

The Invisible Trap

Speech:

Good morning, everyone,

Today, I want to talk about an invisible trap — one that we can easily fall into unless we use our brains wisely. That trap is drug addiction. And how do we avoid it? Before I share any advice, I'd like to begin with a true story from my own life.

When I was doing my O Levels, I had a very close friend. We had grown up together since childhood. He was one of the smartest boys I knew — brilliant at his studies and excellent at sports. But something changed. He made some new friends, and under their influence, he started experimenting with drugs. At first, it was occasional — something they did for fun. But slowly, that fun turned into a daily habit, and before long, he became addicted. His grades fell, he stopped playing sports, and today, his life is not what it could have been. He was a good person — I knew that very well — but drugs took him down a dark path. I often wonder: how did it happen to him? And more importantly, how can we stop it from happening to others?

The reality is that drug addiction can trap anyone, and it happens in stages. First comes experimentation, often starting with curiosity or peer pressure. A friend might say, “Come on, just try it once.” But that one moment can be the start of a dangerous road. Next is daily use, when the drug becomes part of their routine — something they rely on to relax or to feel good. Finally, comes addiction, when their brains become dependent on the substance, and quitting feels nearly impossible.

Drug addiction isn't just a personal problem — it's a global issue. We can see here how the rate of deaths because of drug abuse has risen up over years. Reports show that over 500,000 people die every year from drug-related causes worldwide. That's half a million families left grieving every single year. Imagine the contributions those people could have made to the world.

So, what can we do to avoid this trap? To do that First, tame your mind. Strengthen it through meditation and positive habits. Next, control your curiosity and be mindful of what you seek. Lastly, choose your friends wisely. Surround yourself with people who inspire you to do better, not those who pull you into harmful habits. And ask for help if you need it. There is no shame in seeking support

Addiction is not something that happens only to “bad” people — it can happen to anyone. But with awareness, self-control, and the right choices, anyone can avoid it.

Thank you.