



American Expression E0027 As high as a kite

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The expression "as high as a kite" is an idiomatic phrase commonly used to describe someone who is under the influence of drugs or alcohol, causing them to feel euphoric, disoriented, or mentally altered. It signifies a state of extreme intoxication or being excessively under the influence of substances.

The phrase draws upon the imagery of a kite soaring in the sky, which is high above the ground. When someone is "as high as a kite," it suggests that they are experiencing a heightened or altered state of consciousness due to the effects of drugs or alcohol.

The expression is typically used to describe individuals who are visibly affected by the influence of substances. It conveys the idea that they may be acting in an unusual or exaggerated manner, displaying erratic behavior, or exhibiting impaired judgment.

It is important to note that the phrase is often used in a negative or cautionary context, as substance abuse can have serious consequences on a person's health, well-being, and relationships.

For example, if someone appears excessively happy, uncoordinated, or confused due to the consumption of drugs or alcohol, they might be described as "high as a kite." This suggests that their behavior or mental state is influenced by substances, and they are not in a clear or coherent state of mind.

However, it's crucial to approach the expression with sensitivity and to prioritize understanding and support for individuals who may be struggling with substance abuse or addiction. Substance abuse is a complex issue that requires empathy, intervention, and appropriate resources for those affected.

In summary, "as high as a kite" is an idiomatic phrase used to describe someone who is under the influence of drugs or alcohol, causing them to experience a heightened or altered state of consciousness. The phrase suggests a state of extreme intoxication or being excessively under the influence of substances. While the expression is often used to describe visible signs of substance abuse, it is important to approach the topic with empathy and understanding, recognizing the need for support and intervention for those affected by substance abuse.

#### Questions for Discussion

1. What are some potential dangers and risks associated with being "as high as a kite" due to substance abuse? How does this state of extreme intoxication impact an individual's physical and mental well-being?
2. Can you think of instances in popular culture or media where characters or individuals are portrayed as being "high as a kite"? How are these portrayals typically depicted, and what messages or themes do they convey about substance abuse?
3. How can the expression "as high as a kite" be misused or misunderstood in everyday conversations? What potential harm can arise from making light of or trivializing the serious issue of substance abuse?
4. What are some strategies or resources that can be effective in supporting individuals who are struggling with substance abuse and helping them overcome their dependence on drugs or alcohol?
5. How can we foster a culture of understanding, empathy, and support for individuals who may be battling substance abuse? What actions can communities take to promote awareness, prevention, and access to treatment for those affected by addiction?