



NATURAL HIGH

ABOUT US

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BACKGROUND ON NATURAL HIGH

Natural High is a nonprofit organization dedicated to empowering young people to make good choices and live life well.

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.

NATURAL HIGH HISTORY

Natural High was founded by entrepreneur Jon Sundt, who lost both of his brothers to drug addiction. After the loss, Jon became determined to turn this experience into positive change and made the decision to spend the rest of his life helping young people make better choices.



What started in tragedy has now grown into a movement bringing hope and positive results to thousands of families.



Watch Jon's story in the Natural High Storyteller Library at NaturalHigh.org/Storyteller

NATURAL HIGH MISSION

Our mission is to inspire and empower youth to find their Natural High and develop the skills and courage to live life well.

ABOUT NATURAL HIGH

NATURAL HIGH METHOD

At Natural High, we exist to help kids thrive. 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.

Each Storyteller package includes discussion questions and activities that educators and parents can use to engage kids in conversations about the harms of substance use so they can lead healthy and thriving lives.

We believe in the power of storytelling. We engage 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.



YOU DON'T HAVE TO BE A PREVENTION EXPERT TO TEACH THE CURRICULUM. IT HAS BEEN SUCCESSFULLY ADMINISTERED BY:

- SAP Advisors
- Science, Health and P.E. Teachers
- Classroom Teachers
- Counselors
- Nurses
- Community Liaisons
- School Resource Officers
- D.A.R.E. Officers
- Parents
- Student Leaders

THE NATURAL HIGH CURRICULUM

The Natural High curriculum is a highly adaptable collection of teacher resources and student materials that can be customized to meet the needs of students from grades 4-12.

OUR PROGRAM IS SIMPLE AND CAN BE SUMMARIZED IN 3 EASY STEPS:



WE OFFER:

- 40+ influencer videos with accompanying discussion questions and student assignments
- A large library of engaging student activities, projects, and assessments focused on the principles of Natural High
- Lesson plans, we call them Playlists, which organize Natural High educational materials into daily units

The activities are built to let students do the heavy lifting, giving them practice with essential literacy and critical thinking skills while learning about living naturally high. Lessons focus on critical reading, writing, speaking, research, and data analysis standards, which are relevant across many subjects.

OUR CONTENT AND CURRICULUM

Natural High is an inspirational site with strong video content to support kids in finding their natural high and educating them about the dangers of drugs and alcohol.



The Curriculum promotes several of the assets and developmental skills that have been identified as necessary for positive youth development.

NATURAL HIGH'S CURRICULUM FOCUSES ON THESE THEMES:

- Identifying and engaging in a positive activity/passion (e.g. natural highs)
- Peer pressure and refusal strategies
- Goal setting and reaching your potential
- Identifying positive role models
- Making choices based on personal values
- Discernment of true and false messages about drugs and living drug-free

GOALS:

Enduring Understandings:

1. A natural high is something that engages me and brings me joy and satisfaction.
2. I am responsible for my own actions and can choose a drug-free life.
3. There are activities and resources that can support my decision making.

GOALS CONTINUED:

Essential Questions:

1. Why is finding a natural high important?
2. What is my natural high or what might be my natural high?
3. How can I make the decision to remain drug-free on a daily basis?

Performance Tasks:

The learning activities include a variety of formative assessments including:

- Discussions
- Question generation
- Mini teaching and sharing lessons
- Research for videos and posts
- Optional extension pieces to connect learning and life





WHAT'S YOUR NATURAL HIGH?

CONTACT US AT
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NATURALHIGH.ORG