

SAY IT STRAIGHT™ TRAINING

Preventing Destructive Behaviors and Promoting Wellness

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Designated by US Department of Education, Center for Substance Abuse Prevention and Office of Juvenile Justice and Delinquency Prevention as an Evidence-Based Program for Prevention of High-Risk Behaviors and Promotion of Wellness

Say It Straight (SIS) is a research-based education and training program that results in empowering communication skills and behaviors, increased self-awareness, positive relationships, personal and social responsibility and decreased risky or destructive behaviors, such as alcohol, tobacco and other drug use, violence, precocious sexual behavior and behaviors leading to HIV/AIDS. Since 1982, it has been successfully implemented in schools with 3rd-12th graders with diverse ethnic and cultural backgrounds in urban and rural settings, including the gifted and talented, learning disabled and educable mentally handicapped; with students in detention, on probation or in chemical dependency treatment; with college athletes; with families, organizations and communities; with adults in chemical dependency treatment, aftercare and prison. SIS is co-created by participants who choose situations important in their lives within which they practice their learnings. Thus, SIS transcends cultural and ethnic background, age, gender and organizational context.

- In 2001, the **U.S. Department of Education**, Expert Panel on Safe, Disciplined and Drug-Free Schools designated Say It Straight Training as a Promising Program for prevention of violence, substance abuse and other high-risk behaviors; and for promotion of wellness, self-awareness, personal and social responsibility, good communication skills and positive relationships.
- In 2003 and 2005 respectively, the **Center for Substance Abuse Prevention** of the US Substance Abuse and Mental Health Services Administration and the **Office of Juvenile Justice and Delinquency Prevention** designated Say It Straight Training as an evidence-based Prevention Program.
- Say It Straight Training was featured on First Lady Nancy Reagan's nationally televised program, "**A Generation at Risk.**"
- Say It Straight Training was cited as a national drug prevention education model by the **Association for Supervision and Curriculum Development.**
- Say It Straight was cited as a model prevention program in **Prevention Pipeline.**
- In **Prevention Forum**, Benard said SIS, "gets at the essence of peer programming's effectiveness- providing youth the opportunity to participate in activities meaningful to their lives for which they assume responsibility and over which they have some control."
- To read about experiences using Say It Straight Training with students, see www.unt.edu/northtexas/archives/p02/straighttalk.htm

Roots and Wings of SIS

The roots are the connections to our resources and deepest yearnings

The wings are the new behaviors that result from putting our yearnings into practice

"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 to complex problems is truly the theme to this training. I will be forever grateful." **Janet Laning**, Center for Student Assistance, Coordinator, Colorado

Empowering Communication: Within, Between, Among

SIS training is designed to respond to difficulties students and adults identify as their greatest challenges in difficult interpersonal situations. They say it is difficult to say what is in their minds and hearts in a straightforward way because of fears such as being rejected or not liked, of hurting someone's feelings, of being embarrassed or being held responsible. These fears make it difficult for people to hear their own inner voice of wisdom. Instead, they do their best to take care of themselves by people-pleasing, blaming or bullying, becoming sarcastic, lecturing, becoming passive-aggressive or disruptive, etc. When we use these communications we disempower ourselves and others. SIS is designed to help people be in the world in an empowering way by honoring themselves, others and the issues in their lives.

By saying it straight, everyone becomes a leader for positive change

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

Powerful, simple, effective.

John Hughes, Drug Education Director, WA

SIS goes beyond drug abuse. It is about life.

Jim Craig, Adolescent Therapist, TX

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

Jean Cate, Drug Education Director, OK

SIS gives me a powerful tool to work with youth.

Bart Stinson, Deputy Sheriff, CA

A must for anyone interested in prevention and sustained recovery.

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

SIS does not treat the whole person, it gives the whole person the tools with which to treat himself or herself

Ned Creswell, Priest, Episcopal Church, TX

This is some of the most powerful material I have been exposed to as a person as well as a professional.

Jan Cleator, LCDC

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

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

Say It Straight Training is a carpenter who builds many doors.

Anonymous

After SIS, students have said:

I can say no and be myself.

I feel better inside and outside

I can say no and not feel guilty.

I can say I've quit.

I can tell a friend I care.

