

THE SOCIAL NORMS APPROACH

FURTHER RESOURCES

REFLECTION GUIDE



Want to share your natural high with us? Tweet us @NaturalHigh with #LiveNaturallyHigh. We might tweet back!

FREE RESOURCES AVAILABLE ON [NATURALHIGH.ORG](https://www.naturalhigh.org)

Storyteller Library — Our library contains our roster of **40+ Natural High Storytellers**: athletes, artists, musicians, designers – people who kids admire and trust. Each Storyteller video has discussion questions and activities.

Step 1

WATCH

A NATURAL HIGH VIDEO



Step 2

DISCUSS

TOGETHER AS A GROUP



Step 3

GO DEEPER

THROUGH FUN ACTIVITIES



Natural High Essentials — A series of short emails designed to give you more life-changing content. We send you thoughtful and engaging resources directly to your inbox every week to equip you with the tools and resources to help guide your kids and/or students to make healthy choices and build a foundation for years to come.

OUR MISSION IS TO INSPIRE AND EMPOWER YOUTH TO FIND THEIR NATURAL HIGH
AND DEVELOP THE SKILLS AND COURAGE TO LIVE LIFE WELL.



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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.

[NaturalHigh.org](https://www.naturalhigh.org) | [#LiveNaturallyHigh](https://twitter.com/NaturalHigh)