



THE COURAGE TO SPEAK® FOUNDATION
COURAGEOUS PARENTING 101®
FACILITATOR ONLINE TRAINING COURSE

**FACILITATOR ONLINE TRAINING COURSE
COURAGE TO SPEAK – COURAGEOUS PARENTING 101®**

This online facilitator video training is ideal for school counselors, health class teachers, social workers, law enforcement, substance abuse professionals and others with a background in the prevention field interested in teaching the **Courage to Speak - Courageous Parenting 101®** program to parents in their local community. This course is available to be taught in **English and Spanish**.

You will follow along with our expert presenter using the Facilitators Manual developed by the Foundation that you receive in the mail. The video training takes approximately 8 hours. Part 1 covers the training and Manual overview and Part 2 is a live presentation of the course (Sessions 1-5) being taught to parents.

All facilitators are trained and certified by the Courage to Speak® Foundation to teach **Courage to Speak - Courageous Parenting 101®** to provide parents with knowledge and skills needed to communicate openly and honestly with their children about the dangers of drugs and other risky behaviors parents.

Participating parents will utilize their prevention power in supporting their children's decisions to avoid tobacco, alcohol, and other drugs and lead a healthy lifestyle. Parents develop improved communication skills, which are proven to be a critical factor in the prevention of substance abuse by young people.



A Yale University evaluation of Courage to Speak - Courageous Parenting 101® reported the following key findings:

- Significant increases in parents regularly talking with their children about the use of alcohol, tobacco and other drugs.
- Parents reported increased frequency of conversations about setting clear rules/expectations with their children regarding the use of alcohol, tobacco and other drugs.
- All participants demonstrated increased confidence in knowing how to deal with the use of alcohol, tobacco and other drugs among their children.
- There was an increased willingness to talk to other parents about the other parent's children suspected use of alcohol, tobacco and other drugs.

For more information or to register for the training please visit www.couragetospeak.org and click on Facilitator Online Training.

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STEP-BY-STEP INSTRUCTIONS

COURAGE TO SPEAK – COURAGEOUS PARENTING 101® ONLINE TRAINING



1. Filling out the Application

Complete and submit your application, which will be reviewed by our friendly team. The application form is on www.couragetospeak.org under “Facilitator Online Training.” You have the option to complete and submit the form online or by mail.

2. Receiving Your Manual

After we receive payment via mail or credit card along with your Terms of Use Agreement, your Courage to Speak - Courageous Parenting 101® Manual will be mailed immediately. At that time, we ask that you notify our office that you received your manual.

3. Getting Started with Online Training

You will need to choose a time frame that is most convenient for you to take the online training (the training is approximately 8 hours.) You will then be assigned a username and password with a link to log-in to the training videos. We suggest that you take notes while viewing our training videos.

4. Completing Online Training

You are now qualified to teach Courage to Speak - Courageous Parenting 101® to parents in your community! The course is **free for parents** and you cannot charge parents to attend your training. *More details are outlined in our Terms of Use Agreement which will be mailed to you after your application is approved.*

Upon completion you will be mailed a CD containing promotional templates that will help you spread the word about the course in your community. You will also receive informative PowerPoint slides to aid in teaching the course.

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