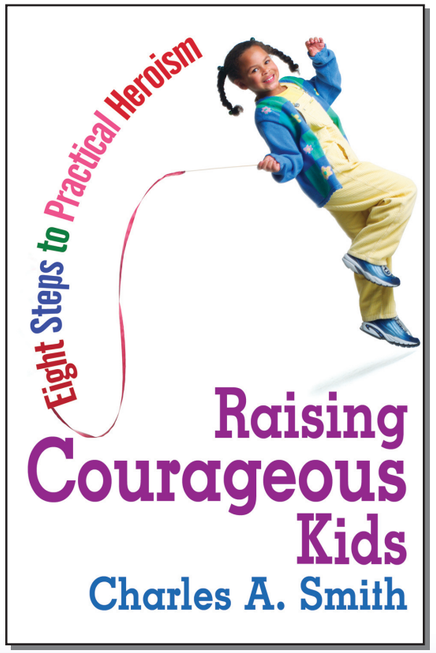
Nurture the Everyday Virtue of Courage



RAISING COURAGEOUS KIDS

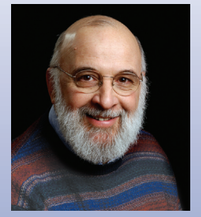
Eight Steps to Practical Heroism

Charles A. Smith

ISBN: 1-893732-76-2
Parenting/ Trade Paper/ 5.5 x 8.5 / 224 pages/ $14.95
September, 2004

Our children's lives are filled with countless opportunities, both big and small, to make a difference in the world. And sooner or later, they will face adversity when we cannot be there to help them. Perhaps there will be a bully to deal with at school, an offer of drugs, or a life-threatening accident, attack, or illness. But eventually, in some way, life will demand that our children face fear, make choices, and take action. In this groundbreaking guide for parents, Charles Smith shows how to nurture the virtue of everyday courage in children. He explains how courage develops in eight stages from birth to early adolescence. And he provides solid information and practical ideas to help nurture courage at every one of those stages. Illustrating his points with the inspiring stories of real-life young heroes, Smith shows parents that while we can't protect our children from every conceivable peril, we can prepare them to face challenges with courage throughout their lives.

Can we raise children to have the courage to perform a life-risking rescue? Unknown, perhaps, but Professor Smith gives parents the power to develop children with the courage to rise to a lifetime of challenges. A truly wonderful gift.
—Douglas R. Chambers,
Managing Director, Carnegie Hero Fund Commission



About the Author

Charles A. Smith is a professor and parent educator in the School of Family Studies and Human Services at Kansas State University. He is an award-winning state extension specialist who has designed a number of parent education programs used by educators throughout the United States. He holds a BS in psychology from the University of Dayton and both an MS and PhD in child development from Purdue University. Smith has created board and card games, television programs, online educational resources, and several websites for parents and parent educators including, raisingcourageouskids.com

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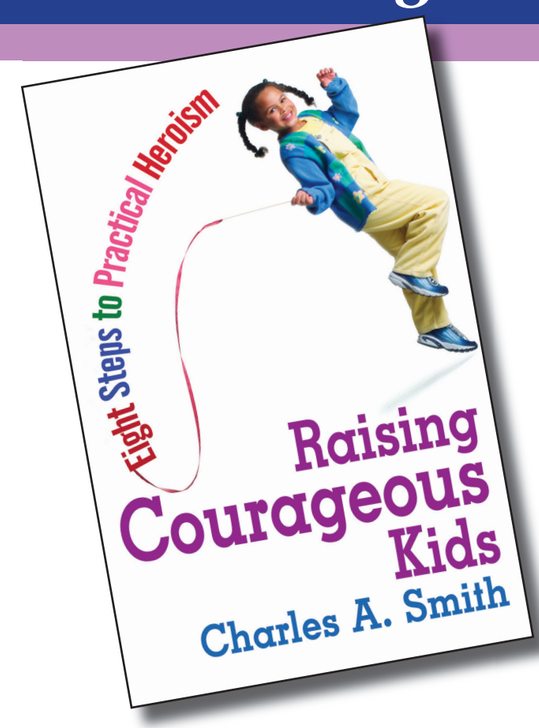
Our greatest monuments to those who take risks and make sacrifices on behalf of others are not made of stone, steel, and glass. They are not found in parks, on city streets, or in public buildings. The greatest monument is an enduring shift in the human spirit, a transformation made possible by the caring of others.

—Charles A. Smith

Nurturing Courage in Children



Find Out Why
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Presentations and
In-service Programs
For Parents, Educators,
Children, and Communities

Visit www.raisingcourageouskids.com for more information!

WHY THINK ABOUT COURAGE?

- Alana Franklin rescues a six-year-old boy from a gunman who invaded his home.
- Fallon Richards pulls a bedridden elderly man to safety during a fire in his mobile home.
- Terreatha Barnes rescues two children from a runaway vehicle by leaping into it and pushing the brake with her hands.

What do these people have in common? In addition to being remarkably courageous, all three were either eleven or twelve years old when they performed these amazing acts of heroism.

Young people are as capable of heroism as adults, and while exceptional circumstances may prompt an act of courage, our children are called to courage everyday in less astonishing ways: facing a bully at school; speaking out against making fun of another student; coming to terms with a life threatening illness; facing the loss of a loved one.

