



No Shame Education Program

A Supplemental Education Program for Youth and Young Adults

FREE RESOURCE!

SAFE Project launched the No Shame Pledge in 2020 as a means to provide large-scale stigma reduction education while showcasing a clear message that there is No Shame in asking for and seeking help for substance use and mental health challenges.

The No Shame Education Program increases individual understanding of the principles presented in the No Shame Pledge, gives youth and young adults the tools to speak out against stigma and make safe choices.

PRESENTATION FORMAT:

- No formal training is needed
- Small or large group instruction with information presentation and opportunities for interaction, discussion, & feedback
- 40 minutes - 1 ½ hour time frame
- Pre/Post Pulse survey is included



Upon completion, individuals will be able to sign the No Shame pledge and serve as advocates with a clear understanding of stigma reducing facts and sources of help and support.

WHO IS THIS PROGRAM FOR:

- Youth and young adults
- Educators
- Youth-serving organizations
- Parents, guardians, and caretakers of youth
- ANYONE interested in the topic

LEARNING OBJECTIVES:

- Recognize the impact of addiction
- Understand the disease of addiction and its link to mental health and wellness
- Breakdown myths, stigma, and perceived attitudes about mental health and addiction challenges
- Discuss resources for help, support and treatment

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NOW!**



Please note: This is a FREE resource made available through SAFE Project's SAFE Choices initiative.



For more information about SAFE Choices, visit www.safeproject.us/safe-choices or contact Ronna Yablonski at: ronna@safeproject.us