

**SAY IT STRAIGHT™ TRAINING**  
**Preventing Destructive Behaviors and Promoting Wellness**  
Designated by US Department of Education, Center for Substance Abuse Prevention and  
Office of Juvenile Justice and Delinquency Prevention as a  
Evidenced-Based Prevention Program

**CONTACT Say It Straight Foundation at (512) 428-6478 or [sayitstraight-info@sayitstraight.org](mailto:sayitstraight-info@sayitstraight.org)**

**We can bring a TRAINING OF TRAINERS WORKSHOP to your area**

**GOALS & OBJECTIVES:** To train people to work effectively for Safe, Disciplined and Drug-Free Schools, and in other settings (treatment, probation, prisons, community, organizations). You will learn to:

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To train people to work effectively for Safe, Disciplined and Drug-Free Schools, and in other settings (treatment, probation, prisons, community, organizations). You will learn to:

● *Implement a successful research-based, process oriented life skills program for schools and other settings, that uses cognitive, affective, visual, auditory and kinesthetic modalities to maximize learning.*

● *Identify those communications that lead to breakdowns and conflicts, and transform them into powerful resources for effective communications and positive relationships.*

● *Empower students, parents, community and other clients you work with to co-create their training, making it appropriate for any group regardless of age, gender and culture.*

**RESULTS:** SIS research in schools, treatment, probation, detention and prison settings shows significant or highly significant reductions in alcohol/drug related school suspensions, juvenile criminal offenses, alienation/normlessness, disempowering communications/behaviors and leaving treatment against medical advice, and significant or highly significant increases in empowering communications/behaviors, conflict management, self-esteem, willingness to implement constructive decisions in difficult situations, quality of family and group life.

**MATERIALS:** Participants will receive the SAY IT STRAIGHT Trainer Manual and samples of SIS Workbooks for students and adults. Three videotapes, SIS in the Classroom, SIS Student Support Groups and SIS Parent-Community Series will be available for purchase at the Workshop.

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*SIS training is a well thought out program for improving the psychological health of people of all ages.*

Virginia Satir, Pioneer Family Therapist and Author

*After being in the field of prevention for over 10 years, I realized that this training brought my skills and knowledge base to a higher Level. Concrete solutions complex problems is truly the theme to this training. I will be forever grateful.*

Janet Laning, Center for Student Assistance, Coordinator, Colorado

*SIS gives me a powerful tool to work with youth.*

Bart Stinson, Deputy Sheriff, California

*SIS goes beyond drug abuse. It's about life.*

Jim Craig, M. Ed. Adolescent Therapist. Texas

*Powerful, simple, effective.*

John Hughes, M.S.W., Drug Education Director, Washington

*SIS- a program that truly prevents, prepares, empowers.*

Bob Wickline, Teacher, K-5, Communication Consultant, WA

*Many of our students have been helped by SIS. Parents indicated there is a long-lasting change in attitude toward peer pressure to use drugs.*

Jean Cate, Drug Education Director, Oklahoma

*A must for anyone interested in prevention and sustained recovery.*

Donna Woods, Director SE, Governor's Commission for a Drug Free Indiana

# **SAMPLE 3-DAY SAY IT STRAIGHT<sup>™</sup> TRAINING OF TRAINERS WORKSHOP AGENDA**

## **Limited to 10 Participants**

### **FIRST DAY**

- 8:00 a.m.- 8:30 a.m. Welcome and Introductions.
- 8:30 a.m.- 9:30 a.m. SIS: Moving From Submission/Dominance to Equal Value.
- 9:30 a.m.- 10:15 a.m. Team Building.
- 10:30 a.m.- 12:00 noon Understanding our Communication/Behavior Processes. Communication/Behavior Sculptures: Placating and Saying It Straight. Introduce Movies. The Function of the Director and Pressurer.
- 12:00 noon 1:00 p.m. Lunch.
- 1:00 p.m.- 2:30 p.m. Movies (from Placating to Saying It Straight). Process Feelings, Verbal/Non-Verbal Behaviors. Identify Rules that Lead to Placating. SIS Video: Placating and Transformation to SIS.
- 2:45 p.m. - 3:45 p.m. Blaming or Bullying Communication/Behavior. Sculpture and Movies and Transform to SIS. Process.
- 3:45 p.m. - 4:30 p.m. Identify Rules that Lead to Blaming and Bullying. SIS Video.
- 4:30 p.m. - 5:30 p.m. Triad Practice Time: Step-by-Step Modeling of SIS. Workbook/Journal Assignment.

