

Counselor's Corner

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What's Your Natural High?

This week in our FLEX lesson I will be continuing our Red Ribbon Week discussion by talking about the importance of discovering your "Natural High." If a young person possesses a passion for an activity, talent, or quality, he or she is very likely to succeed in life. This passion is a "Natural High." The 2 things that matter most in the ongoing endeavor to deter young people from using drugs and alcohol are that those young people have identified their "Natural High" and that they have adults to support them. If you'd like more information to talk to your child about "Natural High," go to www.naturalhigh.org.