



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



Courageous Parenting 101®

UNDERSTANDING SUBSTANCE ABUSE AND ITS IMPACT ON CHILDREN AND YOUTH

Courage to Speak - Courageous Parenting 101® **“Train the Trainer” for New Facilitators**

Wed May 1st, 2013 at 10am

The Courage to Speak Foundation Office, 71 East Ave, Suite M, 2nd Floor, Norwalk, CT

OR

Wed May 8th, 2013 at 10:30am

Plainville Public Library, 56 East Main St., Plainville, CT

The Courage to Speak® Foundation is offering 2 training opportunities for new facilitators to teach *Courage to Speak - Courageous Parenting 101®*. The 3-hour training will take place on **Wed. May 1st, 2013 at 10am at The Courage to Speak Foundation Office, 71 East Ave, Suite M, 2nd Floor, Norwalk, CT** or **Wed, May 8th, 2013 at 10:30am at Plainville Public Library, 56 East Main St., Plainville, CT**. The Foundation will train applicants to teach *Courage to Speak – Courageous Parenting 101®* to parents in their school communities. The course is now available to be delivered in **English or Spanish**. Launched in 2008, **109 professional facilitators** are credentialed by the Courage to Speak® Foundation to teach *Courageous Parenting 101®* to parents in English and Spanish in communities throughout CT, NY, MA, RI and MI.

Why Do We Offer This Training?

It is a fact that our children will be offered alcohol, tobacco and other drugs, often many times, starting in middle school and continuing through high school. Courage to Speak – Courageous Parenting 101® is a multi-session drug prevention program designed specifically for the parents of elementary, middle and high school students.

Why Parents?

Research identifies parents as the greatest influence on their child's drug use behaviors and with the greatest opportunity to positively impact their child's healthy decisions. While teens report drugs to be their number one concern, most parents are unaware of the influence the American drug culture has on youth and what parents can do to counter these pro-drug messages.

What Will Parents Learn In Courage to Speak – Courageous Parenting 101®?

*Parents will learn effective communication strategies; gain confidence to talk to their children about the dangers of drugs; understand how to set clear rules and boundaries with their children related to use of alcohol, tobacco and other drugs; and gain confidence in knowing how to deal with substance use among their children. Parents will also develop improved listening and communication skills, which have been shown to be a critical factor in prevention. The *Courage to Speak – Courageous Parenting 101®* was evaluated and proven effective by Yale University of Medicine.*

Courage to Speak – Courageous Parenting 101® Covers:

- Teen drug use trends and party culture
- Protective factors and developmental assets
- Communication and listening strategies
- Why kids use drugs
- How to help your child handle stress
- Sources of help **and more**
- Parenting styles and enabling
- The adolescent brain
- Setting boundaries
- Practical steps if use or abuse is suspected
- Warning signs

If you would like to teach *Courage to Speak – Courageous Parenting 101®* to parents in your community, please call Carol Troy at 1-203-831-9700 or email ctroy@couragetospeak.org and visit the website at www.couragetospeak.org to print an application.

www.couragetospeak.org * 1-203-831-9700