

THE COURAGE TO SPEAK® FOUNDATION CURRICULUM FOR HIGH SCHOOLS

Courage to Speak® High School Teen Drug Prevention Education Curriculum

The Courage to Speak® High School Teen Drug Prevention Education Curriculum provides students in grades 9 – 12 the knowledge and skills necessary to make healthy decisions and resist the pressure to use drugs. This comprehensive drug prevention curriculum incorporates lessons that address communication, decision-making, risk reduction, problem solving and goal setting to empower high school students to avoid drug use. Students take part in specific skill development and asset-building activities through:

- Group discussion
- Interactive lessons
- Team work
- Home-school connections

The curriculum consists of 10 engaging lessons taught by teachers trained by The Courage to Speak® Foundation and begins with the book *Sunny's Story*, a glimpse at teen drug abuse and loss told through the eyes and mind of Sunny, the family beagle. The curriculum basis is the *Courage to Speak Presentation* (live or DVD) by founder Ginger Katz, which introduces the real-life story of her son Ian's losing battle with addiction, launching open and honest discussions in a school setting regarding alcohol and other drugs.



The Courage to Speak® High School Teen Drug Prevention Education Curriculum covers “Need to Know” information on:

- marijuana
- binge drinking
- prescription drug misuse
- heroin and other drugs



The lessons build critical skills that enable students to:

- Develop clear decision-making strategies
- Have a clear plan to refuse the inevitable offer of alcohol and other drugs
- Open a dialogue with their parents and trusted adults about the dangers of drugs and other risky behaviors

The lesson objectives meet the National Health Education Standards and were developed under the guidelines of the Center for Disease Control's Health Education Curriculum Assessment Tool (HECAT).