

Testing ... one ... two ... three



Three times a week, yes, I said three times a week, child! That's how often you need to get a urine test if you want to prove you are not using a drug.

There is a lot of info out there on the net regarding drug testing. I just took a look because I had to answer yet another question about how long a particular drug stays in the system. I don't know where these questions are coming from and whether they are from teenagers, adults or parents (yes, I know parents are adults... well not always!). But there seems to be a bit of anxiety over getting tested.

Tests have always caused anxiety. I had a friend in high school that had to leave the room and take her algebra tests somewhere else because she had too much anxiety about the test to think in the classroom. We take tests all the time to see how much we've learned, or to let people know about our attitudes, or to see if our eyes or our hearing works. And it seems it's becoming popular to do drug testing.

I was talking to some parents quite a while ago now and one of them talked about getting these drug testing kits from the store to test their kids. Wow, I thought, you don't even have to have a conversation with the kids anymore, just order them to pee in the bottle (or wear a sweat patch, or take a saliva swab...) and you get your answer (maybe). Maybe sometimes the focus is too much on the drug and not enough on the relationship. What happened to the relationship that affected the child's decision-making on drugs? I don't know.

I do wonder all the time how we can make the world a better place. Maybe if we start by getting to know our kids, being curious about what is going on in their lives, and interested in how they see the world and are affected by it, we might find a few less of them deciding to escape into some fabricated form of happiness by using drugs.

Just a thought.

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Thanks,

Lisa.