



The Courage to Speak® Foundation Newsletter

January 2011

Welcome to our January Issue!

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Training the Trainer

www.couragetospeak.org

Courage to Speak - Courageous Parenting 101®

Interested in bringing *Courage to Speak - Courageous Parenting 101*® to your community?

Join us for our next facilitator training:

Thursday, February 3, 2011 at Central Connecticut State University, Blue & White Room of the Student Center, 1615 Stanley Street, New Britain, CT at 10:00 am.

[Click here](#) to view our flyer.
[Click here](#) for our application.

The Courage to Speak® Foundation is offering a training for new facilitators to teach *Courage to Speak - Courageous Parenting 101*®. The Foundation will train facilitators to teach this course to parents in their school communities. The course is now available to be delivered in English or Spanish.

Why Do We Offer This Training?

It is a fact that our children will be offered alcohol, tobacco and other drugs, often many times, starting in middle school and continuing through high school. *Courage to Speak - Courageous Parenting 101*[®] is a five-session drug prevention program designed specifically for the parents of elementary, middle and high school students. *Courage to Speak - Courageous Parenting 101*[®] has been scientifically evaluated and proven to be highly effective at giving parents the skills to address substance use with their children.

Why Parents?

Research identifies parents as the greatest influence on their child's drug use behaviors and with the greatest opportunity to positively impact their child's healthy decisions. While teens report drugs to be their number one concern, most parents are unaware of the influence the American drug culture has on youth and what parents can do to counter these pro-drug messages.

What Will Parents Learn In *Courage to Speak - Courageous Parenting 101*[®]?

Parents will learn effective communication strategies; gain confidence to talk to their children about the dangers of drugs; understand how to set clear rules and boundaries with their children related to use of alcohol, tobacco and other drugs; and gain confidence in knowing how to deal with substance use among their children. Parents will also develop improved listening and communication skills, which have been shown to be a critical factor in prevention.

Calling All Courageous Parents!



Courageous Parenting 101

ALL PARENTS ARE ENCOURAGED TO PARTICIPATE

What are kids doing?
How are they doing it? Why?

These questions and more are answered in this **FREE** drug prevention education program called *Courage to Speak - Courageous Parenting 101*[®] that educates parents to keep their children safe from drugs and gives them the knowledge and confidence required to communicate more effectively with their children. **Please note that the Madison Elementary, West Rocks Middle School and South Norwalk Public Library programs will be presented in Spanish, and Mrs. Katz's presentation will be translated by an interpreter.**

Upcoming Programs:

Torrington High School

In Collaboration with the McCall Foundation

West Rocks Middle School (Presented in Spanish)

In Collaboration with Dr. Lynne Moore, Principal

Norwalk Community College

East Windsor Wellness Coalition

South Norwalk Public Library (Two Courses - Spanish & English)

Guilford High School

In Collaboration with Guilford Youth & Family Services, Guilford HS PTO & Adams MS

Madison Elementary School (Presented in Spanish)

In Collaboration with Ms. Giovanna DeNitto, Principal

Please [click here](#) to view upcoming course dates and locations in your area. Flyers and registration forms are all posted on our website.

Check back frequently for updates!

In The News!

The Hour online

Courageous Parenting 101® adds class in Spanish

January 3, 2011, by Robert Koch, Hour Staff Writer

The Courage to Speak® Foundation will bring its teen drug prevention program -- this time in Spanish language -- to West Rocks Middle School on two separate dates next month. The foundation will roll out Courageous Parenting 101® in Spanish at West Rocks Middle School at 81 West Rocks Road at 7 p.m. Feb. 9 and Feb. 16.

[Click here](#) to continue reading.

Norwalk Citizen

www.norwalkcitizenonline.com

Courageous Parenting 101® to be rolled out in Spanish

January 3, 2011

The Courage to Speak® Foundation will provide Spanish teen drug prevention information for Hispanic families and will roll out Courage to Speak - Courageous Parenting 101® in Spanish at West Rocks Middle School at 81 West Rocks Road, Norwalk, on Wednesday, Feb. 9 and 16 at 7 p.m. The program will give parents the knowledge to keep their children safe from substance

abuse.

[Click here](#) to continue reading.

PatriotLedger.com

Quincy, MA

COMMENTARY: No child immune to addiction

January 4, 2011, by Ginger Katz

On Sept. 10, 1996, I lost my 20-year-old son Ian to a drug overdose just before he was going into a rehabilitation program the next day. Ian had used tobacco, alcohol, marijuana and other drugs in high school. At one point he was picked up by an officer at a park in Norwalk, Conn. He was scolded and told to go home. The officer said "If I ever find you in this town again with any drugs, I will arrest you, now go home."



[Click here](#) to continue reading.

