



*“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

(Teacher’s version Grades 4<sup>TH</sup>-6<sup>TH</sup>)

The following questions and sample answers are based on excerpts from the **Natural High 3** video. They can also be found on the DVD itself under the chapter called “Contest and Questions”. 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 “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*”?

**A:** Sonny chooses natural activities over drugs because it allows him to better focus and concentrate on his real passion, music. Passion is defined as a strong or compelling force, affection, fondness, desire, or enthusiasm. He also has better memory, judgment, and attention; better sleep; quicker reactions; and a better attitude due to this choice. Doing drugs can mean just the opposite; they can distract you from your potential. They can make you uncoordinated, forgetful, inconsistent, lazy, unmotivated, hot tempered and unreliable. They could also destroy your family, make you want to skip school, and cause you to lose your friends or job. All these traits could greatly affect your willingness to pursue other passions and achieve your Natural High.

*\*Concept definition and exploration of “Natural High”. Helps kids identify their OWN natural high.*

**#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?

**A:** Mya means there are many long term consequences associated with drugs that you may not realize or think about. Drugs are unhealthy, illegal, addicting, and they *can* lead to harder drugs. They 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. They can make you more sexually active then you want to be. You may be

able to try drugs one time without anything happening, but your chances are 100% unpredictable. Something negative could easily happen and there is nothing you could do to control it. Take a minute and ask yourself, are you ready for any of those consequences, are they worth such large risks?

*\*Ties in the one time/trial consequence/scare. Delay onset of drug use and encourage to completely abstain.*

**#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.

**A:** Sometimes you really have to take a strong stand for what you believe in and truly decide what and whom you want to be associated with. There are going to be times you will have to do this alone. It is not going to be easy and it requires a lot of courage, but you will be happier when you remain true to yourself in the end. Sometimes you also have to remove yourself from the situation, location, people and/or temptation all together. This may be when the pressure is coming on too strong and your will power feels too weak. The best thing to do is leave and find something healthy to occupy your time and thoughts.

*\*Works on refusal skills. Studies show when kids have practiced how to say no, they are more prepared when they are approached in the future.*

**#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?

**A:** Like the old sayings “you are who you hang out with” or “you attract that which you are” you must be careful when choosing friends because they are a direct reflection of yourself. Most likely if someone doesn’t know you, they can look to your friends to gain a pretty decent prediction of your attitude, stands, likes and dislikes. Choosing friends is so important because your friends can mean the world to you. You may spend the majority of your free time with them and talk to them about everything happening in your life. Because of this, if you do not choose quality friends they can have a major negative impact on your life. You need positive relationships where you can have a blast with pursuing your natural high and remaining drug free. You need friends who are going to energize you, encourage you, and be there for you.

*\*Focuses on identifying positive peer relationships and accompanying activities.*

**#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?

**A:** If you haven't really thought about it, you will be less prepared and more likely to just go with the flow when offered drugs. Contemplate the costs associated and figure out if its worth it.

*\*Works on Decision making in the present. Forces students to consciously think what they WANT and what they will stand for. This will hopefully keep them being wishy washy about their stance and thus wishy washy when they are being offered/tempted.*

**#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?

**A:** Whether it's parents, friends, siblings, grandparents, caregivers, neighbors, teachers, counselors, coaches, or mentors, 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. It would hurt them to watch you abuse yourself and your future by doing drugs.

*\*Consequences to the individual and further: incorporates the family/friends/loved ones aspect. How it reaches and affects others.*