



Natural High 1 Going Deeper Discussion Guide

(Student's version)

WRITE ABOUT IT AND TALK ABOUT IT! Discuss the following questions as a class or with your friends and family. When you're done visit www.naturalhigh.org to submit your own natural high!! You can also fill out our feedback form so we can hear your ideas and suggestions for future DVDs.

Peter King (host) says we all have gifts and talents – “natural highs.”

Q1) What sport, art form, or activity do you love to do most to get a “natural high”? Explain how it feels to experience a natural high.

Tony Hawk (skateboarder) says if he did drugs or alcohol, he would never have been able to become a world champion skateboarder.

Q2) Why will you do better in school, sports, and activities if you're drug-free? Write down one lesson that your favorite natural high activity has taught you about success. Write down one goal you'd like to achieve in the next year. Explain how your natural high lesson about success can help you achieve this goal.

Malia Jones (surfer/model) says drugs are really addicting because all the people she knows who do drugs lost their passion for the things they love, like surfing. Jon Sundt (Founder of the Sundt Memorial Foundation) says if you think you can do drugs when your young and get away with it – you're wrong. Jon says drugs can catch up with and hurt you – possibly even kill you, just like they killed his brother Eric.

Q3) Why are drugs, alcohol, and tobacco so addicting? How can the use of drugs, alcohol, and tobacco affect you the rest of your life?

Ray Barbee (skateboarder), Felix Arguelles (skateboarder), and Kelly Slater (surfer) all say that they watched skateboarders and surfers with tremendous talent and potential blow their chances of becoming great because they used drugs.

Q4) Why do you think this happened? Why do kids want to do drugs, drink alcohol, and smoke cigarettes? What can you do to ensure that you won't blow your chances of becoming great at what you love to do?

Willy Santos (skateboarder) says you have more control in life when you're clean. Christiana says powerful people will try to manipulate you into doing drugs so they can control you. Nowadays it is almost impossible to attend parties where people aren't doing drugs and drinking alcohol. But Willy and Christiana say you still need the will power and courage to say “no” and be willing to walk away.

Q5) When someone offers you drugs, alcohol, or tobacco, how can you use this courage to say “no” and walk away?

Kelly Slater (surfer) says just because you haven’t experienced drugs and alcohol, doesn’t mean you should try them. Kelly says he’s never cut off his hand with a knife, and he’s never put his foot in a meat grinder. But he knows both would severely hurt him.

Q6) What are some things you know that will severely harm you that you’ve never tried? How does this line of thinking apply to drugs, alcohol, and tobacco?

Tim Curran (surfer) says he saw a lot of his friends ruined by drugs. Drugs and alcohol can not only ruin your life, they can kill you. Imagine that your best friend died from drug use or your sister or brother died in a drunk driving accident.

Q7) Explain how you would feel about not having them in your life. What would you miss about them?

Malia Jones (surfer/model) says everyone she knows who became an addict never started with the intent of becoming an addict. One of the biggest misunderstandings about drugs is that kids don’t believe that smoking cigarettes and using marijuana leads to harder drugs like speed, crack, and Ecstasy. But they do.

Q8) Even if your friends, parents, brothers or sisters smoke cigarettes or weed – and say it’s okay – why should you always say NO?!

Peter King (host) encourages you to live the “killer” life you deserve. To do that, Peter says ultimately all the responsibility about whether you do drugs, drink alcohol, or smoke cigarettes is on you. You have the ability to make good decisions just as much as you do to make bad decisions. It’s a matter of choice.

Q9) Write a short “statement of choice” promising that you will not do drugs, drink alcohol, smoke cigarettes or chew tobacco.

Q10) What type of life do you want? What choices are you going to make to get there?