



Natural High 2 Going Deeper Discussion Guide

(Teacher's version Elementary)

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. Your ideas and input are *very* valuable to us!

(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.

A: Sports, school, playing music, art, reading, math, chess, volunteering, friends, youth group, exploring nature. Natural Highs make you feel 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?

A: Better focus and concentration; better memory, judgment, and attention; better sleep; quicker reactions; better attitude.

(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?

A: Drugs damage your mind and body. They can hurt you and cause you to hurt others. They can kill you. 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) 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.

A: Because they love you; they care for your well-being; they want the best for you; they don't want you to get in trouble; they want you to achieve your dreams; and they want you to be healthy and happy.

(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?

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

(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!?

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

(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?

A: **Passion:** a strong or compelling force, affection, fondness, desire, or enthusiasm. (b) Any anti-drug natural high activity.

(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?

A: Parent, grandparent, caregiver, teacher, counselor, coach, neighbor, mentor, God. (b) Trust, confidence, security, privacy, good listener, unconditional love, compassionate, caring, kind, smart, respected, admired.

(9) Q: 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.

(10) 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.

Q: Write a short "statement of commitment" promising that you will not do drugs and drink alcohol.

A: Have the kids write a *Promise Card*. For example: "When my friends ask me to do drugs or drink alcohol, I promise to _____. Signed: _____." Sample answer: "I promise to say "no" and to stand firm on my own values and beliefs about not doing drugs and drinking alcohol. And I promise to seek advice or help from others I trust if I need advice or help.