

Dear Community Partner:

Summit County Public Health was awarded a 5-year Capacity Building Initiative (CBI) Grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) to be executed from 2017-2021. The grant focuses on building capacity for sustainable prevention services for Substance Abuse, HIV, and Viral Hepatitis. Services are targeted to youth and young adults between 13-17 and 18-24 years old throughout Summit and Portage Counties.

A key component of the grant is the implementation of a new evidence-based prevention program called Say It Straight (SIS) throughout the grant service area. Say It Straight is an adaptable program that uses positive psychology to make the participant aware of disempowering behaviors and to build communication empowerment skills that will increase self-efficacy and reduce harmful behaviors.

Our goal is to partner with schools and community based organizations to provide Say It Straight throughout our community and to empower our youth. If you are interested in having Say It Straight taught to your youth and young adults, we need the following commitments from your organization:

- **Time:** Provide at least 6 hours within 30 days to complete the curriculum (e.g., eight 45-minute sessions or four 90-minute sessions within one month).
- **Host:** Have between 6-35 participants in one group, and the same participants must complete the entire curriculum, which includes non-identifiable pre and post-testing.
- **Space:** Have a space that allows for participants to move into groups for activities.
- Participants under the age of 18 will be given a form for parental consent with the choice to opt-out.
- Gift card and food incentives are available for voluntary participants that complete the program.



Please do not hesitate to contact your Summit County Public Health representative for further information or to schedule a training!

Say It Straight™ Curriculum

The curriculum includes key learning points detailed below and an evaluation requirement. To achieve program fidelity all basic sculptures, movies and processing choices must be completed.



Session 1: 45-60 minutes

- **Meet and Greet** / Ice Breaker / Introduction Day
- SIS Pre-Test
- SAMHSA Questionnaire- Baseline
- Exploring Sameness/Diversity/Conflict

Session 2: 45-60 minutes

- **Placating:** Sculpture, Awareness, and Processing the Experience of Placating
- **Say It Straight:** Sculpture, Awareness, and Processing the Experience of Saying It Straight
- **Movies:** Process Choices

Session 3: 45-60 minutes

- **Blaming & Bullying:** Sculpture, Awareness, and Processing the Experience of Blaming
- **Passive-Aggressive:** Sculpture, Awareness, and Processing the Experience of being P-A
- **Movies:** Process Choices

Session 4: 45-60 minutes

- **Super Reasonable:** Sculpture, Awareness, and Processing the Experience of being SR
- **Irrelevant:** Sculpture, Awareness, and Processing the Experience of being Irrelevant
- **Movies:** Process Choices

Session 5: 45-60 minutes

- **Positive Support:** Explore positive support and ways to give it
- **Movies:** Process Choices
- **Language of Different Communications:** Body Language and Overcoming Manipulations

Session 6: 45-60 minutes OPTIONAL

- **Rule Transformations:** How to soften disempowering rules & Processing the Experience
- **System Exercises:** Strengths of Our Roots, the Pull, & Connecting to our Resources
- Process the Experience of the system exercises

Session 7: 45-60 minutes OPTIONAL

Continued Rule Transformations, System Exercises, and Saying It Straight through Movies & Processing Choices

Session 8: 45-60 minutes

- **Graduation Day**
- SIS Post-Test
- SAMHSA Questionnaire- Exit
- Disburse Certificates and/or Incentives



330-926-5680
scphoh.org/onelife

**INFORMED
PARENTAL
CONSENT
OPT-OUT FORM**

Title of Project:
Say It Straight™

Training in
Straightforward
Communication,
Refusal Skills,
and Positive
Relationships

Dear Parent or Guardian:

Your child will have the opportunity to participate in a project designed to empower young people with skills to communicate effectively and honestly, build self-esteem, and develop prosocial relationships, as well as decrease harmful behaviors. This training will be delivered within 6-8 sessions approximately 45-60 minutes long. Since 1982 this training has been conducted with over 35,000 youth and young adults in various settings with excellent results in prevention of destructive behaviors such as alcohol/drug related school suspensions, school misbehavior, and juvenile criminal offenses.

The Say It Straight Program is now being offered in Summit and Portage Counties through a grant funded by the Substance Abuse and Mental Health Services Administration. The training requires the completion of a questionnaire before and after the program to evaluate its effectiveness. The test is used nationally for all SAMHSA funded programs and has been approved by the Office of Management and Budget as being appropriate in content and length for participants 12 years and older. Among other topics, it contains questions relating to sexual behaviors and substance use, though the program curriculum does not discuss these topics. When completing the questionnaire, your child will only be assigned a unique ID number, names will not be recorded, and test responses will remain completely confidential. In addition, results are not linked back to your school or program.

Please do not hesitate to contact me with questions about the Say It Straight™ curriculum or to receive a copy of the SAMHSA youth questionnaire, at _____.

If you do not want your child to participate in the Say It Straight™ program offered, your child should return the attached waiver to his/her teacher or program administrator. Thank you.

Sincerely,

----- Please detach here and return the bottom portion to the teacher. -----

I, _____, hereby wish to remove my child or legal ward, _____, from participating in the above named project, which has been fully explained to me.

I understand that by removing my child or legal ward from participating in the project and signing this form I do not waive any of my legal rights.

Parent or Guardian Signature

Date