

# Natural Highs Project

## **CATS: Confronting Alcohol, Tobacco, & Substance Abuse**

### **Project Overview:**

- \* Semester-long project for Health Education.
- \* Students are encouraged to be involved with their family, friends, school, and community.
- \* Students may choose from any of the examples provided to them, or they may choose to do activities of their own.
- \* Project is part of the students semester grade.
- \* Parents/Guardians are encouraged to assist the student.
- \* Students are encouraged to use a disposable camera to help document their participation in the different activities.

### **Project Goals and Objectives:**

- \* Seek out personal experiences to enhance overall well-being.
- \* Develop a drug and alcohol free healthy lifestyle.
- \* Develop family unity, friendships, and social acquaintances.
- \* Become actively involved in the school and community.
- \* Learn to budget money and handle personal expenses.
- \* Develop personal decision making skills.
- \* Set goals and work to accomplish them.

### **Project Requirements, Rules, and Regulations:**

- \* **ALL** activities **MUST BE** completed drug and alcohol free.
- \* **ALL** activities **MUST BE** accurately dated and documented.
- \* **ALL** activities **MUST Provide “Proof of Purchase”**
  - \*Receipts, ticket stubs, photos, souvenirs, parent participation, certificates of completion, etc..
- \* **ALL** activities **MUST BE** completed with friends, family, or within the school or community.
- \* **ONLY** activities that are completed during the current semester are eligible to be used for this project.
- \* Activities **CAN NOT** be duplicated, unless they are used for extra credit.

- \* **ALL** activities completed **MUST BE** evaluated by the student.
- \* Completed projects **MUST BE** turned in at the end of the semester as a Notebook, Photo Album, Memory Book, Scrap Book, or Poster Collage.
- \* Parent/guardian evaluation **MUST BE** turned in with the completed project.

**Examples of Activities that previous Conant students have chosen for a Completed Project:**

- \* **Category A: (10 pts. each)**
  - \* Attend movie with friend
  - \* Rent a video & watch it with friends
  - \* Attend a religious service
  - \* Do household chores
  - \* Attend school events
  - \* Read a new book
  - \* Go on a walk with someone special
  - \* Working out/exercise
  - \* Watch an educational program
  - \* Attend a high school event
- \* **Category B: (25 pts. each)**
  - \* Attend a school dance
  - \* Go on a college visit
  - \* Attend a religious retreat
  - \* Visit a state historical site
  - \* Attend a college sporting event
- \* **Category C: (50 pts. each)**
  - \* Go on a long weekend family vacation
  - \* Attend a professional sporting event
  - \* Go on a major shopping spree
- \* **Category D: (100 pts. each)**
  - \* Become a member of a school club, sport, or extra-curricular activity
  - \* Do volunteer work or community service
  - \* Become involved in a community organization
  - \* Go on a family vacation out of state or out of country

\* **Example of Parent Evaluation:**

We had a great time on vacation, and the family had the opportunity to

be involved in several activities that we had not had the chance to do before.

## **Natural Highs Project Evaluation**

### **Rubric:**

<b>Rubric Score</b>	<b>Knowledge-Experience Gained from Activities</b>	<b>Application-Participation in School &amp; Community</b>	<b>Documentation &amp; Proof of Purchase</b>	<b>Student &amp; Parent Activity Evaluations</b>
<b>5</b>	<b>ALL</b> activities provided comprehension and benefit from the students Natural Highs experience	<b>ALL</b> activities included participation with either the school, community, family, or friends	<b>ALL</b> activities had proof of purchase items that documented the students participation	<b>ALL</b> activities were effectively evaluated by the student and/or the parents
<b>4</b>	<b>Most</b> activities provided comprehension and benefit from the students Natural Highs experience	<b>Most</b> activities included participation with either the school, community, family, or friends	<b>Most</b> activities had proof of purchase items that documented the students participation	<b>Most</b> activities were effectively evaluated by the student and/or the parents
<b>3</b>	<b>Some</b> activities provided comprehension and benefit from the students Natural Highs experience	<b>Some</b> activities included participation with either the school, community, family, or friends	<b>Some</b> activities had proof of purchase items that documented the students participation	<b>Some</b> activities were effectively evaluated by the student and/or the parents
<b>2</b>	<b>Few</b> activities provided any comprehension and benefit from the students Natural Highs	<b>Few</b> activities included participation with either the school, community, family,	<b>Few</b> activities had any proof of purchase items to document the students participation	<b>Few</b> activities were effectively evaluated by the student

	experience	or friends		and/or the parents
<b>1</b>	<b>Very Few</b> activities provided any comprehension and benefit from the students Natural Highs experience	<b>Very Few</b> activities included participation with either the school, community, family, or friends	<b>Very Few</b> activities had any proof of purchase items to document the students participation	<b>Very Few</b> activities were effectively evaluated by the student and/or the parents
<b>0</b>	<b>NONE</b> of the activities provided any comprehension or benefit from the students Natural Highs experience	<b>NONE</b> of the activities included any participation with either the school, community, family, or friends	<b>NONE</b> of the activities had any proof of purchase items to document the students participation	<b>NONE</b> of the activities were effectively evaluated by the student and/or the parents

**Project is worth 300 pts. for the semester,  
and students can earn 50 pts. in Extra Credit each quarter.**

**(150 pts. Each Qrt.)**