

THE SOCIAL NORMS APPROACH

LESSON #1

REFLECTION GUIDE



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Social norms are the unwritten rules of how things work around here — it's socially acceptable behavior. Humans have an innate desire to fit in and find acceptance from others. It's normal, and healthy. We are constantly scanning for ways to engage with others that will not only reduce friction but give us the acceptance we long for.

As adults, we're influenced by the ways we perceive the social norms around us. Teenagers, even more so. In the six following videos, we're going to examine how social norms influence us and our kids.

REFLECTION QUESTIONS

1. *What are the social norms that influence your behavior?*
2. *When is a time in your life you remember when you didn't fit within the social norms? How did that impact you?*



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