

BORN FREE

Do you remember what it was like to be a child? To be free from worries, responsibilities and obligations? Back then, the world seemed brand new and every aspect of life was filled with a heightened sense of wonder. You could do whatever you wanted to and make friends with whoever you chose. You did not require anything except to simply exist - to simply 'be'. That was genuine happiness. That was true freedom.

Then as time went by, you started learning more about the world. You learnt that you had to go to school - to study rigorously and do well in your examinations. You realised that people have expectations of you. You learnt that there was a ladder to climb - and that certain conditions have to be met in order for one to be respected in society.

Nobody would disagree with the fact that life is complicated and stressful, especially when living in a densely populated city. One has to get good grades, make the right friends, manage your money, deal with group politics and find love (if you have the time for it!). Next, you find yourself having to please everyone around you - from your parents to friends to teachers at school. Maybe one day, you woke up and asked yourself: 'How on earth did I get so unhappy?' And then in your quest to find relief from the stresses of life or feelings of depression, you came across something toxic - Drugs.

Drugs promise to give you a temporary escape but in exchange, you give a lot more in return - Your freedom, your family and maybe even your life. Don't believe their false promises. Rather than giving you the freedom they supposedly promise, drugs shackle you to a prison of dependence and addiction, ruining any potential you might have for your future. Besides being illegal by law, drugs are a hindrance to your freedom. Think big; and enjoy your life with all five senses wide open.

You were born free. Choose a drug-free life and stay free.