

*HIGH: Everything You Want to Know About Drugs, Alcohol, and Addiction*  
**Discussion Questions for Parents and Caregivers**

1. What was your initial reaction to Nic's relationship with his parents and siblings?
2. What was something new you learned from reading "HIGH?" How would you teach it to your child?
3. What was the underlying lesson of the book for you?
4. Do you think there are enough support systems in place for youth? What are they? Do you think they're helpful?
5. If your child was struggling with addiction what would steps do you think you would take? Are there preventative measures you are currently taking? Do you think they are effective?
6. If you found alcohol or drugs in your child's room what would you do? What do you think the most effective response would be?
7. What steps do you think you can take to stay informed?
8. What was the most impactful part of the book for you? Why?
9. How can you be a resource for your child? Did reading "HIGH" give you insight into this?
10. Do you think reading this book was effective? Would you recommend it to other parents? If not, what do you think would be a more effective method?
11. Do you know of any youth or adults who think doing drugs is "cool?" Where do you think that perception comes from?
12. Why do you think teens start using drugs?
13. How do mental health and substance abuse intersect?
14. What do you consider binge drinking? On page 89, "HIGH" describes binge drinking as "four alcoholic drinks for women and five for men." Does this surprise you?
15. How does cannabis affect the user? Do you know anyone who uses heavily and how has it affected them?

16. The book states, “No one who tries drugs expects to become addicted, but about one in ten or so people will”(p. 160). Would you allow your child to experiment knowing that there is 10% chance they will become addicted? Why do you think youth take that risk in the first place? If your child went to a party and another parent supplied alcohol, how would you feel?
17. Chapter 11 is called “Addiction is a Family Problem.” Do you agree? Does this change your view of addicts?
18. In his aside on page 198, Nic talks about the disadvantages of programs centered around punishment. Why do you think treatment for dual diagnosis ended up working for him?
19. On page 196, Nic mentions seeing a psychiatrist and getting a diagnosis of bipolar disorder and depression. For Nic, the diagnosis “was a huge relief.” Why do you think getting treatment for these diagnoses helped him stay sober?
20. What were your thoughts on David and Nic’s conversation at the end?