



Courageous Parenting 101®

Parenting Through the Opioid Crisis and Beyond™

Offered at no cost to parents, Courageous Parenting 101® is a two-part substance use prevention education program for parents of elementary, middle, and high school students. Delivered in a single evening, the program equips parents with practical tools to strengthen communication, recognize warning signs, and reduce risk at home.

A Two-Part Approach to Prevention

A Double Dose of Prevention™

Part 1 – A Mother’s Story

The program begins with a live presentation by Ginger Katz, Founder of The Courage to Speak® Foundation and author of *Sunny’s Story*. Ginger shares the true story of her son Ian’s struggle with substance use and the silence that surrounded it. Through her story, parents gain insight into warning signs, communication breakdowns, and ways to reduce risk within their own families.

Part 2 – Courageous Parenting 101®

The second portion of the program is facilitated by trained prevention professionals, including educators, school administrators, nurses, and substance use prevention specialists. This session focuses on practical prevention strategies parents can apply at home.

“If not for this program, we very likely would not have caught our daughter when we did — and we would not have been prepared with a necessary course of action.”

— Parent

Topics Covered Include

- Addiction and its physiological effects
- Misuse of prescription and OTC medications
- Communication and listening skills
- Helping kids manage stress and emotions
- Understanding denial around substance use
- The dangers of enabling behaviors
- Parenting styles and prevention resources
- And much more...

Parent Outcomes

Pre- and post-program survey results show parents experienced:

+40% knowledge of opioid and other drug risks

+50% confidence talking with teens about use

+25% understanding early conversations

+50% ability to recognize signs of substance use

+40% confidence teaching refusal skills

Interested in bringing Courageous Parenting 101® to your community?

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