



## NATURAL HIGH

Inspiring youth, changing lives

"I cannot say enough positive things about Natural High. I have utilized this resource for over a decade both professionally as a school counselor and personally as a parent. The NH content, statistics, and videos are relevant and engaging for multiple ages and levels. Helping youth explore their Natural High and pursue their fullest potential are key to prevention and cessation."

-ANGIE, COUNSELOR AND PARENT

**13** AVG AGE OF FIRST-TIME ALCOHOL USE

Every year that substance use is delayed the risk of addiction dramatically decreases.<sup>1</sup>

### FINDING A NATURAL HIGH

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.<sup>2</sup>



Switchfoot  
Pop Rock Band

# DRUG PREVENTION AND LIFE SKILLS PROGRAM TO HELP YOUTH THRIVE

Natural High is a drug abuse prevention nonprofit with the mission to *inspire and empower youth to find their natural high and develop the skills and courage to live life well.*

We provide free, research informed curriculum to 4th-12th graders that is aligned to Common Core and National Health Standards.

Our approach embodies what the research tells us: young people respond best to a positive message delivered by peers and role models they admire and trust. It's not enough to tell kids not to do something; you've got to give them something better as an alternative.

We engage celebrities and cultural influencers to become Natural High Storytellers who share stories of finding their natural highs and the decisions they made when faced with peer pressure surrounding drugs and alcohol.

Our online video-based prevention and life skills teaching program has over 40+ different Storytellers giving hope, purpose, and encouragement to kids; stories of pushing through hardship, developing resilience, overcoming obstacles, and making good decisions.

### OUR PROGRAM

Our flexible curriculum offers videos, discussion questions, and activities. It can be used to meet a variety of needs, from brief 10-15-minute discussions to project-based work that takes place across multiple days or class periods.

Additionally, we provide resources for parents and educators via our website and our Natural High Essentials emails and blogs. These support parents and educators with critical information on drug prevention and protective factors for their kids, and they provide a home-school partnership where dialogue about drug and alcohol abuse can be shared both in the classroom and around the dinner table.

### WHO USES NATURAL HIGH

Natural High works directly with educators, nonprofits and youth leaders to help facilitate critical conversations with tweens and teens around the topic of prevention. Our program is used in middle and high schools across the country.

We are a featured curriculum in homerooms, advisory periods, health, and science classes, as well as in after school programs, community organizations, and in state and city-wide drug prevention coalitions.

Available for free at [naturalhigh.org](https://naturalhigh.org)

## WE ENCOURAGE YOUNG PEOPLE TO:

1. Pursue your Natural High
2. Embrace Positive Peer Influence
3. Cultivate Mentor Relationships
4. Believe in Yourself
5. Set Goals
6. Develop Resilience



Bethany Hamilton  
Pro Surfer



Queen Harrison  
Olympic Athlete



Tony Hawk  
Pro Skateboarder

## OUR PROGRAM IS SIMPLE AND CAN BE SUMMARIZED IN THREE BASIC STEPS

### STEP 1

## WATCH

A NATURAL HIGH VIDEO



### STEP 2

## DISCUSS

TOGETHER AS A GROUP



### STEP 3

## GO DEEPER

THROUGH FUN ACTIVITIES



## GET STARTED NOW AT NATURALHIGH.ORG

- Discover powerful videos and activities on-demand.
- **Sign up** to receive relevant, research-based articles each week in your inbox that guide you through the right conversations and activities to engage your kid or your students.

## WATCH

Storytelling is powerful and effective. Research shows that youth behavior change can be dramatically influenced by the right messaging. Our 4-6 minute videos offer inspiring personal stories that deliver life-changing messages to students. We recommend asking youth to choose a Storyteller from the library that they relate to.

- Many teachers and parents start with our Playlists, where we've selected a series of Storytellers for you to follow.
- Some prefer to use our individual videos. These can be used as a standalone or can be combined with other videos to create a series.

## DISCUSS

After watching a video, use our discussion guides to facilitate a thoughtful conversation. They provide meaningful questions designed to draw youth into a dialogue about the story they just watched.

- Discussions can last a whole period or pre-dinner session and help drive the lessons home. (20+ minutes)

## GO DEEPER

Each video has specific activities tied to the story that naturally follow the discussion. They are designed to be interactive and go deeper into concepts shown by the Storytellers in the videos.

- Designed to be homework. (40-60 min)

### Sources

1. Monitoring The Future. National Survey Results on Drug Use. 2020 Overview: Key Findings on Adolescent Drug Use. MonitoringTheFuture.org.
2. "Iceland Knows How to Stop Substance Abuse, but the Rest of the World isn't Listening." MosaicScience.com, January 17, 2017.