



The Courage to Speak® - Courageous Students 101 “Navigating Through the Drug Crisis and Beyond”™ For High School Students

This program is a two-part substance use prevention education program. It has been designed especially for high school students.

The **Double Dose of Prevention™** consists of:

Part 1: Begins with a live presentation by Ginger Katz, Founder of The Courage to Speak® Foundation. Ms. Katz tells her compelling story of her son, Ian, losing his battle with drugs and provides guidance to students to help them reduce the risk of drug use.

Part 2: The Courage Speak® “*Navigating through the Drug Crisis and Beyond*”™, is taught by professional facilitators recruited from the ranks of teachers, school administrators, nurses, substance abuse professionals, The Courage to Speak® facilitators, and others with a background in the prevention field.

Topics Covered in this New Program Include:

- Understanding Addiction and Its Effects on the Body.
- Medications: Over the Counter and Prescription.
- Coping with Stress and Strong Emotions.
- Dangers of Vaping
- Recognizing Support vs. Enabling in Drug Use
- How Marijuana Led Ginger’s Son to Other Drugs.
- The Dangers of Fentanyl - and Other Laced Substances



This presentation is delivered in an age-appropriate format for high school audiences, with outcomes that include:

- 40% Increase in Knowledge** about the Dangers of Opioids and Other Drugs
- 50% Increase in Confidence** in Knowing How to Communicate About Drugs
- 25% Increase in Understanding** the Importance of Talking About Drug Use
- 50% Increase Knowledge** in How to Recognize if Someone is Using Drugs
- 40% Increase Confidence** in Discussing How to Refuse Drugs

“After hearing Ian’s story, I will never do drugs.”
~ Student

To learn more about this program for high school students in your community, please call 203-831-9700 or email gkatz@couragetospeak.org