

# PLEDGE TO LIVE NATURALLY HIGH

## ACTIVITY

### Time Needed

5-10 Minutes

### Materials

Pledge

Pen

### Activity Description

Too often, students are blindsided by invitations to use harmful substances like alcohol or drugs. They never thought it through before or expected how they might respond. Research has found that students who plan ahead for their response to drugs and alcohol will have stronger self-control, and make choices aligned to their values. It's a simple exercise we can guide all students to do.

### Suggested Steps

1. Consider each question and jot down your own personal reflections to share with others:
  - Are you curious about using drugs and alcohol?
  - Who can you talk to about using drugs and alcohol?
  - What is drug addiction?
  - Is it safe to experiment with drugs?
  - How do you "just say no"?
2. Print and sign the [Natural High Pledge](#) or sign it digitally [here](#).



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