The Hour online

Norwalk Schools Celebrate MLK Day

January 18, 2011, by Danielle Capalbo, Hour Staff Writer

There were no classes Monday, yet 11-year-old Elveret Thomas arrived at West Rocks Middle School ready to learn on the 25th anniversary of Martin Luther King, Jr. Day.

Thomas and his family were among the crowd of Norwalk residents that filled the auditorium -- decorated with hand-drawn portraits of the civil rights icon -- for a family-oriented celebration of King's life and legacy, sponsored by Norwalk Public Schools.

The event featured musical performances by students from West Rocks and Brookside Elementary School; a proclamation from the mayor; a brief awards ceremony to recognize the George Washington Carver Community, A.C.H.I.E.V.E. and The Courage to Speak Foundation; and keynote remarks from Gwen Edwards, the host of "Our Lives" on CT News Channel 12.



Left, Dr. Lynne Moore speaks at Rev. Dr. Martin Luther King, Jr. Day at West Rocks Middle School on Monday, January 17, 2011. Photo: Alex con Kleydorff.

[Click here](#) to continue reading.

Mrs. Katz reflected after the event at West Rocks Middle School, "Martin Luther King, Jr. was a

warrior and spoke from the heart. My mother and father walked for him when I was a young girl - I remember it as if it were yesterday. I never forgot it. I was deeply touched."

Fast Approaching! - Save The Date

The 7th Annual Courage to Speak Empowering Youth to be Drug Free Family Night

Please join us for our exciting event on Tuesday, March 15, 2011 (*snow date: March 16*) at 5:30 pm! All are invited to the event, which will bring students, parents, educators, school and government officials, business and community leaders together to affirm their commitment to keep our children safe from drugs and other risky behaviors.

The event will feature cameo appearances by Norwalk's Mayor Richard Moccia, Chief of Police Harry Rilling and Superintendent of Schools Dr. Susan Marks.

This exciting media event will spotlight the outstanding work and words of students who participate in the in the Courage to Speak Foundation's drug prevention programs taught by health class teachers. Highlights of the event include the students' readings of drug prevention messages and the *Courage to Speak*® *Presentation* for parents and students by Ginger Katz, CEO and Founder of the Courage to Speak® Foundation. A complimentary dinner will be provided by Norwalk Pizza & Pasta, Stew Leonard's and Crystal Rock.

**The event will be filmed by Cablevision of CT, Family Night Sponsor,
and aired frequently at a future date.**

Help Us Save Lives - Please [Click Here](#) to Become a Sponsor!

If you would like to volunteer for the 7th Annual Courage to Speak Foundation Empowering Youth to be Drug Free Family Night, please e-mail Amanda at abolanos@couragetospeak.org or call 203-831-9700.

SAVE THE DATE
FOR THE 7th ANNUAL
COURAGE TO SPEAK[®] FOUNDATION
Empowering Youth to be Drug Free
**FAMILY
NIGHT**
Tuesday, March 15, 2011 · 5:30pm
(Snow date March 16)
West Rocks Middle School
81 West Rocks Rd., Norwalk, CT
A complimentary dinner will be served
www.couragetospeak.org
203-831-9700

Upcoming Presentations - February 2011



[Click here](#) to view the entire Courage to Speak[®] Presentation schedule.

February 7th

North Branford High School, North Branford, CT

February 9th

West Rocks Middle School, Norwalk, CT

February 10th

Madison Elementary School, Bridgeport, CT

February 16th

Central High School, Bridgeport, CT

[Click here](#) to read about the presentation.

[Click here](#) to book your presentation now!

Did You Miss a Newsletter in 2010?

Visit Our Archives - [Click Here!](#)

Catch up on any news, articles, and important information you may have missed.

Tip of the Month

10 Resolutions That Show Your Kids You Care



1. Teach your kids to trust you by seeing you as a role model.
2. Be patient, not just tolerant. Apologize when you make a mistake or do something you regret.
3. Ask teens what they need from you - and do whatever you can to meet those needs.
4. Listen to your teens, a lot. Avoid interrupting.
5. Teach your children about ethics, values and principles they can apply in choices and decision making.
6. Help them discover the feeling of gratitude, not just to say thank you.
7. Keep the promises you make. If you do not keep your word, acknowledge that. Help your teen understand the circumstances or choices that precipitated the change in your plans.
8. Answer your teen's questions and be consistent. When you notice behavioral changes in them, make yourself available and encourage them to talk about what is going on in their life.
9. Be understanding when they have a difficult time and let them know you will love them no matter what.
10. Be diligent. Have ongoing conversations with your kids about the risks of drug and alcohol.

Visit the Courage to Speak® website: www.couragetospeak.org

Visit the Sunny's Story website: www.sunnysstory.com

To join us on Facebook, please [click here!](#)

facebook

Thank you for your ongoing support!

Courage to Speak® Foundation

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

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