

# THE COURAGE TO SPEAK® FOUNDATION CURRICULUM FOR GRADES 4-7

## Courage to Speak® Drug Prevention Education Curriculum for Grades 4-7 Based on the book *Sunny's Story* by Ginger Katz

*The Courage to Speak® Drug Prevention Education Curriculum for Grades 4-7* sends an age appropriate message about a healthy lifestyle and how and why to avoid drugs and is based on the book *Sunny's Story*, a tale of family love and tragedy narrated through the eyes, ears and mind of Sunny, the pet beagle.

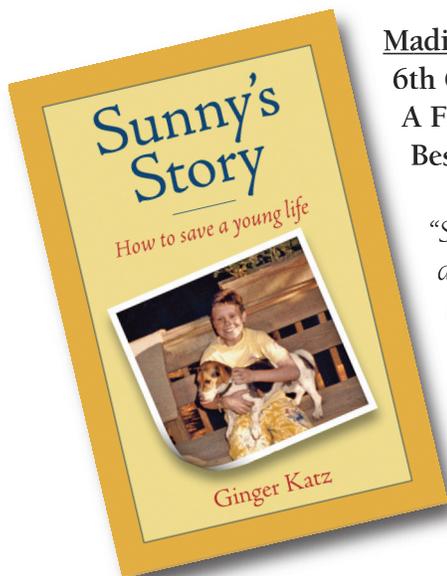
The reading of *Sunny's Story* is followed by eight lessons that support children in avoiding alcohol, tobacco and other drugs, taught by classroom teachers trained by *The Courage to Speak® Foundation*. Students take part in skill and asset building activities through:

- Creative writing
- Art
- Journaling
- Group discussion
- Scientific demonstration

A recent Yale University evaluation reported among the key findings, that the Curriculum increased:

- Knowledge and perceptions of harm regarding alcohol, tobacco, and other drugs.
- Parent-child communication about alcohol, tobacco and other drugs
- Coping strategies and assets to avoid use of alcohol, tobacco and other drugs

Given the cost-effectiveness and ease of implementation for schools, this study demonstrates the curriculum's effectiveness at positively changing attitudes and behavior for students in grades 4th – 7th regarding substance use.



### **Madison School 6th Grade Class Yearbook (Bridgeport CT):**

**6th Grade Class Favorite Book:** *Sunny's Story*

**A Favorite Lesson:** When we read *Sunny's Story* .... – Brenda

**Best Book I Read:** *Sunny's Story* – Derek

*“Sunny's Story is a perfect way to introduce the sensitive topic of substance abuse to children. It engages the students at the onset and keeps their attention throughout.”*

Dominick Splendorio, Health Educator

*“Educators and parents need to be as strong in voice as Sunny is in the story. This story has to be told and it will save lives.”*

David Hay, Brookside Elementary School Principal