**My Natural High**

**Drug Prevention project**

Teens need to discover and pursue what they truly love so they have a reason to say no to an artificial high and live life on a natural high. If you have a hobby, passion, or something you love to do, you are less likely to use drugs. Everyone has a natural high. No exceptions.

**HE.08.AT02.INF I can identify the influences that encourage young people to abstain and not abstain from alcohol, tobacco, and other drug use.**

You will be creating a PowerPoint presentation to inform the class about your natural high. Your Presentation will need to have a minimum of 6 slides for each of these 6 questions.

Slide #1 **What is your natural high?**

Slide #2 **How does it make you feel?**

Slide #3 **How did you discover your natural high?**

Slide #4 **Who are the role models or influences you have for your natural high?**

Slide #5 **How would using drugs or alcohol keep you from pursuing your natural high to the fullest?**

Slide #6 **What influences might make it difficult for you (or a teen like you) to live naturally high?**

Make sure to include pictures or videos of your natural high. You are welcome to bring in pieces of work related to your natural high or awards you have received. Examples: If your natural high is drawing, you might bring in some of your artwork to show the class. If your natural high is soccer and you have a trophy you may bring in your awards.

**Natural High Education Network: Dedicated to supporting a drug-free life for students.**

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