

VIDEO TIPS

When creating the video remember what the purpose is for creating it in the first place:

****Showcase your 'natural high' - Inspire your peers, parents, siblings and all others in our community to pursue healthy alternatives to using drugs****

****A Call to Action: To find their 'natural high' too! ****

If you don't yet have something as your 'natural high' don't worry, that's ok.

Get creative!

Make the video based off of what you plan to pursue as your natural high!

Create a call to action inspiring others.

Showcase a friend or family member.

We are giving you a lot of freedom to express yourself, so let your creativity flow!

As long as you stay within the video theme parameters, you're welcome to come up with any, creative, unique way to express the video theme.

Must be appropriate and relate to the theme: 'natural high'

Must be targeted towards achieving the objective: to inspire others

For inspiration check out our YouTube channel – ['Natural High'](#) playlist.