



THE COURAGE TO SPEAK® FOUNDATION COURAGEOUS PARENTING 101®

Courage to Speak - Courageous Parenting 101®

Offered free of charge, this multi-session substance abuse prevention education program (English and Spanish) is designed to help parents understand the impact of drug abuse on youth and give them the knowledge required to communicate more effectively with their children about the dangers of drugs.

What are kids doing?

How are they doing it? Why?

These questions and more are answered in *Courage to Speak - Courageous Parenting 101®* developed by the Courage to Speak® Foundation's substance abuse prevention team. The course begins with the DVD or live *Courage to Speak® Presentation* and is implemented by trained professional facilitators who cover:

- Drug and alcohol abuse, addiction and its physiological consequences
- Abuse and misuse of over-the-counter and prescription medication
- The teen party culture
- Guidance to help reduce the risk of drug use
- Dangers of enabling and hands-off parenting
- Communication and listening strategies
- How to help your child handle stress

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

-Kathy Spellman, Norwalk CT



- Warning signs / Practical steps if use or abuse is suspected
- The power of denial
- Sources of help and more

Courage to Speak - Courageous Parenting 101® is taught by professional facilitators recruited from the ranks of teachers, school administrators, substance abuse professionals and others with a background in the prevention field. All facilitators are trained and certified by the Courage to Speak® Foundation to teach the course nationwide.

A Yale University evaluation 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.

"If not for this program, we very likely would not have caught her when we did and we also would not have been prepared with a necessary course of action"

-James Calcagnini, Darien CT