



# THE COURAGE TO SPEAK® FOUNDATION

## Programs and Services

### **The Courage To Speak® Presentation:**

To date, over 1000 presentations have been made across the country to hundreds of thousands of people: students in elementary, middle, and high schools, colleges, parent groups, civic organizations, churches, corporations and state and national conventions.

### **The Courage To Speak® Drug Prevention Curriculum for Elementary Schools:**

(Based on the book *Sunny's Story* written by Ginger Katz), this eight lesson curriculum was developed by a team of experts and implemented in 4th to 7th grades in schools.

### **The Courage To Speak® Drug Prevention Curriculum for Middle Schools:**

This unique 15 lesson Curriculum for Middle Schools was developed by a team of experts and implemented in many schools since 2001.

### **The Courage To Speak® Drug Prevention Curriculum for High Schools:**

A 10 lesson curriculum developed by experts and implemented in 9th – 12th grades in schools.

### **The Courage To Speak® Drug Prevention Parenting Curriculum called “Courage to Speak - Courageous Parenting 101®”:**

A multi-session course that educates parents to keep their children safe from drugs developed and implemented by prevention experts as a follow up to The Courage To Speak® Presentation. Many programs are being rolled out, in both English and Spanish. Over 150 facilitators have been certified by the Courage to Speak® Foundation to teach the program nationwide.

### **Facilitator Training Workshop:**

For professionals to become credentialed to teach Courage to Speak - Courageous Parenting 101® in their communities in English or Spanish. Training is available online for any state nationwide and beyond.

### **The Courage To Speak® Website [www.couragetospeak.org](http://www.couragetospeak.org):**

A comprehensive resource for parents, students, educators and families.

### **The Courage To Speak® Support Group:**

Meetings for parents and family members who have lost a loved one to substance abuse.

### **The Courage To Speak® Video:**

The Courage to Speak® Presentation Video inspires an open and honest discussion between adults and children about issues facing our youth today.

### **The Courage To Speak® Help-Line:**

Provides families seeking aid for addicted children with a broad base of information about treatment facilities, counseling, support and other relevant data.

### **The Courage to Speak® Community Information Campaign:**

Disseminates information to children, parents, educators, and others through print, radio and television media. The Foundation is an important media resource for information related to drug prevention at the local, regional and national level.

### **The Courage to Speak® Foundation Family Resource Center**

The Center, located in Norwalk CT, contains brochures, pamphlets, literature and DVD's with information in both English and Spanish for children, families, teachers and others about the dangers of youth substance abuse.

### **The Annual Courage To Speak® Empowering Youth to be Drug Free Family Night:**

Exciting media event involving all aspect of the community. Parents, children, community leaders, state and local officials, business and community leaders join together to make a stand to empower youth to be drug free. Featuring the work of the students who participate in the Courage to Speak® Drug Prevention Curriculum in their classrooms and the Courage To Speak® Presentation.

### **Yale University Evaluation:**

Key Findings of the Evaluation Indicated that Parents who Took the Program Reported a Significant Increase in:

- General communication with their child
- Communication with their child about alcohol & other drugs
- Parents' knowledge about their children's lives
- Parents' confidence in their ability to intervene & prevent their child from using alcohol, tobacco & other drugs
- Parents' confidence in their knowledge of alcohol, tobacco & other drugs & their ability to recognize the warning signs of substance abuse in their children
- Parents' confidence that they would tell the parents or their children's friends if the friends were using alcohol, tobacco & other drugs

*The Courage to Speak Foundation Educational Programs were developed with teams of experts in the drug prevention field.*  
[www.couragetospeak.org](http://www.couragetospeak.org)