



“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 7th-12th)

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 Jon Foreman from Switchfoot said, “It’s good to be able to think about the future.....even though at the age of 16 or 18 the age of 28 feels like a lifetime away, every decision I made when I was 16 has led me to where I am now.”

Q: Jon Foreman made choices in high school which enabled him to become a successful lead singer of a famous band. What is your dream for the future? What are the decisions you should make today, to help achieve your dream in the future? How would drugs derail that dream?

#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 Mya said, “Sometimes you do have to isolate yourself or get involved with other people that can bring some healthy decisions around you; and that can be really difficult when you are trying to please everyone.”

Q: What did Mya mean when she said she needed to isolate herself or get involved with other people? Do you ever find yourself in the same situation? How do you handle it?

#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?