Natural High

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Natural High is a national 501(c)3 nonprofit organization inspiring youth to discover, amplify and pursue their natural high so they have a reason to say no to drugs and alcohol.

After founder Jon Sundt lost his two younger brothers to drugs, he was determined to save other families from the same heartbreak. He realized that by changing how we speak to youth could dispel the myth around drugs and alcohol.

They partner with drug-free celebrity role models who share their stories about growing up and the choices they made to achieve their dreams. These video interviews are paired with worksheets and discussion guides for educators to spark meaningful conversations with students about their goals, values, role models, support networks and natural highs.

Today, Natural High's programs reach more than 20,000 classrooms across the country, inspiring 8 million youth in all 50 states to say yes to life, and no to drugs and alcohol.

Visit Natural High