

THE DARK SIDE OF HIGHS: UNMASKING ARTIFICIAL REWARDS

DISCUSSION QUESTIONS

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

1. The video says drugs create an artificial dopamine "superhighway." What does this mean to you?
2. What are some of the long-term consequences/lasting effects of using drugs? How do these consequences affect a person's future?
3. How would you approach peer pressure or situations where drugs are offered to you or your friends? What strategies could you use to make a healthy choice in such situations?



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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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