

# 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) 243-6788 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)

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 4-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.- 10:00 a.m. SIS: Moving From Submission/Dominance to Equal Value.
- 10:15 a.m.- 11:00 a.m. Team Building. Sameness, Diversity, Uniqueness.
- 11:00 a.m.- 12:00 noon Understanding our Communication/Behavior Processes: Communication/Behavior Sculptures.  
Placating and Saying It Straight. Introduce Movies.
- 12:00 noon 1:00 p.m. Lunch.
- 1:00 p.m.- 2:30 p.m. Movies (from Placating to Saying It Straight): the Function of the Director and Pressurer.  
Process Feelings, Verbal/Non-Verbal Behaviors. Feedback from Observers. Identify Rules that Lead to Placating. SIS Video (Classroom)
- 2:45 p.m. - 4:00 p.m. Triad Practice Time: Step-by-Step Modeling of SIS. Video. Workbook/Journal Assignment.

### SECOND DAY

- 8:30 a.m.- 9:00 a.m. Temperature Reading. Review of Workbook/Journal Assignment.
- 9:00 a.m.- 10:00 a.m. Blaming or Bullying. Sculpture and Movies and Transform to SIS. Process. SIS Video (Classroom)
- 10:15 a.m.- 12:00 noon Passive/Aggressive Sculpture and Movies and Transform to SIS. Process. SIS Video (Family/Comm.).  
Super-Reasonable. Sculpture and Movies and Transform to SIS. Process. SIS Video (Classroom)
- 12:00 noon- 1:00 p.m. Lunch.
- 1:00 p.m.- 2:00 p.m. Irrelevant. Sculpture and Movies and Transform to SIS. Process. SIS Video (Family/Comm.).
- 2:15 p.m.- 3:00 p.m. Rules that lead to Disempowering Behaviors and Transformation.
- 3:00 p.m. - 4:00 p.m. Triad Practice Time: Step-by-Step Modeling of SIS. Video. Workbook/Journal Assignment.

### THIRD DAY

- 8:30 a.m.- 9:00 a.m. 5 min Temperature Reading. Review of Workbook/Journal Assignment. Review Rules.
- 9:00 a.m.- 10:00 a.m. Intergenerational Sculpture of Rules: Stumblings and Strengths.
- 10:15 a.m.- 12:00 noon Positive Support and Positive Peer Support Movies. Process. SIS Video (Student Support).
- 12:00 noon- 1:00 p.m. Lunch.
- 1:00 p.m. - 2:30 p.m. Putting It All Together: Complex Human Systems (Verbal & Non-Verbal). Pull of Conflicts.  
Rule Transformation with Integration of Resources. Necklace of Resources (Mini Parts Party).  
Roots and Wings of SIS.
- 2:45 p.m.- 4:00 p.m. Triad Practice. Movies and Rule Transformation. Workbook/Journal Assignment.

### FOURTH DAY

- 8:30 a.m. - 9:00 a.m. 5 min Temperature Reading. Review of Workbook/Journal Assignment.
- 9:00 a.m. - 10:00 a.m. "Dance of Inclusion."
- 10:15 a.m. - 11:00 a.m. Modeling of Last SIS Session.
- 11:00 a.m.- 12:00 noon Triad Demonstrations of Sculpting, Movies and Processing.
- 12:00 noon- 1:00 p.m. Lunch.
- 1:00 a.m.- 2:00 p.m. Triad Demonstration: Positive Support Movie.
- 2:15 p.m.- 3:30 p.m. Review of Questionnaires, Trainer Manual and Workbooks/Journals for different age groups.
- 3:30 p.m.- 4:00 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](mailto:info@sayitstraight.org)

FAX: (509) 278-7009  
website: [www.sayitstraight.org](http://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 \$750 check made out to the Say It Straight Foundation or your agency can send a deposit for \$250 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](http://www.sayitstraight.org)

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date