

THE COURAGE TO SPEAK® FOUNDATION CURRICULUM FOR ELEMENTARY SCHOOLS

Courage to Speak Drug Prevention Education Curriculum for Elementary Schools Based on the book *Sunny's Story* by Ginger Katz

The Courage to Speak Drug Prevention Education Curriculum for Elementary Schools (Grades 4-6) sends an age appropriate message about a healthy lifestyle and how and why to avoid drugs and is based on the book *Sunny's Story*, a tale of family love and tragedy narrated through the eyes, ears and mind of Sunny, the pet beagle.

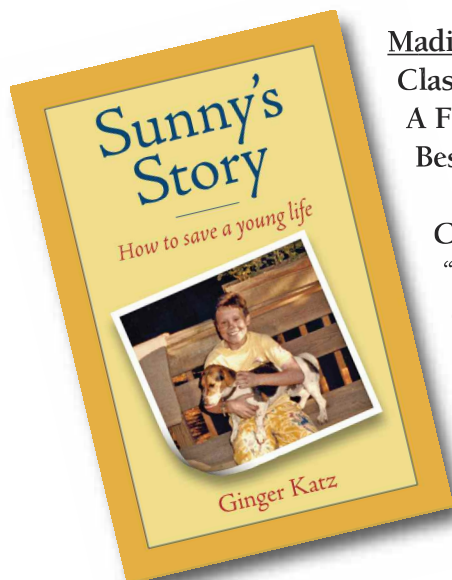
The reading of *Sunny's Story* is followed by eight lessons that support children in avoiding alcohol, tobacco and other drugs, taught by classroom teachers who participated in the *Courage to Speak Teacher Training Workshop*. Students take part in skill and asset building activities through:

- Creative writing
- Art
- Journaling
- Group discussion
- Scientific demonstration
- Role-play

A recent evaluation of the Curriculum reported statistically significant findings:

- Increased student understanding of the risk of use of alcohol, tobacco, and other drugs
- Increased ability to personalize that risk
- Increased coping strategies and assets to avoid use of alcohol, tobacco and other drugs

The study suggests that given the cost-effectiveness and ease of implementation for schools, this evaluation demonstrates the curriculum's effectiveness at changing attitudes for 4th – 6th graders in schools. Yale University is participating in a rigorous scientific evaluation with the Courage to Speak Foundation.



Madison School 6th Grade Class of 2009 Yearbook (Bridgeport CT):

Class of 2009 Favorite Book: *Sunny's Story*

A Favorite Lesson: When we read *Sunny's Story* – Brenda

Best Book I Read: *Sunny's Story* – Derek

Comments

“Sunny's Story is a perfect way to introduce the sensitive topic of substance abuse to children. It engages the students at the onset and keeps their attention throughout.”

Dominick Splendorio, Health Educator

“Educators and parents need to be as strong in voice as Sunny is in the story. This story has to be told and it will save lives.”

David Hay, Brookside Elementary School Principal