### **SECOND DAY**

- 8:00 a.m.- 8:30 a.m. Temperature Reading. Review of Workbook/Journal Assignment. Introduce
- 8:30 a.m.- 9:30 a.m. Passive/Aggressive Communication/Behavior. Sculpture, Movie, Transform to SIS. Process. SIS Video.
- 9:30 a.m.- 10:30 a.m. Super-Reasonable Communication/Behavior. Sculpture, Movie, Transform to SIS, Process. SIS Video.
- 10:45 a.m.- 11:45 a.m. Irrelevant Communication/Behavior. Sculpture, Movie, Transform to SIS. Process. SIS Video.
- 11:45 a.m. - 12:00 noon. Evaluation Questionnaires.
- 12:00 noon 1:00 p.m. Lunch.
- 1:00 p.m.- 2:00 p.m. Rules that lead to Disempowering Behaviors and Transformation.
- 2:00 p.m.- 2:45 p.m. Positive Support and Positive Peer Support Movies. Process. SIS Video.
- 3:00 p.m. - 4:00 p.m. Intergenerational Sculpture of Rules: Stumblings and Strengths.
- 4:30 p.m. - 5:30 p.m. Triad Practice Time: Step-by-Step Modeling of SIS. Workbook/Journal Assignment.

### **THIRD DAY**

- 8:00 a.m.- 8:30 a.m. 5 minute Temperature Reading. Review of Workbook/Journal Assignment. Review Rules.
- 9:00 a.m.- 10:00 a.m. "Dance of Inclusion."
- 10:15 a.m.- 12:00 noon Putting It All Together: Complex Human Systems (Verbal & Non-Verbal). Pull of Conflicts. Rule Transformation with Integration of Resources (Mini "Parts Party"). Roots and Wings of SIS.
- 12:00 noon- 1:00 p.m. Lunch.
- 1:00 p.m. - 3:00 p.m. Triad Demonstration: Positive Peer Support Movie. SIS Video. Triad Demonstrations of Sculpting, Movies and Processing.
- 3:15 p.m. - 4:00 p.m. Modeling of Last SIS Session.
- 4:00 p.m.- 5:00 p.m. Review of Questionnaires.
- 5:00 p.m. - 5:30 p.m. Closure and Evaluations.

## TRAINING REGISTRATION AND AGREEMENT

SEND TO: SAY IT STRAIGHT FOUNDATION, 701 Horseback Hollow, Austin, TX 78732  
voice (512) 428-6478 FAX (509) 278-7009  
e-mail to [savitstraight-info@savitstraight.org](mailto:savitstraight-info@savitstraight.org) website [www.savitstraight.org](http://www.savitstraight.org)

WORKSHOP PLACE AND DATES \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ COUNTRY \_\_\_\_\_

HOME PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_ FAX \_\_\_\_\_

To reserve a place in a workshop, send a deposit for \$250 made out to the Say It Straight Foundation. Send the remainder of the training fee (\$500) upon notification of acceptance. **Your agency can send a Purchase Order for \$750.**

Sign the agreement form below.

If you wish to purchase the Say It Straight Training Videotapes (SIS in the Classroom; SIS Student Support Groups; SIS Family-Community), you need to inform the Foundation four weeks prior to the workshop for them to be ready for you at the Workshop. **See our website at [www.savitstraight.org](http://www.savitstraight.org) for materials.**

### TRAINEE AGREEMENT WITH THE SAY IT STRAIGHT FOUNDATION

I will conduct Say It Straight Training consistent with the training I received from the Foundation, that is, I will strive to enhance the self-esteem and communication skills of the people I work with. When doing SIS training with students, I will obtain parental/guardian consent and student assent for voluntary participation, unless the training is part of a school curriculum that does not require such permission. After SIS training, I will administer an anonymous questionnaire to get feedback. I will not train SIS Trainers until I am certified as a Master SIS Trainer.

To become a **Certified SIS Trainer or a Master SIS Trainer** I will follow specific guidelines from the Say It Say Foundation as given on <[www.savitstraight.org](http://www.savitstraight.org)>.

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Signature of Applicant Trainee

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature, SIS Foundation

\_\_\_\_\_  
Date