



Natural High 2 Going Deeper Discussion Guide

(Student's version Grades 4th-6th)

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.

(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 and being with friends.

Q: What sport, art form, or activity do you love to do that makes you feel good inside? This drug-free, good feeling is called 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?

(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 drugs and alcohol use harm you when you get older?

(4) Mr. Wiggles (Hip Hop dancer) says you not only destroy your life when you do drugs, but that you also destroy the lives of those around you.

Q: Explain why your parents or grandparents would feel disappointed and upset if they knew you were doing drugs or drinking alcohol.

(5) Laird Hamilton (wave rider) said that he had positive role models that helped him throughout life. List the name of your favorite hero, heroine, or role model.

Q: 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?

(6) Mr. Wiggles (Hip Hop dancer) says 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, brother, or sisters smoke cigarettes or weed – and say it’s okay – why should you always say NO!?

(7) 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? What activities are you passionate about?

(8) Ricky Carmichael (motocross) says that when he feels down or lonely, he goes and talks with a person he can trust.

Q: If you needed good advice or a shoulder to cry on, whom would you talk to? Why this person?

(9) Tony Hawk says you’re not missing out on anything by not doing drugs. In fact, Tony says drugs and alcohol only prevent you from reaching your true potential. He says you need to make a commitment not to do drugs and alcohol. Write a short “statement of commitment” promising that you will not do drugs and drink alcohol.

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