

# Queen Harrison

## DISCUSSION QUESTIONS



Want to share your natural high with Queen Harrison? Tweet her @goQueengo with #LiveNaturallyHigh. She might tweet back!

1. Queen Harrison's father had PTSD. What does that stand for, and how do you think he got that disorder? Sometimes people use drugs and alcohol to mask their problems. Queen Harrison discusses how "masking the pain" is a dangerous choice for people, and for teens. What does she mean by this? What are three other ways that you could handle painful situations without the use of drugs or alcohol?

2. Explain Queen Harrison's quote: "Success is a direct reflection of who you surround yourself with." She adds, "Put your blinders on to those negative people, and don't let them into your circle." Who is in Queen Harrison's inner circle? In what way are friend choices related to your goals and dreams as a person?

3. **ACTIVITY:** Queen Harrison did not become a track and field star overnight. She took one step at a time. Think about what you want to do and set a goal. Make a list of five smaller steps that you could take over the next five years to achieve the goal that you have. Share your list and your goal with a partner.



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