



## Volume 6: David Ottestad, Musician

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

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

*Value or Moral:* Your personal belief about something and what you feel is important in your life.

*Stereotype:* When everyone is judged in a certain way because they are in a particular group.

Watch the clip about David Ottestad and answer the following questions:

1. Where did David Ottestad get his love for music? Give at least 2 examples.
2. When David turned 18, he thanked his mother. Explain.
3. What was David's first experience with drugs? Be specific as possible.
4. What did David think of the few parties that he went to?
5. When David's brother needed help (often referred to as hitting bottom in A.A.) what did David see in his brother's apartment? \_\_\_\_\_  
What does David think of the *stereotype* that people have about musicians and the "party lifestyle" that they are "supposed" to have.
6. What *value* is discussed in this film clip that helps David make decisions?
7. How does drug use affect people who perform on stage or in front of others?
8. What is David's *Natural High*? \_\_\_\_\_

For discussion: Name and discuss some stereotypes in your school. How does it make you feel when you are stereotyped by others?

Go to [NaturalHigh.TV](http://NaturalHigh.TV) and tell David, "What's Up" and be entered to win a prize pack!!