



# THE COURAGE TO SPEAK® FOUNDATION

*Saving Lives by Empowering Youth to be Drug Free*

Ginger Katz, CEO and Founder

## TESTIMONIALS

***“To listen to someone who really knows it from a first-hand point of view and the worst of the worst scenarios – it’s just incredibly beneficial. If not for this program, we very likely would not have stopped her [daughter] when we did and we also would not have been prepared with a necessary course of action”***

-Parent

***A parent thanked me for bringing Ginger in for such an important topic. Her daughter told her that, “You could hear a pin drop.” ... Her daughter never had that reaction from any presentation at the school and that Ginger’s message got through to her.***

- Principal

***“When I first came to my high school, I was appalled at the number of regular people that I was friends with that have smoked pot. Some of them are very religious and some are rebellious, but all smart kids that I would never suspected have at least tried pot are currently doing it. I felt very alone and at first scared, but then I kind of got used to it. I started to think that everyone was doing it. I didn’t want to do drugs, but felt if approached, I wasn’t in control. After hearing Ian’s story, I will never do drugs.”***

– High School Student

***“You should have at least two adults you trust and you can say anything to them. I was shocked on how his [Ian’s] friends didn’t say anything to you.”***

– 7<sup>th</sup> grader

***“You should think about your life and people you care about before you use anything. This makes me think, if I do drugs, the more I would be hurting myself and everyone else around me.”***

-6<sup>th</sup> grader

***“It taught me questions to ask...I found out that, yes, they are offered drugs all the time.”***

- Parent

***“I have known about Courage to Speak Foundation from when my children were in Norwalk Middle School (12 years ago) and she never tires of delivering her message about helping kids and families. It must be awful to lose a child and I think sending the message to kids is imperative. Her book Sunny’s Story, is a great way to reach them as early as possible.”***

– Parent

***“I want to thank you for coming to our High School last night to speak with our parents and students. Your presentation was most important and helped me to gain a different perspective about the impact we have on students and their families. I found myself quite involved in the presentation and I have not stopped thinking about it since I left the High School last night. Your story was very moving and I think it had a very serious impact on everyone who was in attendance. Thank you so much for your courage and honesty to speak to the High School community about the serious nature of substance abuse and the impact it had on your lives. I am certain that the students will remember this presentation long after they leave High School.”***

- Coordinator of Fine Arts, Health and Physical Education

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