Yet, children are not born with courage. Threads of integrity, devotion, power, honor, and valor are woven into the tapestry of their lives from the moment they are born. In his groundbreaking book, ***Raising Courageous Kids: Eight Steps to Practical Heroism***, Charles A. Smith, PhD, shows parents and educators how to nurture the virtue of everyday courage in children. He explains how courage develops in eight steps from birth to the teen years and provides practical ideas for each stage.

Professor Smith has created five programs based on the eight-step model found in ***Raising Courageous Kids***. These presentations are designed specifically for parents, educators, or students. Each presentation explains the nature, development, and significance of courage and true heroism, as well as its relationship to the emergence of conscience.

Contact Professor Smith today for a program tailored especially for parents, educators, students, or family life professionals in your community.

Charles A. Smith, Ph.D.
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Manhattan, Kansas 66506

Telephone: (785) 532-5773
Email: casmith@ksu.edu

Or visit: www.raisingcourageouskids.com

1 RAISING COURAGEOUS KIDS

A one- to two-hour presentation for parents, youth & family professionals, and the media

Setting: libraries, bookstores, schools, churches

Participants will learn:

- What courage is and why it is significant
- How courage originates early in life
- How parents & caregivers shape courage
- The meaning of true heroism
- The nature of practical heroism
- Eight steps to practical heroism

2 COURAGE AND SPIRITUALITY

A 20-minute to one-hour presentation for adults & teens

Settings: Churches and community centers. Designed to be incorporated into another event, such as a retreat, youth day, Sunday school class, church service

Participants will learn:

- The relationship between spirituality & courage
- How spirituality is an important element in heroism

3 A TIME FOR HEROISM

A one-hour school assembly for elementary, middle, and junior high school students

Settings: School assemblies, community centers

Participants will:

- Learn about the relationship between fear and courage
- Hear stories about remarkably courageous youth
- Relate these examples of heroism to their own lives
- Learn to make courageous choices and manage the consequences

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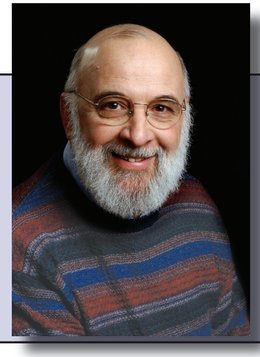

4 COURAGEOUS KIDS FOR SCHOOLS

A six-hour in-service for early childhood and elementary school teachers and administrators

Settings – schools, churches, libraries, community centers

Participants will learn:

- How to incorporate lessons about courage and heroism into their curriculum
- How to use group activities and story time to teach children about courage and heroism
- How to devise a strategy for recognizing courage in their schools
- How to nurture courage in the classroom with the eight-step approach
- How to incorporate the principles described in *Raising Courageous Kids* into parent education programs

Participant materials:

- A *Raising Courageous Kids* approach to parent education
- *Developmental Milestones of Courage* – 260 achievements from birth to age 12 in a large format edition
- The *Challenge to Valor* card game

Outline:

- The developmental significance of fear
- The neurobiology of fear and conscience
- Fear, panic, and emotional hijacking
- The relationship between courage and conscience
- Heroism: courage in service to integrity
- From power to valor: The eight steps
- Risk assessment and the *Circle of Valor*
- Incorporating lessons in courage and heroism into your curriculum
- Courage as an antidote to bullying
- Nurturing courage in teacher-child relationships
- How teachers can use the *Developmental Milestones of Courage*

5 COURAGEOUS KIDS FOR FAMILY LIFE PROFESSIONALS

A six-hour in-service for social service and extension professionals, social service professionals, parent educators, and clergy

Settings – schools, churches, libraries, community centers

Participants will learn how to:

- Incorporate lessons about courage and heroism into parent education programs
- Help families teach children about courage and heroism with family activities and story time
- Help parents use the eight-step approach to nurturing courage
- Lead and evaluate workshops for parents and other caregivers on raising courageous kids

Participant materials:

- *Twenty Ideas for Using Raising Courageous Kids in Parent Education*
- *Developmental Milestones of Courage* – 260 achievements from birth to age 12 in a large format edition
- The *Challenge to Valor* card game

Outline:

- The developmental significance of fear
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- Risk assessment and the *Circle of Valor*
- Incorporating lessons in courage and heroism into parent education
- Nurturing courage in parent-child relationships
- Creating parent education programs based on *Raising Courageous Kids*
- How parents can use the *Developmental Milestones of Courage*

To learn more about these innovative and exciting programs, contact:

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Professor and Extension Specialist
Kansas State University
Manhattan, Kansas 66506

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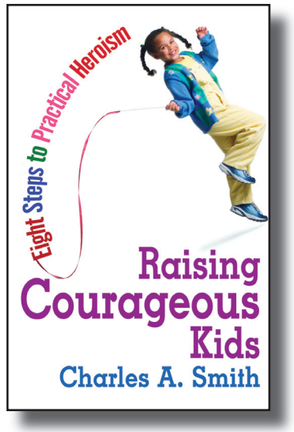
Email: casmith@ksu.edu
Or visit:www.raisingcourageouskids.com



Raising Courageous Kids is available at bookstores, online retailers, and from the publisher. Use the order form or call 1-800-282-1865.