

## Knowledge is Power. Courage to Speak-Courageous Parenting 101® The Lesson That Could Save Your Child's Life

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Knowledge is Power

*Courage to Speak-Courageous Parenting 101®*

The Lesson That Could Save Your Child's Life

Haddam-Killingworth Middle School

451 Route 81,  
Killingworth, CT

October 5, 2011

It is a fact that our children will be offered alcohol, tobacco and other drugs, often many times, starting in middle school and continuing through high school. What can you do about this? Learn about substance abuse and gain the knowledge and skills needed to keep your children safe.

Regional School District 17 and Youth and Family Services of Haddam-Killingworth are offering a free parent education series, entitled *Courage to Speak-Courageous Parenting 101®* developed by the Courage to Speak® Foundation. The kick-off to this series will be presented by nationally renowned speaker Ginger Katz, CEO and Founder of the Foundation and author of *Sunny's Story*, at 7:00 pm on October 5, 2011. The *Courage to Speak® Presentation* empowers students, parents and educators to break the silence surrounding drug use and find healthy solutions.

Sessions one through four of the *Courage to Speak-Courageous Parenting 101®* will continue October 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> and November 2<sup>nd</sup>. Parents will learn effective communication strategies; gain confidence to talk to their children about the dangers of drugs; understand how to set clear rules and boundaries with their children related to use of alcohol, tobacco and other drugs; and gain confidence in knowing how to deal with substance use among their children.

A recent Yale University evaluation of *Courage to Speak-Courageous Parenting 101®* reported the following positive outcomes: Parents indicated that they increased both in general communication with their children and in the frequency they talked to them about the dangers of

drugs; parents' knowledge about their children's lives increased; and they became more confident in knowledge and their ability to intervene and prevent their child from using alcohol, tobacco and other drugs.

*Courage to Speak-Courageous Parenting 101*<sup>®</sup> covers: teen drug use trends and party culture; guidance to help reduce the risk of substance use; how to help your child handle stress; warning signs; what to do if use or abuse is suspected and much more. Parents will also develop improved listening and communication skills, which have been shown to be a critical factor in prevention.

For more information contact: Liz Young at (860) 663-1797 or [younge55@rsd17.org](mailto:younge55@rsd17.org) and visit [www.couragetospeak.org](http://www.couragetospeak.org).