



Dear Parent/Educator,

Thank you for using our curriculum! We have included five activities that you can share with your children and/or students. These are designed to be used offline, and internet access is not required. If you do have access to the internet, you can also use our [Distance Learning Playlist](#), which includes several videos, discussion questions, and activities - all of these are open and free for you to use.

Natural High is a nonprofit organization dedicated to empowering young people to make good choices, all through the power of storytelling. Our free online content is the perfect tool for mentors to engage middle school and high school students around the issue of drug prevention.

Our name 'Natural High' refers to the feeling that comes from finding passions, interests, and talents, and cultivating those activities in life that truly inspire us. Research shows that if young people discover their passions and are directly engaged in a compelling way by people they look up to and trust, they are more likely to make positive life choices and much less likely to choose drugs and alcohol.

Our mission is to inspire and empower youth to find their Natural High and develop skills and courage to live life well. We engage celebrities, cultural influencers, educators, and peer groups to help young people discover those core activities in their lives that uplift, inspire, and motivate them — to find their 'Natural High' rather than use alcohol or drugs.

Sincerely,

A handwritten signature in blue ink, appearing to read 'Amy Alamar', written over a light blue horizontal line.

Amy Alamar

Director of Curriculum

DISCOVERING YOUR NATURAL HIGH

ACTIVITY

Description

A natural high is any activity you love to do that makes you feel good and does not involve drugs or alcohol. You don't have to be an Olympic champion or a professional musician to engage in an activity meaningfully. Finding your natural high can be as simple as thinking about what you enjoy and making an effort to spend some time doing it. This activity is designed to get you thinking about what you already enjoy or would like to try. Even if it doesn't become your true passion, the exploration will allow you the opportunity to learn more about yourself, hopefully while having a good time.

Suggested Steps

1. Think about activities you enjoy, you're good at, or you're interested in trying.
2. What do you consider your natural high? If you don't have one, what might be one you'd like to try?
3. If you already have a natural high (and if you don't, skip to the next question), respond to the following:
 - 3a. How often are you engaging in your natural high?
 - 3b. What is a way you can get more involved?
 - 3c. What is a way you can take it to the next level (with regard to achievement, commitment, and/or sharing it)?
 - 3d. What will you do (action) to get more involved and when (date and time)?
4. If you don't yet have a natural high, respond to the following:
 - 4a. List three activities you enjoy.
 - 4b. List three activities you would like to try for the first time.
 - 4c. Of the activities you listed in 4a and 4b, what is one that you can commit more time and energy toward?
 - 4d. Decide on a day and time to take your first step toward commitment. What is that day and time and what is your action item to get more involved?

DEVELOP MY SUPPORT TEAM

ACTIVITY

Description

Everyone needs someone in their lives who they can count on and who can help them make healthy, happy, and rewarding decisions. This activity is designed to help you think through who makes up the team of people that can support you. Peer pressure is as much about peer selection as it is about negative influences. Who we seek out for advice and support makes a big difference. This activity is to help you begin to think through people in your life you can truly count on and create a group you can learn to count on. By contacting members of your support team, you are committing to making a connection and letting the support team know they have a responsibility to you and that you appreciate it.

Suggested Steps

1. Think through your support team.

Think through the following prompts and questions - you can jot down notes:

- Who do you turn to when you have questions, need support, or simply want to talk through an issue or concern?
- Who do you turn to for help with math homework? Why?
- Who do you turn to for help with friends? Why?
- Who can you always call for help? Why?
- Who can you ask for a ride home from school? From a party? Why?
- Who can you turn to for help with household chores? Why?
- Who can you talk to about anything? Why?

2. Consider how you can lean on your support team.

How does your support team help you? If people at school or outside of school were pressuring you to try something that made you uncomfortable, who would you turn to for help dealing with the situation? What do you think they would say, or how do you think they would support you in making the healthy, positive decision?

3. Contact your support team.

Generate a plan to contact your support team. Contact could include reaching out by phone or text, letting them know they are a member of your support team and explaining what that involves, and thanking them for being someone in your life you can count on. The plan should include:

- When you will reach out
- How you will reach out
- Who you will reach out to
- What you will say to this person/people (consider thanking them)
- What questions you would want to ask.

PROMPT A FAMILY CONVERSATION

ACTIVITY

Description

We build relationships through conversation. This activity is designed to get you thinking about how you interact with your family and/or other adult mentors in your life, and to help you make stronger connections. You will develop prompts and questions to use in order to start and continue a conversation.

Suggested Steps

1. Identify a time you can talk with members of your family or an adult mentor you trust. This should be a time when you feel you can open up and talk about serious and important topics. What is a good time for conversation?
2. Develop a list of prompts and/or questions for your conversation. You can use some of the following suggested prompts and questions:
 - What was a highlight of your day?
 - What was a big challenge in your day?
 - What are you grateful for today?
 - What were you like as a kid?
 - What do you wonder about me?
 - What would you do if you could do anything?
 - We talked about finding a Natural High today; what are your Natural Highs?
3. Have these conversations. Consider writing up a reflection piece on the experience.

LANDING YOUR TRICK

ACTIVITY

Description

This activity is designed to help you think through a long-term goal and how to achieve it. We can sometimes get overwhelmed, and if we learn to break down a goal into steps, it makes the achievement more manageable.

The point of this activity is to help you think through processes and develop patience and determination, as opposed to finishing and achieving. Sometimes we are successful in our goals, and sometimes we are not. We need to understand that both outcomes are possible. In fact, if you move through the process and decide you do not want to continue, you have learned in that experience what is worth your time and what commitment truly looks like.

Suggested Steps

1. Talk or think about what it means to you to land a trick?

Think about a time when you've landed a trick. It doesn't have to be a literal trick or even a new trick that no one has done. It's more about the beauty of owning, doing, or building something in some way.

2. Consider your tricks.

- What have you created that you're proud of?
- What was involved in creating it?
- Why are you proud of it?
- Is there anything you would do/or have done differently if you were to create the same thing/experience again?

3. What's the trick?

If you had no limits of money, time, or expertise, what trick would you like to land? What do you want to create? Is it landing a skateboarding trick, making your mark on a sports team with a three-pointer, performing a new song on the piano, recording a song, making a movie, writing an essay, or even a book? What steps (big and small) would it take to land that trick? List (or narrate) the steps required to land your trick. Be realistic even if you don't think you could do each step just now.

4. Plan the land.

There **are** limitations of money, time, and expertise. What is one thing you can do, starting now, that will help you get to landing your trick? Is it taking a class, performing academically, or trying a new activity? Is it asking questions of someone or reading up on information? What is a realistic goal you can set to help you move one step closer to your trick?

NATURAL HIGH PLEDGE

ACTIVITY

Description

Signing the pledge and including your parent or guardian can help you keep yourself accountable to making good decisions.

Suggested Steps

1. Consider each question and jot down your own personal reflections to share with others:
 - Has anyone offered you drugs or alcohol?
 - 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. Sign the Natural High Pledge and ask your parent or guardian to join you.



**I PROMISE TO SAY "YES" TO LIFE
AND "NO" TO AN ARTIFICIAL HIGH**

MY NATURAL HIGH IS

I PLEDGE TO LIVE NATURALLY HIGH BECAUSE

Your Signature

Your Name

Date

TAKE THE PLEDGE

Learn More at NaturalHigh.org
#LIVENATURALLYHIGH