It's easier than I thought

It's harder than I thought.

No excuses needed.

It feels good.

It's totally awesome.

SIS empowers people to:

- ★ Develop and use empowering communications/behaviors.
- ★ Develop resiliency and wellness.
- ★ Prevent high-risk or destructive behaviors.
- ★ Develop positive relationships and teamwork.
- ★ Connect to inner resources and express deepest yearnings.
- ★ Develop high self-esteem.
- ★ Be personally and socially responsible.
- ★ Implement constructive decisions.
- ★ Improve quality of life.
- ★ Listen to their own inner voice of wisdom.
- ★ Respect themselves, others and life issues.

Students develop skills they report lacking:

- ★ How do I say no to a friend?
- ★ How do I say I have quit, to my friends?
- ★ How do I say to a friend, I care about you and I'm scared when I see what you are doing?

Adults report similar difficulties with:

● family ● friends ● workmates

● SIS is cognitive, affective and psychomotor and can be done in about 7 to 10 class sessions, depending on age and group size. More extensive training is done in other settings, such as treatment, after-care groups, prison, detention and probation.

● SIS is co-created by participants making it appropriate and sensitive for all age, gender, cultural and ethnic groups in any setting.

● Say It Straight Foundation has trained about 3,000 people to work with youth, parents, couples, families, communities and organizations in many settings. Trainers come from all walks of life and include teachers, counselors, administrators, ATOD prevention and treatment providers, nurses, community volunteers, therapists, physicians, police and probation officers and ministers.

RESEARCH RESULTS

The effectiveness of SIS has been tested using behavioral and self-report measures with follow-up periods as long as 19 months after training

- After SIS, youth are 3.7 times less likely to have substance abuse related school suspensions and 4.5 times less likely to have juvenile criminal police offenses such as assaults, vandalism, burglary, runaway, etc., compared to youth who did not have SIS training. Both results are statistically significant. Reductions in precocious sexual behavior and pregnancy, and fights that lead to violence have also been reported. Statistically significant increases in behavioral intentions to implement constructive decisions in difficult situations have been found in all age groups in schools, juvenile detention and probation, group homes, alternative schools for pregnant teens and teens with other problem behaviors and in chemical dependency treatment.
- With adults and youth, SIS leads to statistically significant increases in quality of life and empowering communications that count oneself, others and issues, and reductions in disempowering communications such as people-pleasing, blaming, bullying, being sarcastic, threatening, carrying grudges, lecturing or playing smart, disrupting, "spacing out" or being irrelevant.
- In residential chemical dependency treatment with adults SIS leads to significant decreases in disempowering communications/behaviors, alienation/normlessness and significant increases in empowering behaviors, quality of family and group life, self-esteem and leaving treatment against medical advice. For additional details see Research Results link on www.sayitstraight.org. For research articles contact the Say It Straight Foundation.

Workshops Training is available in your location for 12 or more participants.

- **SIS Training of Trainers** Basic SIS 4-day intensive workshop to prepare 12-25 participants to do SIS in schools, with families, communities, organizations, in treatment, prisons, etc. Non-English Workshops are 5 days.
- **Review and Feedback** for SIS trainers includes statistical analysis of pre and post-training questionnaires, feedback on trainer videotaped work (if available) and review of subjective feedback from participants to trainer. Two trainers can team up and be supervised as a team. Trainers are certified on the basis of their work.
- **Advanced Training to Develop SIS Master Trainers** is available for experienced SIS trainers who wish to become Master Trainers (capable of training other trainers). The Say It Straight Foundation is committed to this process to develop sustainable prevention communities.
- **Other Workshops**, for specific needs are of variable length. Examples are. "From Breakdowns to Breakthroughs in Relationships," "From Breakdowns to Breakthroughs in Workteams," "Building Climate."

