



THE PROBLEM:

9 out of 10 Addictions Start in the
TEEN YEARS

“LIVING NATURALLY HIGH”

This club provides information to students that supports the philosophy that you can live your life without substances and still have fun! Clubs will meet once a month after school in April 2023. In the fall of 2023 clubs will resume and meet bi-monthly after school. There will also be additional activities offered on the weekends and opportunities to earn service learning hours.

OUR GOAL IS TO INSPIRE AND EMPOWER YOUTH TO FIND “NATURAL HIGHS,” DEVELOP SKILLS AND THE COURAGE TO LIVE LIFE SUBSTANCE FREE!

WHAT IS A “NATURAL HIGH”?

The term “Natural High” refers to the feeling that comes from finding passions, interests, and talents then cultivating those activities in life. Research shows that if young people discover their passions, and are supported in these choices by family, friends, school, and the community, they are more likely to avoid drugs and alcohol.

Helping students to recognize activities that uplift, inspire, and motivate them will help them find their “Natural High” rather than using alcohol or drugs. The “Natural High” program is evidence-based using current scientific findings on youth behavior, brain development, social norming, and substance abuse prevention. It speaks to the power of positive example, to create change in culture, and the power of a “Natural High.”

www.NaturalHigh.org

If you are interested in assisting with the “Living Naturally High” Club, please contact Julie Kille @ julie.kille@gacps.org. There are various way to support and assist with this club.



**NEW CLUB
COMING**

QACHS
April 27th
Right After School
(Room 102)

KIHS
April 26th
Right After School
(Room 109)

www.NaturalHigh.org

