



**Courage to Speak® Foundation**  
Saving Lives by Empowering Youth to be Drug Free

## The Courage to Speak® Foundation Presentation



**Date:**  
Wednesday, Oct 2nd, 2024

**Time:** 9:30 AM

**Place:** In-Person Presentation.  
Hosted by Norwalk Public  
Schools at Nathan Hale  
Middle School

**Who:** Students in the 7<sup>th</sup> grade

### Founder of the Courage to Speak® Foundation and Author of Sunny's Story, A Drug Prevention Book

In a riveting and thought-provoking presentation, nationally-renowned speaker, Ginger Katz, shares the story of her son Ian's losing battle with drugs from 8th grade that started with cigarettes, alcohol, and marijuana, through his junior year in college where he then died from a heroin and prescription drug overdose. Through her presentation, she implores students to find adults in their lives they can talk to because it's OK to ask for help, to follow the positive passions in their lives and to make healthy decisions to live a drug-free life.

#### Topics Addressed:

- **A Mother's Story: A Son's Losing Battle with Drug Addiction**
- **Signs of Drug Use**
- **Helping Youth and Young Adults Handle Stress, Anger & Other Emotions**
- **Helping Youth Make Good Decisions**
- **The Code of Silence and its Dangers**
- **Addiction and its Impact on Family and Friends**
- **Marijuana's Influence on Opioid Abuse and Much More**



For more information, please contact Ginger Katz at [gkatz@couragetospeak.org](mailto:gkatz@couragetospeak.org)

[www.couragetospeak.org](http://www.couragetospeak.org)

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