



NATURAL HIGH'S 4 FOR 4 SERIES: 4 WEEKS, 4 WAYS TO ENGAGE

We all know that staying at home has its challenges — parents grapple with how to keep conversations fun and engaging. Educators need to help kids develop key skills in a distance-learning environment.

The fact is that keeping our kids engaged and active is more important now than ever.

This is a vital time to build protective measures that will help your child or student make good decisions. Prevention experts are already warning that we are seeing a rise in drug use and addiction rates during this time of stay at home. We need to help our young people cultivate positive coping mechanisms — and that starts with crucial conversations and activities that keep them focused.

That's why Natural High is kicking off our **4 for 4 Series**.

Below you will find 4 weeks of conversations and activities designed to help you engage your kids with discussions that are compelling and that build key skills.

Our goal is to help you use your time at home to strengthen bonds while promoting healthy decision-making. We know there are challenges right now, and we're here to help.

If you have friends who are looking for compelling ways to engage their kids, and you think that they might benefit from a month's worth of thought-provoking activities and discussions, then let them know about Natural High's **4 for 4 Series**!

Week One: Share Your Natural High

Fact: We know that if young people are directly engaged in awareness and prevention, they are less likely to choose drugs and alcohol. In fact, if middle schoolers choose not to consume drugs and alcohol, they are 14x less likely to ever become addicted. That's why we have a proactive approach - we teach kids to say **no** to drugs and alcohol by saying **yes** to a natural high.

A natural high is an activity that engages you. It can be something you're already doing or a brand new activity you're just trying out. A natural high can be a sport, playing an instrument, listening to music, taking a hike, reading, hanging out with friends - there are many options.

Do: Now's the time to really focus on your natural high if stay-at-home directives allow for it. And, if not, maybe you have discovered a new activity that brings you joy. Talk to your kids about your own natural highs.

- How did you discover them?
- How do they make you feel, especially during times like this?
- Are there new natural highs you have discovered, or olds one you have rediscovered as a family, during these past several weeks?
- If your kids are having to adjust their go-to activities, discuss the change with them. Discuss potential activities that could be fun for them. Help them come up with new natural highs!

Share: We'd love to see you doing what you love and what brings you joy! **Share an image of you, your kids, your students, or your family doing your Natural High with #4for4 on Facebook @LiveNaturallyHigh or Instagram @NaturalHigh2020.**

And, if you still want more: If you're looking for an independent activity for your child or student to help guide them in researching a natural high, look no further than our activity library: [Research Your Natural High](#)

Week Two: Conversations About How We Cope

This week's focus is on cultivating positive coping strategies.

Fact: More than half of high-school seniors have tried alcohol or drugs. Kids turn to drugs and alcohol to relieve stress, fit in and when they are going through challenging transitions.

Watch: Staying at home is hard. Beyond getting bored and missing our friends, many of us are facing the worrisome realities of job losses and health concerns. The stress in your home may be at an all-time high. In her Natural High video, singer/songwriter [Colleen D'Agostino](#) talks about managing stress. Watch her video and share your coping strategies with your kids.

Do: Share your coping strategies with your kids. **How are you getting through these uncertain times?** Do you meditate, exercise, talk with friends? Have your child share theirs with you. What works well for them? Talk about which ones each of you might be willing to try. Next time one of you feels stressed, remind each other and focus on a strategy to relieve some of your anxiety.

Share: We'd love to know what are the coping strategies that work for you and your child. Share your coping strategies with us! We would love to hear how you are making it through these challenging times.

Share a strategy that works for you and/or your kids using #4for4 on Facebook @LiveNaturallyHigh or Instagram @NaturalHigh2020.

And, if you still want more: If you're looking for an activity for your child or student to help guide them in thinking through their coping strategies, look no further than our activity library. While sheltering in place, they can partake in family conversations or virtual conversations with peers to share ideas on new strategies: [Stressors and Coping Strategies](#)

Week 3: Make Time for Family Time

Welcome to week three of Natural High's 4 for 4 Series. Now, while staying at home, it's a great time to start - or continue - making time for family. Ask open-ended questions, and let your kids take the lead. Take this opportunity to truly get to know one another and enjoy each other.

Fact: Did you know that research suggests that kids who engage in regular family dinners are more likely to go to their family members for help, graduate high school, and engage in fewer risky behaviors than kids who do not?

Watch Together: Professional skateboarder, [Terry Kennedy](#), lost his mother to an overdose at an early age. Listen to him describe the impact family has on an individual, how he stays naturally high and why it's important to him. Then talk with your kids.

Do: Talk tonight with your kids! Here are some conversation starters:

- What is one thing you're learning about yourself as we shelter in place or during these unusual times?
- What is one thing you are grateful we have in our home right now?
- What is one thing you wish we could do that we can't?

Share: We would love to hear from you - what's one thing you learned about your family during your conversation? **Share something you learned, something you and your child are grateful for, or something you look forward to doing once you are able to again. #4for4 on Facebook @LiveNaturallyHigh or Instagram @NaturalHigh2020.**

And, if you still want more: If you're looking for an activity for your child or student to help guide them in prompting a family conversation, look no further than our activity library: [Prompt A Family Conversation](#)

We hope that you and the kids in your life have fun with this activity. Together, we can give young people the tools they need to thrive!

Week 4: Supporting Good Decision-Making

We know that promoting independence starts with offering opportunities for decision making. Talk about decisions, debrief choices your child has made in a non-judgmental way, and offer to role-play to help them think through a variety of situations. Good decision making starts with trust and can be supported with lots of conversation.

Fact: Did you know that 1 in 4 families are touched by addiction and over 20 million Americans have a substance abuse problem? Substance abuse is one of the leading causes of death for youth. We can help support our youth by teaching them how to find support for themselves, especially when confronted with peer pressure or faced with important decisions they are unsure about.

Watch: Professional baseball player, [Jason Heyward](#), is a good model of someone who learned about healthy choices through pursuing his natural high. Watch his Natural High video with your kids and then talk as a family about who would make up their support team.

Do: Talk with your kids about who they feel would make up their support team. Do you have ideas for them? Make sure the support team members know they are on your kids' team and that your kids know how to contact them!

Share: We'd love to hear from you. Does your child have a support team? If so, thank members of the team today! **Tag a member of your child's support team on social media and #4for4.**

And, if you still want more: If you're looking for an activity for your child or student to help guide them in developing their support team, look no further than our activity library: [Develop My Support Team](#)

SUPPORT NATURAL HIGH

We provide all of our content free of charge so that kids, educators and families everywhere can access quality drug and alcohol prevention resources. We rely entirely on philanthropic support to make this happen. If you would like to make a contribution in support of our efforts, we would greatly appreciate it! [Click here to donate now.](#)