



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

The Courage to Speak® Foundation Newsletter

April 2010

Welcome to our April Issue!

The Sixth Annual Courage to Speak Empowering Youth to be Drug Free Family Night a Success!

The Sixth Annual Courage to Speak Empowering Youth to be Drug Free Family Night Event
Featured in The Norwalk Citizen and The Daily

Family Night Quiz Answers & Statistics - See the Winner

Courage to Speak - Courageous Parenting 101™ most recent program locations

Give a Life Saving Gift - *Sunny's Story* Written by Ginger Katz

The Courage to Speak® Foundation on Youtube

Ginger Katz Talks to Parents

"A Serious Matter"

Book a *Courage to Speak® Presentation* for Spring and Fall

"Katz Recognized as Friend of Education at Family Night"

03/26/2010

By Nicole Rivard
Editor

Last Thursday evening at the sixth annual Courage To Speak Empowering Youth to Be Drug-Free Family Night, Ginger Katz was speechless.

Those who know Katz, founder and CEO of the Courage to Speak Foundation in Norwalk know that's a rare thing.

Katz was moved to silence when she got up to accept the 2010 Distinguished Friend of Education Award from the Connecticut Association of Schools, the highest award given by the association to persons not directly involved in public education. She was nominated by David Hay and Lynne Moore, principals of Brookside Elementary School and West Rocks Middle School.

For more than 10 years Katz, who calls Norwalk home, has made a personal investment in preventing adolescent alcohol and drug abuse through the Courage to Speak Foundation, sharing the story of her son Ian, who died of a drug overdose when he was 20, with more than a million young people.

"Last night I was once again encouraged and knew deep in my heart that I must continue my work," Katz said last Friday morning. [Read more](#)



Brookside Elementary School Student Ivette, 9, reads her essay about drug prevention to family and fellow students who gathered for the Sixth Annual Courage to Speak Empowering Youth to be Drug Free Family Night at West Rocks Middle School.

**Norwalk Citizen photo by
Christian Abraham**

NORWALK

"Kids Vow to be Drug-Free"

by Moina Noor

Genesis, 12, made a vow to be drug-free Thursday night in front of 200 people at West Rocks Middle School. Seventeen other Norwalk elementary and middle school students joined Genesis on stage, as part of the sixth annual "Empowering Youth to be Drug Free" family night sponsored by the Courage to Speak Foundation. "I learned how bad drugs are and that something really horrible can happen if you take them," said Genesis. "My parents have never taken drugs and I look up to them." Ginger Katz, Founder of Courage to Speak, says the family night is about one thing, "parent and children talking honestly about drugs." Katz lost her son, Ian, to drugs when he was only 20 years old. Since that heartbreaking tragedy a decade ago, Katz has told Ian's story to more than a million young children and parents in Connecticut and across the nation. Only one in three parents talk to their children about the dangers of drugs, says Katz. [Read More](#)

Norwalk Citizen Photo / Christian Abraham



Ginger Katz is presented the 2010 Distinguished Friend of Education Award, the highest award given by the Connecticut Association of Schools to persons not directly involved in public education from Dr. Lynne Moore, at right. Principals Moore and Hay (center) together nominated Ms. Katz.

The Hour Photo / Matthew Vinci



Courage To Speak founder Ginger Katz with West Rocks Middle School student Genesis and Brookside Elementary School student Joshua at the foundation's Family Night at West Rocks Middle School Thursday evening.



To see more photos from The Sixth Annual Courage to Speak Empowering Youth to be Drug Free Family Night - See entire photo album here [Click Here](#)

Congratulations to our \$100 Family Pack Quiz Winner Kira from Ponus Ridge Middle School

1. According to the National Institute of Citizen Anti-Drug Policy, how many deaths were directly caused by drugs (not including alcohol and tobacco) in 2006?

18,000 8,000 **38,000** 58,000

2. What percent of teens who mis-use prescription drugs said they obtained them from a friend or relative?

66% 47% 28% 75%

3. What drug kills the most people daily?

Alcohol Marijuana **Tobacco** Heroin

4. Kids who say they learn a lot about the risks of drugs at home are up to 50% less likely to use drugs.

True False

5. The terms "kick, bang, poppers, and Texas Shoeshine" are slang for:

Cocaine Marijuana Heroin **Inhalants**

6. What drug is the leading factor in the top 3 causes of teen death: car crashes, homicide and suicide?

Heroin **Alcohol** Marijuana Cocaine

7. The main chemical in marijuana that changes how the brain works is delta-9-tetrahydrocannabinol. (THC for short) How many other chemicals are in marijuana?

25 175 650 **400**

Statistics:

Percentage of Correct Answers Below:

38.4% answered Question 1 correct

22% answered Question 2 correct

42.5% answered Question 3 correct

74% answered Question 4 correct

30.2% answered Question 5 correct

75.4% answered Question 6 correct

28.8% answered Question 7 correct

85% answered Question 8 correct

42.5% answered Question 9 correct

Average % of correct answers: **48.7%**

Two participants scored 100%



Two students working hard to find the correct answers for The Courage to Speak Empowering Youth to be Drug Free Family Night Quiz.



