



# THE COURAGE TO SPEAK® FOUNDATION

## Programs and Services

The Courage to Speak® Drug Prevention Education Programs are evidence-based drug prevention programs evaluated by Yale University School of Medicine, that provide **social and emotional skill building tools** for youth and parents. The programs are based upon Social Emotional Learning Theory, Protection Motivation Theory and many National Health Education Standards that empower youth and families to live healthy, drug free lifestyles.

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

Ginger Katz, nationally renowned speaker, tells the story of her son Ian's losing battle with drugs. Ian's story weaves prevention facts with personal experiences to help audiences understand how to prevent drug addiction and abuse from happening to them, and how to recognize the warning signs of use.

### **Sunny's Story How to Save a Young Life from Drugs: A Drug Prevention Book**

*Sunny's Story* (written by Ginger Katz), is a drug prevention book told from the perspective of Sunny, the family beagle, and it tells of joyful times and sad times and how his young master's life was needlessly lost to addiction. *Sunny's Story* opens a dialogue around drug use and is read by people of all ages, in schools and homes nationwide and is part of the Courage to Speak® Drug Prevention Programs.

### **The Courage to Speak® Drug Prevention Program for Grades 4-6:**

With activities surrounding social and emotional learning skill building, this 9-lesson program was developed by experts in the field of substance abuse and teaches children how to follow healthy lifestyles and avoid drug use. This program is based on *Sunny's Story* Book, written by Ginger Katz.

### **The Courage to Speak® Drug Prevention Program for Middle Schools:**

A 16-lesson program that incorporates social and emotional learning skill building, is designed to provide students with skills and assets to resist drugs and make healthy decisions. This program is based on *Sunny's Story* Book, written by Ginger Katz.

### **The Courage to Speak® Drug Prevention Program for High Schools:**

A 14-lesson drug prevention program providing students with the social and emotional knowledge and skills necessary to make healthy decisions and resist the pressure to use and abuse drugs. This program has an option to read *Sunny's Story* Book, written by Ginger Katz.

### **The Courage to Speak® After School Drug Prevention Program:**

This innovative after school drug prevention program targets the 4th through 8th grade with social and emotional skill building tools and skills and is adapted from the scientifically proven Courage to Speak® Drug Prevention Education Programs. This program has an option to read *Sunny's Story* Book, written by Ginger Katz.

### **Courage to Speak – Courageous Parenting 101®:**

A multi-session drug prevention education program for parents, offered in both English and Spanish. The program provides parents tools to communicate more

effectively with their children about the dangers of drugs and prevent drug use in their homes. Over 150 facilitators have been certified by the Courage to Speak® Foundation to teach the program nationwide. This program for parents is now offered as a single session titled Courage to Speak-Courageous Parenting 101® "Parenting Through the Opioid Crisis and Beyond™".

### **Courage to Speak-Courageous Parenting 101® Facilitator Online Training Course:**

For professionals who want to become certified to teach Courage to Speak - Courageous Parenting 101® in their communities in English or Spanish. Facilitator training is available online through our website.

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

An exciting media event that involves all aspects of the community. Parents, children, community leaders, state and local officials, business and community leaders join 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 Programs in their classrooms and the Courage to Speak® Presentation.

**Yale University Evaluation of Courage to Speak – Courageous Parenting 101®:**  
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
- Knowledge about their child's lives
- Confidence in their ability to prevent their child from using drugs