



## **Courageous Parenting 101: The Lesson That Could Save Your Child's Life**

### **School Stuff**

*Submitted by Caroline Wilcox, Media Consultant McCall Foundation, on 2011-09-22.*

It is a fact that our children will be offered alcohol, tobacco and other drugs, often many times, starting in middle school and continuing through high school. What can you do about this? Learn about substance abuse and gain the knowledge and skills needed to keep your children safe.

A free parent education series, titled Courage to Speak-Courageous Parenting 101 developed by the Courage to Speak Foundation will be offered by Canton High School. The Courage to Speak-Courageous Parenting 101 series will be held, free of charge, on Thursdays, Oct. 6, 13, 20 and 27 at 7 p.m., at Canton High School, 76 Simonds Ave., Collinsville. Parents will learn effective communication strategies; gain confidence to talk to their children about the dangers of drugs; understand how to set clear rules and boundaries with their children related to use of alcohol, tobacco and other drugs; and gain confidence in knowing how to deal with substance use among their children.

A recent Yale University evaluation of Courage to Speak-Courageous Parenting 101 reported the following positive outcomes: Parents indicated that they increased both in general communication with their children and in the frequency they talked to them about the dangers of drugs; parents' knowledge about their children's lives increased; and they became more confident in knowledge and their ability to intervene and prevent their child from using alcohol, tobacco and other drugs.

Courage to Speak-Courageous Parenting 101 covers: teen drug use trends and party culture; guidance to help reduce the risk of substance use; how to help your child handle stress; warning signs; what to do if use or abuse is suspected and much more. Parents will also develop improved listening and communication skills, which have been shown to be a critical factor in prevention.

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About The Courage to Speak Foundation:

The Courage To Speak Foundation is a nonprofit organization based in Norwalk, CT, whose mission is "to save lives by empowering youth to be drug free through fostering education and open communication about the dangers of drug and alcohol use." Ginger Katz founded the organization in 1996, just months after her 20 year old son Ian James Eaccarino died of an accidental drug overdose. She and her husband Larry Katz pledged that they would do all they could to help prevent such a tragedy from befalling another family.