



## Classroom Discussion Guide: Student Version

The following 6 questions included in this Video Discussion Guide are presented as an opportunity for students to engage in meaningful discussion following the viewing of the Natural High 4 film. A comprehensive Natural High 4 Teacher Guide and supplemental questions can be downloaded for free at: [naturalhigh.org](http://naturalhigh.org)

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**QUESTION # 1: WHAT IS THE ONE THING THAT STOOD OUT TO YOU OR CAUGHT YOUR ATTENTION IN WHAT WE JUST HEARD AND SAW IN NATURAL HIGH 4?**

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**QUESTION #2: WHAT IS YOUR NATURAL HIGH? HOW DOES IT MAKE YOU FEEL?**

*Film Clip: Anna Rawson, LPGA pro golfer said, "My natural high is adrenaline. Playing golf at the highest level, knowing you have to hit that shot and there's butterflies and that crazy intense feeling that you get nervous where you can't control, your hands are shaky, your palms are sweaty—that's what I live for."*

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**QUESTION #3: IF A FRIEND OR FAMILY MEMBER WANTED YOU TO DRINK OR DO DRUGS WITH HIM OR HER, HOW WOULD YOU HANDLE IT?**

*Film Clip: Mike Conley, Jr, NBA star said, "The first time I heard about drugs was in the 6th grade. Where we moved to wasn't the best area. Guys were running around school talking about different things they were doing or they might try and I had a couple people approach me and say, hey man come over here and check this out... I always made up excuses until I had enough courage to say no, I'm good. I don't feel like doing that. I don't think that's going to help me become what I want to become."*

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**QUESTION #4: WHAT CAN YOU DO TODAY TO HELP YOU ACHIEVE YOUR DREAMS AND GOALS FOR THE FUTURE?**

*Film Clip: Paul Rodriguez, pro-skateboarder said, "whatever you do, just accomplishing something after trying it for weeks, months, days, hours and finally you land the trick and finally you're rolling away, it's just amazing, it's literally a buzz."*





**QUESTION #5: WHO IN YOUR LIFE WOULD YOU CONSIDER TO BE A POSITIVE INFLUENCE OR ROLE MODEL? WHY?**

*Film Clip: Matt Thiessen said, "Something I'm really proud of in my life is that I've surrounded myself with really cool, quality people and really sunk in to those friendships and those people have all helped me to keep a positive outlook on life, especially with staying away from things I don't need to be involved in."*

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**QUESTION #6: HOW DO OLDER KIDS AND THE MEDIA MAKE DRUGS AND ALCOHOL LOOK COOL? WHAT DO YOU THINK IS REAL AND WHAT IS FAKE OR A RIP-OFF?**

*Film Clip: Jon Sundt, producer of Natural High said, "what the high drugs give you is a rip-off. Older kids make it seem so cool and sometimes the media makes it seem so cool. But what I think is way cooler is a natural high."*

