



# THE COURAGE TO SPEAK® FOUNDATION

## Programs and Services

### **The Courage to Speak® Presentation:**

The Presentation has been made across the country to hundreds of thousands of students, parents, educators, corporations and state and national conferences. Ginger Katz, nationally renowned speaker tells the story of her son Ian's losing battle with drugs. Ian's story weaves powerful prevention facts with a family's personal experience to help audiences understand the silence and denial surrounding drug use and its related violence and connects them to the urgent need to address youth drug abuse.

### **A Drug Prevention Book, *Sunny's Story*, by Ginger Katz:**

*Sunny's Story*, a drug prevention book written from the perspective of Sunny, Ian's pet beagle, tells the dog's perspective of the ups and downs of life with his young master. The story is an age appropriate way to help young people form an understanding of peer pressure temptations, gain insight into the social and familial impact of unhealthy decisions, and become alert to the consequences of drug use. *Sunny's Story* is read in schools and homes nationwide and is part of the Courage to Speak Drug Prevention Programs.

### **The Courage to Speak® Drug Prevention Program for Grades 4-6:**

Based on the book *Sunny's Story* written by Ginger Katz, this eight lesson program was developed by experts in the field of substance abuse and implemented in 4th to 6th grades in schools. The program teaches young children to follow healthy lifestyles and avoid alcohol, tobacco and other drugs.

### **The Courage to Speak® After School Drug Prevention Program**

(Based on the book *Sunny's Story* by Ginger Katz), this innovative after school drug prevention program targets the 4th through 7th grade and is adapted from the scientifically proven Courage to Speak® Drug Prevention Programs for Grades 4-7. The user-friendly Facilitators Manual provides step-by-step teaching instructions for easy delivery by professionals who work with children in after school programs.

### **The Courage to Speak® Drug Prevention Program for Middle Schools:**

This 15 lesson program incorporates the Courage to Speak® Presentation and the book *Sunny's Story* written by Ginger Katz. The lesson is carefully designed to give students skills and assets to resist drugs and help them make healthy decisions.

### **The Courage to Speak® Drug Prevention Program for High Schools:**

This 10 lesson drug prevention program provides students in grades 9-12 with the knowledge and skills necessary to make healthy decisions and resist the pressure to use and abuse drugs. This comprehensive program is based on the Courage To Speak® Foundation Presentation incorporates the book *Sunny's Story* written by Ginger Katz.

### **The Annual Courage to Speak® Empowering Youth to be Drug-Free Family Night:**

Exciting media event involving all aspects of the community. Parents, children, educators, community leaders, state and local officials, business and community leaders join together to make a stand to empower youth to be drug-free. Featuring the work of the students who participate in the Courage to Speak® Drug Prevention Program and the Courage to Speak® Presentation.

### **The Courage to Speak® Drug Prevention Parenting Program called "Courage to Speak – Courageous Parenting 101®":**

Courage to Speak - Courageous Parenting 101® is a free, multi-session substance abuse education prevention program for parents and is offered in both English and Spanish. The program is designed to help parents understand the impact of drug abuse on youth and give them the knowledge and skills to communicate more effectively with their children about the dangers of drugs. Over 120 facilitators have been trained and certified by the Courage to Speak Foundation to teach the program nationwide.

### **Yale University Evaluation of Courage to Speak – Courageous Parenting 101®: Key Findings of the Evaluation Indicated that Parents who took the Program Reported a Significant Increase in:**

- General Communication with their child
- Communication with their child about alcohol & other drugs
- Parents' knowledge about their children's lives
- Parents' confidence in their ability to intervene & prevent their child from using alcohol, tobacco & other drugs
- Parents' confidence in their knowledge of alcohol, tobacco & other drugs & their ability to recognize the warning signs of substance abuse in their children
- Parents' confidence that they would tell the parents or their children's friends if the friends were using alcohol, tobacco & other drugs

### **The Courage to Speak® Website:**

A comprehensive resource for parents, students, educators and families that addresses the prevention of adolescent/teen drug use.

### **The Courage to Speak® Support Group:**

Meetings for parents and family members who have lost a loved one to substance abuse.

### **The Courage to Speak® Video:**

Seen live by hundreds of thousands across the country, The Courage To Speak® Presentation successfully facilitates open and honest discussion between adults and children about the issue of substance abuse, empowers young people to refuse drugs and supports parents to help their children make healthy choices. Now The Courage To Speak® Presentation is available on a 22-minute DVD.

### **The Courage to Speak® Community Information Campaign:**

Disseminates information to children, parents, educators, and others through print, radio, television and social media. The Foundation is an important media resource for information related to drug prevention at the local, regional, and national level.

### **The Courage to Speak® Foundation Family Resource Center:**

The Center, located in Norwalk, CT, contains brochures, pamphlets, literature and DVDs with information in both English and Spanish for children, families, teachers and others about the dangers of youth substance abuse.