

ADVICE BLOG

ACTIVITY

Time Needed

60–90 minutes

Materials

Note-taking supplies

Materials to create the column (depends on the type(s))

Activity Description

Decision-making can be tricky when we feel peer pressure or are in an awkward situation. It helps to practice thinking through what you might do in different situations and thinking through alternative responses. To help practice you will create an advice column (for a newspaper, magazine, blog, podcast, or video). Have fun and be creative—and consider how this can help you when you find yourself facing your next decision.

Suggested Steps

1. Read the following example question and response.

Dear Helpful Hannah,

My best friend started smoking. It's awful. He stinks and is irritable when he doesn't have a cigarette. He thinks it's cool even though I tell him that it's not. In fact, he keeps trying to get me to start. No matter how many times I say no, he keeps asking. It's only a matter of time before I just can't say no. Please help!

Sincerely,
Peer Pressure

Dear Peer Pressure,

It's good you've resisted this long. You are on the right track. I know it's hard, but you should definitely continue to say "no." Have you encouraged your friend to drop his new harmful habit for a healthy one? Tell him to try an activity that leads to a natural high instead. If he finds one, he will thank you for the suggestion. If your friend ignores your advice and continues to bother you about smoking, then maybe he is not a great friend for you to have. As difficult as it is, maybe taking some time away from him—and his pressure—will help you both to make the right choice.

Signed,
Ever Helpful Hannah



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2. Come up with two or three scenarios with a question that you or your peers may need help with. The question can be real or made up. Write a letter with this situation. Use pretend names and sign it anonymously.
3. Share letters with your group and randomly select one to respond to.
4. Respond to those. Respond to the example question from Step 1 (with some practical advice you would give the writer). You can respond in writing or with a video or podcast.
5. Share the letter you selected and your response with the group.
6. What advice did you learn from the group that was helpful for you?



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