"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

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

Every year that substance use is delayed the risk of addiction dramatically decreases.

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**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.

**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

Available for free at 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

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

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

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.