

# JON SUNDT

## DISCUSSION QUESTIONS



Want to share your natural high with Jon Sundt? Tweet him @Jon\_Sundt with #LiveNaturallyHigh. He might tweet back!

1. Why did Jon start Natural High?
2. Jon says, “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.” Give some examples of the media making drugs and alcohol look cool. Do you think drugs and alcohol look cool?
3. How do Jon’s memories impact his decisions?
4. How do your memories impact your decisions? What is a specific example of a memory, something that happened in your life, that influences your actions now?
5. Steven’s daughter talks about her anger toward her father for using drugs. What are you angry about? How do you deal with it?
6. Why do you think Jon chose to use videos to help convey his message?



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