

COLLEEN D'AGOSTINO

DISCUSSION QUESTIONS



Want to share your natural high with Colleen D'Agostino? Tweet her @ColleenTM with #LiveNaturallyHigh. She might tweet back!

1. Colleen describes performing as the best feeling she's ever had. What's the best feeling you've ever had? Why?
2. One out of five teens suffer depression. Writing music helped Colleen with her depression. Why do you think this was so for her?
3. Colleen suggests we be aware that some people need help. Have you ever noticed someone in need of help? What did you do? Would you do anything differently in the same situation? Explain.
4. What advice do you think Colleen would give to a teenager who is considering using drugs or alcohol as a way to cope with depression or other problems? What advice would you give?
5. Colleen says that you need friends and you should surround yourself with "people that push you to be your best self." Do you have people in your life that push you to be your best self? What kinds of things should friends do to support each other?



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Natural High is a 501(c)(3) nonprofit organization that relies on the generosity of individuals, corporations and foundations to help youth discover, amplify and pursue their own natural high so they have a reason to say no to an artificial high.

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