

# THE COURAGE TO SPEAK® FOUNDATION PROGRAM FOR HIGH SCHOOLS

## Courage to Speak® High School Teen Drug Prevention Education Curriculum

*The Courage to Speak® High School Teen Drug Prevention Education Curriculum*, developed along with teams of experts, 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

This user friendly curriculum consists of 10 engaging lessons taught by teachers who have been trained by the Courage to Speak® Foundation. 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 honest and open discussions in a school setting regarding alcohol and other drugs. A nice optional addition to the curriculum is the book *Sunny's Story*, a glimpse into the eyes and mind of the family beagle, Sunny.



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

- Marijuana, tobacco, and alcohol
- Prescription drug misuse
- Binge drinking
- 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).

