

# THE COURAGE TO SPEAK® FOUNDATION COURAGEOUS PARENTING 101®

## Courage to Speak® - Courageous Parenting 101 “Parenting Through the Opioid Crisis and Beyond”™

Offered free of charge to parents, this new program is a two-part substance abuse prevention education program, designed specifically for parents of elementary, middle, and high school students, capable of being delivered **in one night!**

### **This Double Dose of Prevention™ is offered in two parts:**

**Part 1:** Begins with a live presentation or video by Ginger Katz, Founder of the Courage to Speak Foundation. Ms. Katz tells her compelling story of her son Ian’s losing battle with drugs and provides guidance to parents to help them reduce the risk of drug use in their families.

**Part 2:** Courage Speak® - Courageous Parenting 101, “Parenting Through the Opioid Crisis and Beyond™”, is taught by professional facilitators recruited from the ranks of teachers, school administrators, nurses, substance abuse professionals and others with a background in the prevention field. All facilitators are trained and certified by the Courage to Speak® Foundation.



### **What Parents are Saying:**

-“The program was an eye opener”  
-“I learned a lot of tips. Thank You!”

### **Topics covered in this new course include:**

- Addiction and its physiological consequences
- Abuse and misuse of over-the-counter and prescription medications
- Communication and listening strategies
- Helping your child handle stress
- Understanding denial around children and drugs
- Dangers of enabling and hands-off parenting
- Parenting styles, resources, and much more!

### **Parent results from pre-and posttest surveys show up to:**

**40% Increase in knowledge** about the dangers of opioids and other drugs

**50% Increase in confidence** in knowing how to talk to their teens about drugs

**25% Increase in understanding** the importance of talking to children about drugs

**50% Increase knowledge** in how to recognize if their child was using drugs

**40% Increase confidence** in teaching their children how to refuse drugs



*“On behalf of all of us here at the City of Hartford, we would like to thank you for providing our community with such a compelling training...Thank you for all that you do for the youth and families in our communities”*

**-Kristina Baldwin, Grants Manager Department of Families, Children, Youth and Recreation**

Visit: [www.couragetospeak.org](http://www.couragetospeak.org) for more information

*For more information on how to schedule a Courage to Speak® Courageous Parenting 101 “Parenting through the Opioid Crisis and Beyond in your community:*