

LEARN HOW TO TALK

Sure, kids text, email and gossip.

But when it comes to what torments them – and how they try erasing that pain with drugs and alcohol...



Silence.

It's a "conspiracy of silence™" that's killing our friends and children.

They need the "courage to speak".

Teachers need effective tools to teach their students.

Parents must learn how to help their children break that silence.

And it's not just happening to someone else's child

The Courage to Speak® Foundation gives parents, teachers and children the key to unlock that code of silence.

The program explains the reality of substance abuse – and provides presentations, classes, curriculum and countless places you can turn to when that silence becomes deafening.

It's compelling, effective ... and it could save your child's life.



"When I first went into the auditorium, I didn't know what we had to go in there for. When I came out, I felt very affected in a way I rarely feel. I have a whole new outlook on the substance abuse problem in this country. I really thank Mrs. Katz for spending her time with us and bringing back such a bad time in her life. I only wish the whole world could hear it. Maybe then there would be a change."

– A middle school student

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.



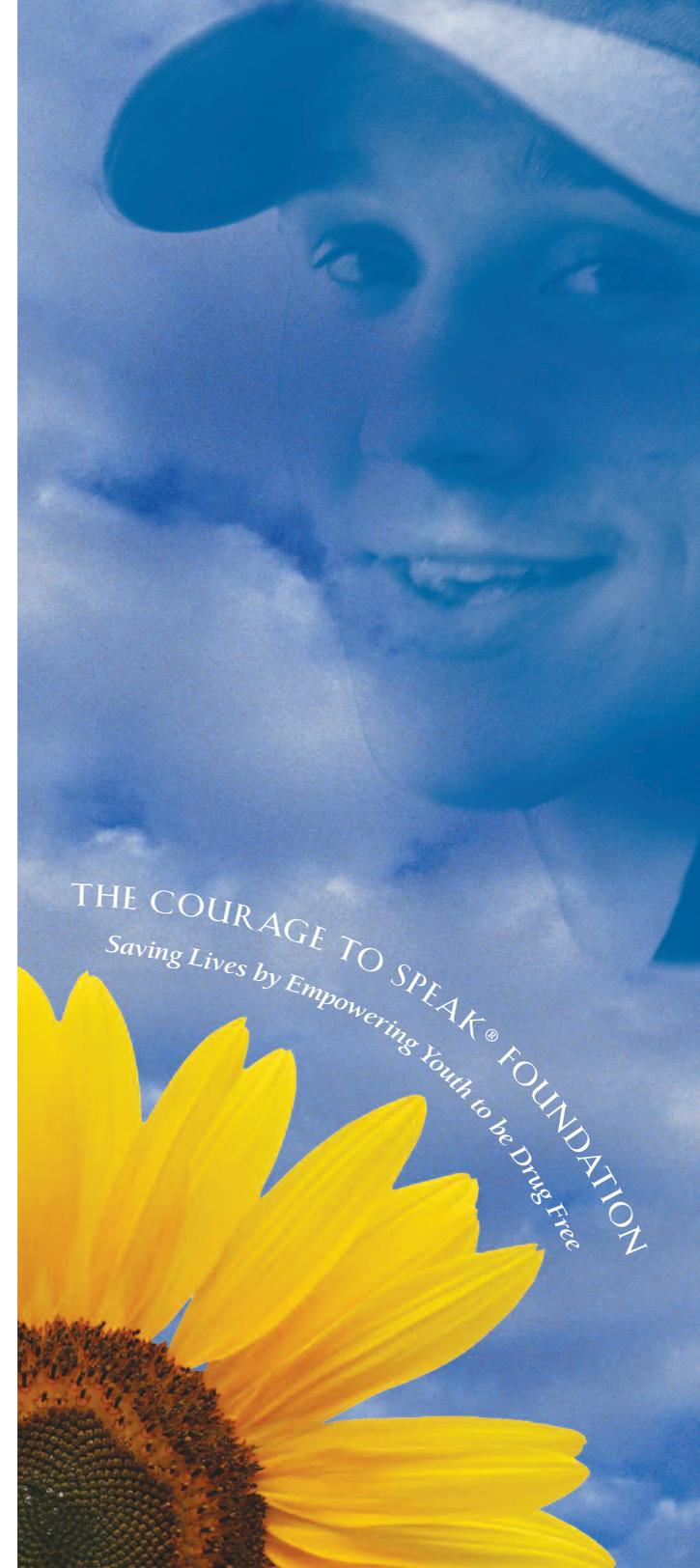
THE COURAGE TO SPEAK® FOUNDATION

Saving Lives by Empowering Youth to be Drug Free

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THE COURAGE TO SPEAK® FOUNDATION PROGRAMS

