

# THE SOCIAL NORMS APPROACH

## LESSON #4

### REFLECTION GUIDE



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Most teenagers don't smoke, drink, vape, or do drugs. But, most kids overestimate how many of their peers do. It's human nature to focus on negative behavior, and quickly it can become an extrapolated perception.

It's important to help your kids see reality. Research studies have shown that when kids realize the accurate facts, they make better choices. By doing a quick Google search, you might find recent local survey data. You can also reach out to your local school site counseling team or the leaders in the school district.

### REFLECTION ACTIVITY

1. Watch this video with your teen(s)
2. Ask them what they think
3. Invite them to share their perceptions of substance use
4. Share with them your perception of the social norms when you were their age
5. Ask your kids to share a few peers they know who they admire and look up to who are leading a healthy lifestyle



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