

# SHOW WHAT YOU KNOW

## ACTIVITY

### Time Needed

45–90 minutes

### Materials

Reliable websites for research

Devices to create posts

A platform (or platforms) to share the series of posts

### Activity Description

Develop a series of posts for social media (Twitter, Instagram, Facebook, or another medium that is appropriate for your group). These can be anonymous, posted internally on a school sharing site, or posted by a classroom instructor if you do not have a social media account. This activity is designed to help you share your learning and keys to success with the greater community. Be an agent of change.

### Suggested Steps

1. Gather facts from research about the dangers and risks of drug abuse. You can feel free to explore the National Institutes of Health's National Institute of Drug Abuse for Teen website at <https://teens.drugabuse.gov/> and share the parent section with your parent or someone on your support team (<https://teens.drugabuse.gov/parents>).
2. Curate a series of positive stress management strategies. You can feel free to explore The Center for Parent and Teen Communications' Teen Resource Page at <https://parentandteen.com/category/managing-stress/> for ideas.
3. Look through the [Natural High](#) website and take note of key reasons you might suggest that your peers find a natural high. What are the benefits? And how do you start?
4. Develop a series of digital posts to educate your peers about drug abuse and finding a natural high. Posts should include emergency resources as well as community resources. Each series of posts should include a call to action. If you prefer to keep this more private, consider making a flyer for yourself and friends with reminders of healthy coping strategies and reasons to live a healthy life.



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Natural High is a 501(c)(3) nonprofit organization that relies on the generosity of individuals, corporations and foundations to help youth discover, amplify and pursue their own natural high so they have a reason to say no to an artificial high.

[NaturalHigh.org](https://NaturalHigh.org) | [#LiveNaturallyHigh](#)