Ginger Katz, CEO & Founder of the Courage to Speak Foundation, tells the audience about her son Ian, who lost his battle with drugs when he was just 20, during the Sixth Annual Courage to Speak Empowering Youth to be Drug Free Family Night that took place at West Rocks Middle School.

Norwalk Citizen photo by Christian Abraham

continues.

I don't know where she finds the strength and fortitude to tell that story over and over again, but like Mayor Richard Moccia and Police Chief Harry Rilling, I am glad she does. [Read More](#)

Editor's Notebook A Hero Among Us

03/26/2010

Nicole Rivard

Editor

Even though I have gotten to know Ginger Katz over the last couple of years through her work with the Courage to Speak Foundation, I had actually never heard her Courage to Speak presentation until last Thursday evening at the sixth annual Courage To Speak Empowering Youth to Be Drug-Free Family Night.

Ginger shared her pain of watching drugs take her child's life and the heartbreak that followed--and still

**A Training for New Facilitators will
take place in June.**

**For More information about becoming a Courage to Speak-
Courageous Parenting 101 Facilitator™
please call 203-831-9700.**

THE COURAGE TO SPEAK® FOUNDATION PRESENTS...



Courageous Parenting 101

ALL PARENTS ARE ENCOURAGED TO PARTICIPATE

**A Free Parent Program
Open to ALL Parents from ALL Communities**

The Courage to Speak® Foundation has developed a new program for parents called *Courage to Speak®-Courageous Parenting 101™*. The program is a free five-session drug prevention education program for parents wishing to arm themselves with the knowledge and tools of how to keep their children safe.

***Courage to Speak®-Courageous Parenting 101™* covers:**

- Teen drug use trends and party culture;
- Drug and alcohol abuse;
- Addiction and its physiological consequences;
- Protective, psychological and developmental guidance to help reduce the risk of substance use;
- Dangers of enabling and hands-off parenting;
- Communication and listening strategies;
- How to help your child handle stress;
- Warning signs;
- The power of denial;
- Practical steps if use or abuse is suspected;
- Parenting styles;

Sources of help and more!

See Locations Listed Below for Courage to Speak - Courageous Parenting 101™

Please visit our website www.couragetospeak.org to view upcoming course dates and locations in your area.

Upcoming courses include:

- **South Norwalk Library, Norwalk CT** sponsored by The Courage to Speak Foundation
- **Norwalk Community College, Norwalk CT** sponsored by The Courage to Speak Foundation

Most Recent Programs Include:

- **Roton Middle School, Norwalk CT** sponsored by The Courage to Speak Foundation
- **The Guilford Free Library, Guilford CT** sponsored by Guilford Youth and Family Services
- **John F. Kennedy High School, Waterbury CT** sponsored by Waterbury Youth Service System Inc.
- **Fordham Preparatory School, Bronx NY** sponsored by Fordham Preparatory School
- **The Valley Regional High School Library, Deep River CT** sponsored by Tri-Town Youth Services
- **Bridges Milford, Milford CT** sponsored by the Milford Prevention Council and the Milford United Way
- **East Shore Middle School, Milford CT** sponsored by the Milford Prevention Council and the Milford United Way

Sunny's Story

How to save a young life



Ginger Katz

Sunny's Story

Sunny's Story starts life saving conversations between parents and their children about the dangers of alcohol and drug use.

SUNNY'S STORY is a story for children, teenagers, parents, grandparents and teachers. It tells of joyful times and sad times and how a best friend was needlessly lost. It is narrated through the eyes of Sunny, the family beagle, and tells of the ups and downs of his life with his young master, beginning with their meeting at an animal shelter and ending in a futile effort to ward off disaster.

***Sunny's Story's* message of love, compassion, caring and understanding is universal.
Share it with the ones you love today.**

Purchase your own copy of *Sunny's Story* [CLICK HERE](#), order a copy for a loved one, read reviews, and hear what community members are saying.

***"Sunny's Story* was recently voted FAVORITE BOOK in the Bridgeport Schools!"**

[Click Here](#)

**Ginger Katz Talks to Parents on YouTube
"A Serious Matter"**

***The Courage to Speak*® Presentation for Spring and Fall**

Book a Presentation Now!!

[Click Here](#) for Presentation Schedule

[Click Here](#) for Presentation Information

[Click Here](#) to View Presentation Photos

Visit us at our website today
and email Ginger Katz at Gkatz@couragetospeak.org
Visit the Courage to Speak® website at www.couragetospeak.org

Thank you for your ongoing support!

Sincerely,

Ginger Katz

CEO, Founder & Author of *Sunny's Story*

The Courage to Speak® Foundation. Inc.

"Saving lives by empowering youth to be drug free."

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