IN SCHOOLS

• The Courage To Speak® Presentation

In a riveting and thought-provoking presentation, nationally renowned speaker, Ginger Katz, shares the story of her son Ian's losing battle with drugs. Through her presentation, students and parents begin to recognize the telltale signs of alcohol and other drug use and the veils behind which those signs hide: anger, denial, fear, pain and deception.

"My son Ian died on September 10, 1996 in his sleep of an overdose. He was only twenty years old. After he died, one by one, his friends began to come to me. We were all in such pain. I sat and listened, torn between anger and agony, as slowly they began to talk about what had really been going on."

• The Courage to Speak Drug Prevention Curriculum

The three Prevention Curricula, developed by a team of experts, fit the needs of each age group with a ready-to-implement series of lessons taught by classroom teachers. The impact and results are dramatic at all levels.

The **Elementary School Curriculum**, based on the book *Sunny's Story*, sends an age appropriate message about a healthy lifestyle and how and why to avoid drugs.

The **Middle School Curriculum**, based on the Courage to Speak DVD or live Presentation, builds skills to help students make good decisions and resist the pressure to use drugs.

The **High School Curriculum**, based on the Courage to Speak DVD or live Presentation, reaches teenagers with reality-based content that connects directly to their world.

• After school programs

Adapts our curricula to after school programs at the elementary and middle school levels with health, reading and literacy programs incorporating the book *Sunny's Story*.



FOR PARENTS

• Courage To Speak® – Courageous Parenting 101

Offered free of charge, this five-session substance abuse education and prevention program is for parents wishing to arm themselves with the knowledge of how to keep their children safe. What are kids doing? How are they doing it? Why? These questions and more are answered in the parent program developed by the Courage to Speak Foundation's substance abuse prevention team and implemented by trained facilitators who cover:

- Teen drug use and party culture
- Drug and alcohol abuse, addiction and the physiological consequences
- Guidance to help reduce the risk of substance use
- Dangers of enabling and hands-off parenting
- Communication and listening strategies
- How to help your children handle stress

"My friends and I weren't really sure what to expect of the presentation but what I learned that day will live with me forever."

-A high school student



"I have close personal experience with drug and alcohol addiction and still my eyes were opened with the Courage to Speak® Courageous Parenting Program. My three teens were shocked when I came home with the "right" questions to ask them. I continue to have an open dialogue with my kids. It's work – but helping them to stay safe – you can't put a price on that."

- A parent

- Warning signs
- The power of denial
- Practical steps if use or abuse is suspected
- Parenting styles
- Sources of help and more.

IN YOUR COMMUNITY

• The Courage to Speak® Family Night

An exciting media event that features the work and words of students who are participating in the Courage to Speak programs. The event is an opportunity for local elected officials, teachers, and parents to celebrate students' commitments and accomplishments in our school programs.



• **The Courage to Speak Community Information Campaign** (press relations and public service announcements/ PSAs)

EDUCATIONAL PRODUCTS

• **The Courage to Speak Video and DVD**
Inspire an open and honest discussion between adults and children about issues facing our youth today.

"This book is an important and unique addition to the list of prevention tools so necessary for the youth of today's world. Sunny's Story opens a dialogue between parents and their children."

- Dr. Deborah Prothrow-Stith,
Professor of Practice and
Associate Dean Harvard
School of Public Health

• Sunny's Story

Written by Ginger Katz, the book sends a powerful message about the pain of substance abuse told through the loving eyes of the family beagle, Sunny.

Mission Statement

Saving lives by empowering youth to be drug free and encouraging parents to communicate effectively with their children about the dangers of drugs.

