

THE COURAGE TO SPEAK® FOUNDATION

Is a 501c3 non-profit organization established in 1996 by Ginger and Larry Katz shortly after the death of their son, Ian, from a drug overdose. In that time the Courage to Speak Foundation has reached over a million people across the country through school presentations, state and national conferences and other venues.



"We can save our children from what happened to Ian by talking honestly about preventing drug addiction. Ian would have expected me to do this and nothing less"

**-Ginger Katz,
CEO and Founder**

The Courage to Speak Presentation, Courage to Speak Drug Prevention Curriculum for Students, Courage to Speak – Courageous Parenting 101®, community outreach as well as our videos, CDs, DVDs, and the book, *Sunny's Story* (written by Ginger Katz) are proven resources to help break through the silence and denial that enable substance abuse. Our programs have been scientifically evaluated by outside entities including the Yale University School of Medicine.

For more information on bringing Courage to Speak programs and curricula to your community and school, to book a Presentation, to order *Sunny's Story*, and to make a donation, contact us.



THE COURAGE TO SPEAK® FOUNDATION

Our Mission: "Saving Lives by Empowering Youth to be Drug Free and Encouraging Parents to Communicate Effectively with their Children about the Dangers of Drugs"

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THE COURAGE TO SPEAK® FOUNDATION

PROGRAMS AND SERVICES

www.couragetospeak.org



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Programs and Services

The Courage To Speak® Presentation:

To date, over 1000 presentations have been made across the country to hundreds of thousands of people: students in elementary, middle, and high schools, colleges, parent groups, civic organizations, churches, corporations and state and national conventions.

The Courage To Speak® Drug Prevention Curriculum for Grades 4-7:

(Based on the book *Sunny's Story* written by Ginger Katz), this eight lesson curriculum was developed by a team of experts and implemented in 4th to 7th grades in schools.

The Courage To Speak® Drug Prevention Curriculum for Middle Schools:

This unique 15 lesson Curriculum for Middle Schools was developed by a team of experts and implemented in many schools since 2001.

The Courage To Speak® Drug Prevention Curriculum for High Schools:

A 10 lesson curriculum developed by experts and implemented in 9th – 12th grades in schools.

The Courage To Speak® Drug Prevention Parenting Curriculum called “Courage to Speak - Courageous Parenting 101®”:

A multi-session course that educates parents to keep their children safe from drugs developed and implemented by prevention experts as a follow up to The Courage To Speak® Presentation. Many programs are being rolled out, in both English and Spanish. Over 80 facilitators have been certified by the Courage to Speak® Foundation to teach the program nationwide.

Facilitator Training Workshop:

For professionals to become credentialed to teach Courage to Speak - Courageous Parenting 101® in their communities in English or Spanish. Training will be available online in 2012 for any state nationwide and beyond

The Courage To Speak® Website 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® Help-Line:

Provides families seeking aid for addicted children with a broad base of information about treatment facilities, counseling, support and other relevant data.

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 Courage to Speak Foundation Educational Programs were developed with teams of experts in the drug prevention field.

www.couragetospeak.org

The Annual Courage To Speak® Empowering Youth to be Drug Free Family Night:

Exciting media event involving all aspect of the community. Parents, children, community leaders, state and local officials, business and community leaders join together 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 Curriculum in their classrooms and the Courage To Speak® Presentation.

Yale University Evaluation:

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
- Parents' knowledge about their children's lives
- Parents' confidence in their ability to intervene & prevent their child from using alcohol, tobacco & other drugs
- Parents' confidence in their knowledge of alcohol, tobacco & other drugs & their ability to recognize the warning signs of substance abuse in their children
- Parents' confidence that they would tell the parents or their children's friends if the friends were using alcohol, tobacco & other drugs