



# Natural High 2 Going Deeper Discussion Guide

(Teacher's version - Grades 7<sup>th</sup>-12<sup>th</sup>)

The following questions and sample answers are based on excerpts from the **Natural High 2** 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](http://www.naturalhigh.org). Your ideas and input are *very* valuable to us!

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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.**

*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.*

(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.**

*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.”*

(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?**

*A: (a) Drugs damage your mind and body. They can hurt you and cause you to hurt others. They can kill you. (b) If you get caught using drugs or dealing drugs, you could go to jail. Drugs make you lazy; make you forgetful; 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.*

(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?**

*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.*

(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?**

*A: (a) You feel strong, sturdy, powerful, independent, confident, positive, sure, secure. You feel in control. (b) 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 or drink.*

(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?**

*A: (a) Passion: a strong or compelling force, affection, fondness, desire, or enthusiasm. (b) Study hard; go to bed early; practice kicking soccer goals; write in a journal everyday; avoid parties; avoid going to an all-night rave.*

(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?**

*A: (a) Positive outlook: fun; ambitious; motivated; seeing the glass half full; energetic; enthusiastic; goal oriented. (b) Call them; send an email of encouragement; go to their games or matches; drag them out of bed for practice in the morning; pull them away from people who are doing drugs; let them know that you care.*

(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?**

*A: (a) Athletes, celebrities, musicians, writers, artisans, parents, grandparents, caregivers, neighbors, teachers, counselors, coaches, mentors, God. (b,c) They're talented; smart; funny; successful; cool; happy; respected; drug-free.*

(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!?**

*A: (a) Because it's unhealthy, illegal, addicting, and they can lead to harder drugs – even death.*

(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?**

*A: After a drug high, there is a "drug low." The body is exhausted and "fried" from trying to fight off the chemicals or "burnt out" from excessive stimulation.*

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