Materials

- **Workbooks/Journals:**
 - Early Elementary School
 - Elementary School (also available in Spanish).
 - Middle School. (also available in Spanish)
 - High School
 - Parent/Community (also available in Spanish)
- **Trainer Manual** A step-by step guide to the training
- **Videotapes** of Dr. Englander-Golden doing Say It Straight Training
 - Say It Straight Training: In the Classroom
 - Say It Straight Training: Student Support Groups
 - Say It Straight Training: Family-Community Series
- **Posters** Set of Nine 8½ x 11 Posters for enlarging and photocopying
- **Questionnaires** Set of Questionnaires used for evaluation to be photocopied
- **Game: Say It Straight Challenge** for Students and Families
- **Audiocassette: Say It Straight: From Compulsions to Choices** by Paula Englander-Golden
- **Book:** Say It Straight: From Compulsions to Choices by Paula Englander-Golden and Virginia Satir, Science and Behavior Books, P.O. Box 60519, Palo Alto, CA, USA (1991). Appropriate for adults and college students.
- **Reprints:** Published research articles. For more details see the Materials link on www.sayitstraight.org

The Trainers

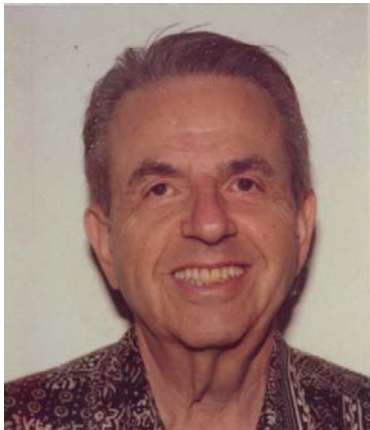
The Say It Straight Foundation has trained about 3,000 people to work with youth, parents, couples, families, communities and organizations in many settings. Trainers come from all walks of life and include teachers, counselors, nurses, administrators, ATOD prevention and treatment providers, community volunteers, therapists, physicians, police and probation officers and ministers. In addition to conducting SIS trainings directly in many settings, Master SIS Trainers also are available to conduct SIS Training of Trainers Workshops across the United States and abroad.

Who To Talk To

Paula Englander-Golden, Ph.D. is Director of Training of the Say It Straight Foundation. She previously was Professor at the University of North Texas where she was the Founding Director of the Institute for Studies in Addictions and Professor at the University of Oklahoma where she coordinated Chemical Dependency Studies and founded the Oklahoma Alcohol/Drugs Information Clearinghouse. She is a member of AVANTA, the international network of family therapists and family educators founded by Virginia Satir. She has been the recipient of grants from the U.S. Department of Education, the Office of Substance Abuse Prevention (OSAP), and the State of Oklahoma. Her research and training in prevention of alcohol/drug abuse and other destructive behaviors, in promotion of wellness and strengthening the family has achieved an international reputation. She is the developer of Say It Straight training. She has published numerous research articles and the book, *Say It Straight: From Compulsions to Choices*, co-authored with Virginia Satir, with an accompanying audiocassette. She has produced three videotapes used to increase effective communication and positive relationships in families, schools, student support groups in treatment and other settings. Dr. Englander-Golden gives seminars, workshops, lectures across the United States and abroad for educational and social service organizations and for the military. She has been on many radio and TV talk shows.



David E. Golden, Ph.D. is President of the Say It Straight Foundation. He previously was a Regents Professor at the University of North Texas and also Provost and Vice President for Academic Affairs. He studied Systems Communication, Family Systems and Family Reconstruction with Virginia Satir for over 10 years and is a member of AVANTA where he served on the Governing Council and as Treasurer. He has served in a number of administrative positions in universities and industry. He has published more than 200 research articles and given many seminars and workshops for public and private institutions in the United States and abroad. He has been principal or co-principal investigator on more than \$7M in grants from various federal, state and private organizations and is listed in *Who' Who in the World* and *American Men and Women in Science*. He is a co-founder of the Say It Straight Foundation and collaborates on Say It Straight research, training and development of materials.



Say It Straight Foundation is a not-for-profit organization.

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Founder & President, David E. Golden, Ph.D.; Founder and Director of Training, Paula Englander-Golden, Ph.D.; Founding Senior Consultants: Virginia Satir, D.S.S., Meryl Tullis, C.A.D.A.C. & Maxwell Weisman, M.D. Consultants: Suzanne S. Brent, Ph.D., NCAC II, LMFT, Rebecca Hardy, Ph.D., LPC, Jeffrey B. Golden, M.S., Leila May, M.S. & Joan Elconin Jackson, M.Ed.