



Volume 4: Lauren Conrad, Designer-Author

Name _____ Date _____ Class _____

Natural High: Any activity, art form or sport that you love to do and that does not involve drugs.

Role Model: Any person who shows the qualities, interests that you admire.

Watch the clip about Lauren Conrad and answer the following questions:

1. Describe Lauren's childhood growing up in Laguna Beach, California.
2. According to Lauren, what happens to kids that do drugs in high school?
3. Lauren's Dad said how important to have a "passion" in life. What is Lauren's passion?
4. How does drug use affect people in Hollywood trying to start careers in entertainment?
5. What is Lauren Conrad's *Natural High*? _____
6. Describe a dream that you have for your future.

What are the steps to acquiring your dream?

How would drug use now affect your ability to achieve your life dream?

7. Do you know someone who has chosen drugs or alcohol over their dreams for the future?

If so, how did that choice affect friends and family?

→ Go to NaturalHigh.TV to "Review the Film" or to "Send to a Friend" and win a Lauren Conrad prize pack!!