

CHOOSING WISELY: NAVIGATING THE WORLD OF NATURAL AND ARTIFICIAL HIGHS

DISCUSSION QUESTIONS

After watching the short video, use these discussion questions to guide the conversation.

1. In the video, it's mentioned that drugs can push the natural things that make you happy way down your list. What are some things you love doing now that you'd never want to lose?
2. How can understanding the risks of artificial highs help you and your peers make safer choices and lead to a more fulfilling life?
3. Artificial highs can lead to addiction and isolation. How do you think nurturing natural highs and positive relationships can contribute to your health and happiness?



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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.

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