



THE COURAGE TO SPEAK® FOUNDATION

Saving Lives by Empowering Youth to be Drug Free

Ginger Katz, CEO and Founder

TESTIMONIALS

"To listen to someone who really knows it from a first-hand point of view and the worst of the worse scenarios – it's just incredibly beneficial. If not for this program, we very likely would not have caught her [daughter] when we did and we also would not have been prepared with a necessary course of action."

– Parent from Darien, CT

"A parent thanked me for bringing Ginger in for such an important topic. Her daughter told her that, 'You could hear a pin drop.' ... Her daughter never had that reaction from any presentation at the school and that Ginger's message got through to her."

– Principal William Egan, Wamogo Regional HS (Litchfield, CT)

"When I first came to my high school, I was appalled at the number of regular people that I was friends with that have smoked pot. Some of them are very religious and some are rebellious, but all smart kids that I would never suspected have at least tried pot are currently doing it. I felt very alone and at first scared, but then I kind of got used to it. I started to think that everyone was doing it. I didn't want to do drugs, but felt if approached, I wasn't in control. After hearing Ian's story, I will never do drugs."

– High School Student from Connecticut

"You should have at least two adults you trust and you can say anything to them. I was shocked on how his [Ian's] friends didn't say anything to you."

– 7th grader from Ponus Ridge Middle School (Norwalk, CT)

"You should think about your life and people you care about before you use anything. This makes me think, if I do drugs, the more I would be hurting myself and everyone else around me."

-6th grader from Beardsley Elementary School (Bridgeport, CT)

"It taught me questions to ask...I found out that, yes, they are offered drugs all the time."

– Parent from Norwalk, CT

"I have known about Courage to Speak Foundation from when my children were in Norwalk Middle School (12 years ago) and she never tires of delivering her message about helping kids and families. It must be awful to lose a child and I think sending the message to kids is imperative. Her book Sunny's Story, is a great way to reach them as early as possible."

– Parent, CT

"I want to thank you for coming to Bunnell High School last night to speak with our parents and students. Your presentation was most important and helped me to gain a different perspective about the impact we have on students and their families. I found myself quite involved in the presentation and I have not stopped thinking about it since I left Bunnell High School last night. Your story was very moving and I think it had a very serious impact on everyone who was in attendance. Thank you so much for your courage and honesty to speak to the Bunnell High School community about the serious nature of substance abuse and the impact it had on your lives. I am certain that the students will remember this presentation long after they leave Bunnell High School."

– Coordinator of Fine Arts, Health and Physical Education, CT



THE COURAGE TO SPEAK[®] FOUNDATION

Saving Lives by Empowering Youth to be Drug Free

Ginger Katz, CEO and Founder

Dear Ginger,

Thank you to you and your husband Larry for coming to Westford to speak last night. I brought my 6th grade son Ben, who seems to have a lot in common with Ian. Ben is a good student and athlete. He is 11 years old and he loves soccer, basketball and lacrosse. Your story really resonated with us, as it showed that even a good student athlete can become addicted to drugs. Ben has not yet been exposed to drugs (with the exception of alcohol via my husband and me, and other adults in his life), and we are so very fortunate to have resources such as yourselves to educate him in advance of being in close proximity to drugs. Funny, on the way home I asked Ben if he would be interested in going to see Chris Herren, former Boston Celtics player, speak. He surprised me and said no. He said he did not need to hear again about the effects of drugs - he said based on what he has learned in Health class and what he learned last night, he understands and he does not want to do them. To be honest, I would much rather have him hear a story about someone who did not get a second chance versus someone who has gotten one.

I am happy you have running to help get you through the tough times. I too am an avid runner, and running is my sanity. Thank you again for what you are doing. It is invaluable.

Sincerely,

Jill Maguire Trotter

Westford, MA