USE MODELS TO UNDERSTAND CONSEQUENCES

ACTIVITY

Time Needed
40–60 minutes

Materials
Note-taking supplies
Access to digital research materials

Activity Description
In the Natural High videos we see strong role models who encourage us to make good choices, to live healthy lives, and to enjoy success on our own terms. In order to fully understand choices, it's important to see what happens when people make poor choices. And know that making a bad choice does not make you a bad person. But, bad choices have consequences that can hurt you and others. Celebrities are major influencers and thus become models, whether we like it or not, and we can learn from examples.

Suggested Steps
1. Share an example.
Share a few stories of celebrities who have made poor choices with regard to drugs and/or alcohol. Talk about the pressure of celebrity and the desire to live up to expectations.

2. Select a celebrity.
Select a current or historical figure that has made the choice to use drugs and/or alcohol and who has suffered a consequence. It's often easier to look in from the outside, but if you are interested and willing to share a personal story of someone close to you, that can often elicit more authentic feelings.

3. Present your findings.
Write up a summary, create a small video, and/or present on your celebrity of choice in your own way. Include and comment on:
       a. Who is the celebrity?
       b. What is/was s/he famous for?
       c. What circumstances led to drug and/or alcohol use?
       d. What were the consequences s/he suffered?
       e. Did s/he get help? Did it work?
       f. What choices did s/he have?
       g. What makes a good role model and is s/he a good role model? Why or why not?

4. Find the common denominators.
After presentations, Talk about the pressure celebrities face and the desire to live up to expectations.