



# THE COURAGE TO SPEAK® FOUNDATION CURRICULUM FOR MIDDLE SCHOOLS

## **Courage to Speak Drug Prevention Education Curriculum for Middle Schools**

*The Courage to Speak Drug Prevention Education Curriculum for Middle Schools* builds skills to help students make good decisions and resist the pressure to use drugs. Based on the DVD or live Courage to Speak Presentation, 12 highly interactive classroom lessons are taught by teachers, trained by the Courage To Speak Foundation. Students take part in specific skills development and asset-building activities through:

- Internet research
- Creative writing
- Art
- Group discussion
- Scientific demonstration
- Role-play

The 12 lessons enable students to:

- Have a clear plan to refuse alcohol and other drugs when offered
- Develop clear decision-making strategies
- Identify 3-5 adults who will support them when needed
- Communicate with their parents about risk behaviors and the dangers of drugs.

A critical Middle School Curriculum component is the *Courage to Speak Empowering Youth to be Drug Free Family Night and Media Event*. Students, parents, teachers, school and government officials and key community leaders gather to celebrate the commitment of students in the *Courage to Speak Drug Prevention Curricula* to be drug free and be anti-drug advocates with siblings and friends.

A recent evaluation of the Curriculum indicated very high levels of awareness in the pre-surveys at a Norwalk CT school with its wealth of Courage to Speak drug prevention programs. Yale University is participating in a rigorous scientific evaluation with the Courage to Speak Foundation.

### **Teacher Comments**

*“The work the kids have done to this point has been well beyond what I could ever hope for.”*

Pat Virgilio, Ponus Ridge Middle School, Norwalk CT

*“The students’ reactions to these lessons are genuine...and their comments demonstrate their insights into this highly charged material. The Courage To Speak curriculum is one of the finest I have ever encountered.”* York Mario, West Rocks Middle School, Norwalk CT

### **Student Comments**

*“The most important thing this program teaches is not to be afraid. It’s better to talk out your problems than to resort to drugs.”* Julie - 7th Grade, Norwalk CT

*“The program taught me to speak up when I have a problem.”* Jason, 7th Grade, Waterbury, CT