



“The thing that worked for me when I felt that I couldn’t turn towards my parents or it was too personal of an issue to discuss with friends or people I didn’t know I wrote down in a diary what was bothering me... Writing about it at least lets it out, talking about it lets it out.” ~Mya

Natural High 3 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 “Sonny from P.O.D. said, “Dude I’m on a natural, I’m going to catch a natural today. Whether it was surfing or whether it was a little road trip, or just jumping on our bikes and cruising all over town.”

Q: A *Natural High* is an activity, art form, or sport that you love and that makes you feel good inside. Why does Sonny choose “*natural*” activities over drugs? What is your *Natural High*? How would doing drugs affect your ability to get your “*natural*”?

#2 Mya says, “There’s really no coming back from it if you abuse a situation. Because one time, can mean the rest of your life. That’s with boys, that’s with drugs. That’s with violence. Anything.”

Q: What did Mya mean when she said one time can mean the rest of your life? Do you think you can try drugs just one time and not get hooked or worse? Why or Why not?

#3 Chad Butler from Switchfoot told us to, “not be afraid to be the guy to call it and say “I think we’re going to leave” You can’t be afraid to say “NO”.”

Q: What did Chad Butler mean by not being afraid to “call it” and leave a bad situation? Think about and write down how you would “call it” and leave a bad situation concerning drugs.

#4 Wuv from P.O.D said, “I think that the main thing is camaraderie. You gotta to be with some bros, you know what I mean? You gotta have a group of people who enjoy the same thing.”

Q: Camaraderie means a close friend. Wuv chose friends that didn’t do drugs but instead found their natural high. Why is choosing friends so important?

#5 Darrin Henson said, “Drugs is not an option for me. Period. When people were out doing drugs, I thought about it, I made a split decision in my head. I said I could do this, which is what I wanted to do—dance, or I could do that.”

Q: Darrin Henson made the decision ahead of time not to do drugs. He chose dance over drugs. What activity would you choose over drugs? Have you made the decision to choose in YOUR head?

#6 Mya said, “Back to myself, I have never been tempted, but I would not want to disappoint the ones I love, or myself like that.”

Q: What does Mya mean when she says she doesn’t want to disappoint herself or the ones she loves by doing drugs? Who would you disappoint if you did drugs?