

# **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) 983-4459 or [info@sayitstraight.org](mailto:info@sayitstraight.org)**  
**We can bring a TRAINING OF TRAINERS WORKSHOP to your area**  
**if you have 6 or more people to train**

### **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 5 DAY SAY IT STRAIGHT™ TRAINING OF TRAINERS WORKSHOP ZOOM AGENDA

<b>First Day</b>	
8:00 am – 8:30 am	Welcome and Introductions
9:30 am –10:15 am	Team Building
10:15 am –11:30 am	Break
11:30 am – 1:30 pm	Empowering and disempowering Communication/Behavior Processes and Sculptures: Placating and Saying It Straight (SIS). Introduce Movies.
	The Function of the Director and Pressurer.
	Make a Movie: Transform Placating to SIS. Process Feelings, Verbal/Non-Verbal Behaviors. What Rules Lead to Placating?
<b>Second Day</b>	
8:00 am – 8:30 am	Introduce Temperature Reading
	Identify Rules that Lead to Placating. SIS Video: Placating and Transformation to SIS.
9:00 am –10:15 am	Blaming or Bullying Communication/Behavior. Sculpture and Movies and Transform to SIS. Process
	Identify Rules that Lead to Blaming and Bullying. SIS Video of Placating, Blaming and transformation to SIS.
10:15 am –11:30 am	Break
11:30 am – 1:30 pm	Passive/Aggressive Communication/Behavior. Sculpture, Movie, Transform to SIS. Process.
	Rules that Lead to Passive/Aggressive behavior.
<b>Third Day</b>	
8:00 am – 8:30 am	Temperature Reading
8:30 am – 9:30 am	Super-Reasonable Communication/Behavior. Sculpture, Movie, Transform to SIS, Process.
9:30 am –10:15 am	Irrelevant Communication/Behavior. Sculpture, Movie, Transform to SIS, Process.
10:15 am –11:30 am	Break
11:30 am – 1:30 pm	Dance of Inclusion
	Rules that lead to Disempowering Behaviors, Super Reasonable and Irrelevant behavior.
<b>Fourth Day</b>	
8:00 am – 8:30 am	Temperature Reading
8:30 am – 9:00 am	Multigenerational Sculpture of Rules: The Noise in your head that doesn't pay rent.
9:00 am – 9:30 am	Rule Transformation. Individual and Whole Group.
9:30 am –10:15 am	Rule Transformation Practice Time.
10:15 am –11:30 am	Break
11:30 am – 1:30 pm	Putting It All Together: Complex Human Systems (Verbal & Non-Verbal).
	Triad Practice: Step by step Modeling of SIS. Workbook/Journal. Writing and Sharing.
<b>Fifth Day</b>	
8:00 am – 8:30 am	Temperature Reading
8:30 am – 9:15 am	Discovering the Strength in Our Roots. Multigenerational Sculpture.
9:15 am – 10:15 am	Roots and Wings of SIS. Pull of Conflicts. Necklace of Resources (Mini "Parts Party")
	Modeling of Last SIS Session.
10:15 am –11:30 am	Break
11:30 am – 1:30 pm	Triad Demonstrations of Movie with Necklace of Resources.
	Review of Questionnaires, Trainer Manual and Workbooks/Journals for different age groups.
	Closure and Evaluations.

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## SAY IT STRAIGHT REGISTRATION/AGREEMENT FORM

SEND TO: SAY IT STRAIGHT FOUNDATION, 2632 University Club Drive, Austin, TX 78732

Voice: (512) 983-4459  
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 \$862 check made out to the Say It Straight Foundation or your agency can send a deposit of \$362 to hold your reservation and a Purchase Order for \$500.
- Sign the agreement form below.
- If you wish to purchase, Say It Straight Training DVDs (SIS in the Classroom; SIS Student Support Group; SIS Family-Community), please inform the foundation or order them 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

## SAY IT STRAIGHT FOUNDATION ORDER FORM

**Send purchase order, check or money order in US dollars with order to  
SAY IT STRAIGHT FOUNDATION, 2632 University Club Drive, Austin, TX  
78732 FAX (509) 278-7009, or PHONE: (512) 983-4459 or e-mail  
info@sayitstraight.org**

Workbook/Journals, Trainer Manuals and Questionnaires are available in English and Spanish				
Workbook/Journals	Lang	Unit Price	No	Total
Younger Elementary Students		\$6.25		
Elementary Students		\$7.25		
Middle School Students		\$8.30		
High School Students		\$11.50		
Parents & Community		\$10.25		
Trainer Manual		\$250.00		
The Book, BEING Within-Between-Among-Beyond	Eng	\$13.95		
The Journal for BEING	Eng	\$10.25		
Listen to the Guided Imageries for BEING (USB stick)	Eng	\$10.00		
The Book, Mending Broken Hearts	Eng	\$12.00		
Say It Straight Training: In the Classroom (DVD)	Eng	\$50.00		
Say It Straight Training: Student Support Groups (DVD)	Eng	\$50.00		
Say It Straight Training: Family-Community Series (DVD)	Eng	\$50.00		
Set of all three DVDs	Eng	\$135.00		
Say It Straight Challenge Game	Eng	\$38.50		
Set of 8.5 x 11 Black and White Posters for enlarging and printing		\$15.00		
Set of eleven 12" x 15.5" Color Posters		\$50.00		
Set of eleven 21.25" x 27.5 Color Posters		\$180.00		
Set of all Evaluation Questionnaires for copying		\$40.00		
Evaluation Questionnaires for Elementary School		\$10.00		
Evaluation Questionnaires for Middle School		\$10.00		
Evaluation Questionnaires for High School		\$10.00		
Evaluation Questionnaires for Parents/Community		\$10.00		
Training Packets only for Master Trainers		\$362.00		
Say It Straight: From Compulsions to Choices, CD	Eng	\$20.00		
<b>SUB TOTAL</b>				
<b>Shipping 10% in USA, Outside US depends on where, min \$15.00</b>				
<b>Registration Fee \$862.00 (Please also send Registration Form)</b>		\$862.00		
<b>TOTAL</b>				
<b>YOUR NAME</b>				
<b>COMPANY NAME</b>				
<b>BILLING ADDRESS</b>				
<b>SHIPPING ADDRESS</b>				
<b>TELEPHONE</b>		<b>EMAIL</b>		
<b>IF YOU BUY WORKBOOK/JOURNALS PLEASE FILL OUT AND SIGN MATERIALS AGREEMENT ON NEXT PAGE</b>				

## SAY IT STRAIGHT MATERIALS AGREEMENT FORM

SEND TO: SAY IT STRAIGHT FOUNDATION,  
2632 University Club Drive, Austin, TX 78732  
Voice (512) 983-4459 FAX (509) 278-7009 email: info@sayitstraight.org

I agree not to copy or print any Say It Straight Copyrighted Material in any language. Furthermore, when I conduct Say It Straight Training (SIS), it will be 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/behavior skills of the people I work with to empower them to honor themselves, others and issues as they arise. I will give an appropriate Say It Straight workbook/journal to each participant at the beginning of the training for cognitive reinforcement to 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.

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\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date

Print Name\_\_\_\_\_

Print Name of Organization\_\_\_\_\_

Organization Address\_\_\_\_\_

Phone Number\_\_\_\_\_Email\_\_\_\_\_