



# Natural High 2 Going Deeper Discussion Guide

(Student's version Grades 7<sup>TH</sup>-12<sup>TH</sup>)

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](http://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.

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(1) Tony Hawk (skateboarder) says we all have gifts and talents – “natural highs.” Wendy Fisher (extreme skier) says she gets her natural high from skiing big peaks and being with friends.

**Q: 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.**

(2) Kelly Clark (snowboarder) says she's drug-free because drug use would interfere with her ability to be a champion snowboarder. Tori Allen (rock climber) says she couldn't be a champion rock climber and do well in school if she used drugs and alcohol.

**Q: Why will you do better in school 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.**

(3) Tony Hawk (skateboarder) says that it's very difficult to stop doing drugs once you start. He says drugs can affect you the rest of your life.

**Q: Are drugs and alcohol bad for you? Why? How can drug and alcohol use affect you for the rest of your life?**

(4) Ricky Carmichael (motocross) says he's seen a lot of talented people in motocross blow their chances of becoming great, because they used drugs.

**Q: Why do you think this happened? Why do people want to do drugs, drink alcohol, and smoke cigarettes?**

(5) Ilton Degado (Hip Hop dancer) says he avoids drugs and alcohol by staying away from places where people are using drugs. Gretchen Blier (snowboarder) says it is almost impossible to attend parties where people aren't doing drugs and drinking alcohol. But Ilton and Gretchen say you still need the willpower and courage to say “no” and be willing to walk away.

**Q: Describe how your natural high activity makes you feel courageous. When someone offers you drugs or alcohol, how can you use this courage to say “no.” and walk away?**

(6) Nina Heinberg (kite boarder) says having a passion will steer your life in the right direction. Kelly Clark (snowboarder) says the secret to becoming successful is finding something you love and putting a lot of time and effort into it.

**Q: What does it mean to have *passion*? If you want to be really good at your natural high, what type of sacrifices must you make?**

(7) Tony Hawk (skateboarder) and Travis Pastranas (motocross) say that surrounding yourself with lazy people will drag you down and make it difficult for you to be successful. Nina Heinberg (kite boarder) says she chooses friends that have a *positive outlook* on life.

**Q: What does it mean to have a positive outlook on life? Do your friends have a positive outlook on life? What types of positive things can you do to support and encourage a friend’s natural high activity?**

(8) Laird Hamilton (wave rider) said that he had good influences and positive role models that helped him throughout his life?

**Q: List the name of your favorite hero, heroine, or role model. Why do you admire him or her? What qualities do you see in him or her that you’d like to further develop in yourself?**

(9) Mr. Wiggles (Hip Hop dancer) says the biggest misunderstanding about drugs is that kids don’t believe that smoking cigarettes and using marijuana leads to harder drugs like speed, crack, and Ecstasy. But Mr. Wiggles says it does. He says that EVERY person he knows who has died from drugs, started with cigarettes and weed.

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

(10) Laird Hamilton (wave rider) and David Downing (snowboarder) say drugs create a false reality and temporary high, and that when you come down from a “drug high,” you are left felling lost, lonely, and depressed.

**Q: Why does this happen?**

(11) **Q: What type of life do you want? What choices are you going to make to get there?**