



Natural High 1 Going Deeper Discussion Guide

(Teacher's version)

The following questions and sample answers are based on excerpts from the **Natural High 1** video. Use them to engage your students in discussion about drugs and alcohol. The questions vary in level of depth and complexity. Choose the ones you feel will be most appropriate for your students. When you are done please fill out our Feedback Form on www.naturalhigh.org. Your ideas and input are *very* valuable to us!

Q1: Peter King (host) says we all have gifts and talents – “natural highs.” 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.

A: (a) Sports, school, playing music, art, reading, math, chess, volunteering, friends, youth group, exploring nature. (b) Alive and free; excited and hopeful; floating on air; like time stopped; like there is nothing else I'd rather do.

Q2: Tony Hawk (skateboarder) says if he did drugs or alcohol, he would never have been able to become a world champion skateboarder. 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.

A: (a) Better focus and concentration; better memory, judgment, and attention; better sleep; quicker reactions; better attitude. (b) Having fun; practicing leads to success; learning skills; building relationships; overcoming obstacles; persevering; believing in myself and my abilities; learning to respect others; learning to listen to others; achieving small goals. (c) “Doing rails on my snowboard.” (d) “If I practice enough, I'll be able to do rails.”

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

A: (a) Drugs have chemicals that make the body dependent on them, causing cravings for more. And with some drugs, these cravings become stronger and stronger, making the body want to do stronger drugs. (b) If you get caught using drugs or dealing drugs, you could go to jail. Drugs make you lazy; make you forgetful; destroy your body; give you cancer; make your mind wander; make you want to skip school; make you uncoordinated. Drugs can destroy your family, cause you to lose your friends or job, and affect your memory and coordination.

Q4: 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. 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?

A: (a) They lost their motivation; they lost focus; they got lazy; they went to jail. (b) To seek approval and acceptance; to escape reality; because they are depressed; because they think it makes them cool; curiosity. (c) Stay clean; focus on healthy things you love to do – not things that will distract from your passion and harm you.

Q5: 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. When someone offers you drugs, alcohol, or tobacco, how can you use this courage to say "no" and walk away?

A: Leave the party or environment; say "no"; call your parents and have them pick you up. Stand firm in your beliefs; stay close to other friends who don't do drugs, drunk alcohol, or smoke cigarettes.

Q6: 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. 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?

A: (a) jumping off a building, sitting on an open fire, laying down on a busy street, drinking gasoline, eating rat poison, etc. (b) They all can severely harm you – if not in the short run, then in the long run. And they can kill you.

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

A: (a) Sad, depressed, lonely, sorry, bummed, guilty, ashamed, etc. (b) Playing, talking, laughing, hanging out, their smile, hug, etc.

Q8: 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. Even if your friends, parents, brothers or sisters smoke cigarettes or weed – an say it's okay – why should you always say NO?!

A: Because its unhealthy, illegal, addicting, and they can lead to harder drugs – even death.

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

A: Have the kids write a statement of choice. For example: “When my friends ask me to drugs, alcohol, or tobacco, I have the choice to say yes or no. I promise to make the choice to say “no” because

_____.

And I promise to seek advice or help from others I trust if I need advice or help.

Signed: _____.

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

A: Encourage kids to think deeply and write thoughtfully about these questions.