exposed-to-drug-has-long-term-results.htm) on a cellular level, something that may not be apparent until later in their lifetime. You can avoid all that and get a headstart by looking into drug alternatives.