

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 an Evidence-Based Prevention Program Listed in SAMHSA's National Registry of Evidence-based Programs and Practices

**CONTACT Say It Straight Foundation at (512) 428-6478 or 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)

In the Say It Straight Training (SIS) of Trainers Workshop, 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, 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 receive the SIS Trainer Manual, posters, evaluation materials and samples of the five SIS Workbooks for students and adults, Three videos, SIS in the Classroom, SIS Student Support Groups and SIS Parent-Community Series, and Say It Straight Challenge game may be purchased separately.

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 for 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

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SAMPLE 3 DAY SAY IT STRAIGHT™ TRAINING OF TRAINERS WORKSHOP AGENDA

FIRST DAY

8:30 a.m.-	9:00 a.m.	Welcome, Introductions and Confidentiality
9:00 a.m.-	9:30 a.m.	SIS: Moving From Submission/Dominance to Equal Value.
9:30 a.m.-	10:15 a.m.	Team Building. Sameness, Diversity, Uniqueness.
10:15 a.m.-	10:30 a.m.	Break
10:30 a.m.-	12:00 noon	Understanding our Communication/Behavior Processes. Placating and Saying It Straight Sculptures. Movies: From Placating to Saying It Straight. Function of the Director and Pressurer. Process Feelings, Verbal/Non-Verbal Behaviors. Rules that Lead to Placating. SIS Video (Classroom).
12:00 noon-	1:00 p.m.	Lunch
1:00 p.m.-	2:00 p.m.	Blaming or Bullying Sculpture and Movies. Transform to SIS. Process. SIS Video (Classroom).
2:00 p.m.-	3:00 p.m.	Passive/Aggressive Sculpture and Movies. Transform to SIS. Process. SIS Video (Fam. Comm.).
3:00 p.m.-	3:15 p.m.	Break
3:15 p.m.-	4:15 p.m.	Triad Practice: Step by step Modeling of SIS.
4:15 p.m.-	4:30 p.m.	Workbook/Journal. Writing and Sharing.

SECOND DAY

8:30 a.m.-	8:45 a.m.	Temperature Reading.
8:45 a.m.-	9:30 a.m.	Super-Reasonable Sculpture & Movies. Transform to SIS. Process. SIS Video (Classroom).
9:30 a.m.-	10:15 a.m.	Irrelevant Sculpture & Movies. Transform to SIS. Process. SIS Video (Classroom).
10:15 a.m.-	10:30 a.m.	Break
10:30 a.m.-	11:15 a.m.	Positive Support and Positive Peer Support Movies. Process. SIS Video (Classroom, Student Support).
11:15 a.m.-	12:00 noon	Demonstration of Movie by Participants.
12:00 noon-	1:00 p.m.	Lunch
1:00 p.m.-	1:30 p.m.	Dance of Inclusion
1:30 p.m.-	1:45 p.m.	Rules that lead to Disempowering Behaviors
1:45 p.m.-	2:15 p.m.	Multigenerational Sculpture of Rules: From Hearing Voices to Making Choices.
2:30 p.m.-	3:00 p.m.	Rule Transformation. Individual and Whole Group.
3:00 p.m.-	4:30 p.m.	Rule Transformation Practice Time. Triad Practice: Step by step Modeling of SIS. Workbook/Journal. Writing and Sharing.

THIRD DAY

8:30 a.m.-	9:00 a.m.	Temperature Reading. Sharing in Whole Group.
9:00 a.m.-	9:30 a.m.	Putting It All Together: Complex Human Systems (Verbal & Non-Verbal).
9:30 a.m.-	9:45 a.m.	Break
9:45 a.m.-	10:30 a.m.	Discovering The Strength In Our Roots. Multigenerational Sculpture.
10:30 a.m.-	11:00 a.m.	Roots and Wings of SIS. Pull of Conflicts. Necklace of Resources (Mini "Parts Party").
11:00 a.m.-	11:30 a.m.	Modeling of Last SIS Session.
11:30 a.m.-	12:00 noon	Triad Demonstrations of Movie With Necklace of Resources.
12:00 noon-	1:00 p.m.	Lunch
1:00 p.m.-	2:00 p.m.	Triad Practice: Step by step Modeling of SIS.
2:00 p.m.-	2:15 p.m.	Break
2:15 p.m.-	4:00 p.m.	Review of Questionnaires, Trainer Manual and Workbooks/Journals for different age groups.
4:00 p.m.-	4:30 p.m.	Closure and Evaluations.

SAY IT STRAIGHT REGISTRATION/AGREEMENT FORM

SEND TO: SAY IT STRAIGHT FOUNDATION, 2032 University Club Drive, Austin, TX 78732

Voice: (512) 243-6788
email: info@sayitstraight.org

FAX: (509) 278-7009
website: www.sayitstraight.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 \$850 check made out to the Say It Straight Foundation or your agency can send a deposit of \$350 to hold your reservation and a Purchase Order for \$500.
- Sign the agreement form below.
- If you wish to purchase the Say It Straight Training DVDs (SIS in the Classroom; SIS Student Support Group; SIS Family-Community), please inform the Foundation or order them on line on the Materials Page.

TRAINEE AGREEMENT WITH THE SAY IT STRAIGHT FOUNDATION

I will conduct Say It Straight Training consistent with the training I received from the Foundation, what is written in the SIS Trainer Manual, SIS Journals/Workbooks and what is on the SIS DVDs. I will strive to enhance the self---esteem and communication skills of the people I work with. I will give an appropriate workbook/journal to each participant at the beginning of the training for cognitive reinforcement of their experiential training. 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 Say It Straight Trainer by the Say It Straight Foundation.

To become a **Certified SIS Trainer or a Master SIS Trainer** I will follow specific guidelines from the Say It Say It Straight Foundation as given on www.sayitstraight.org

Signature of Applicant

Date

Signature, SIS Foundation

Date