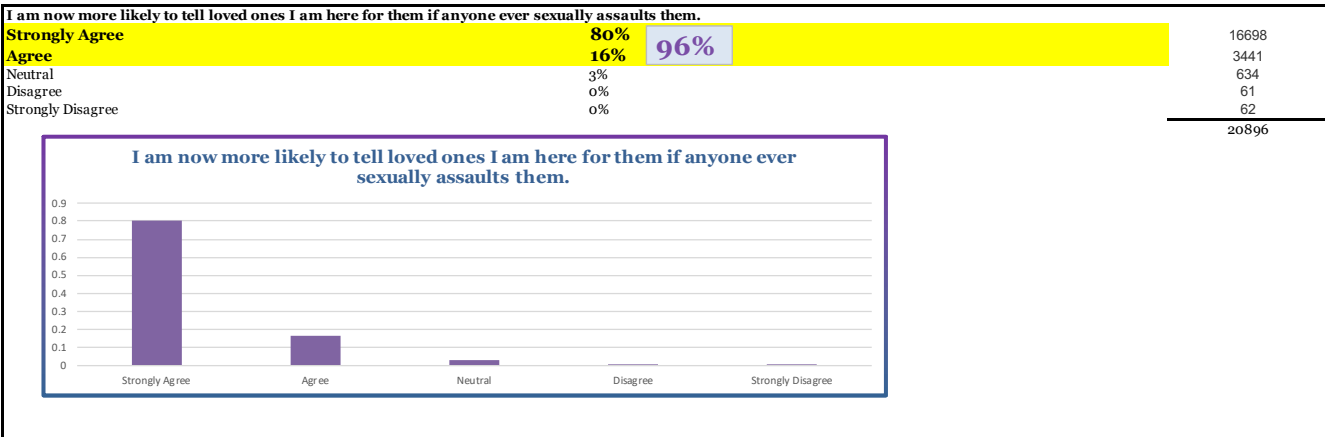
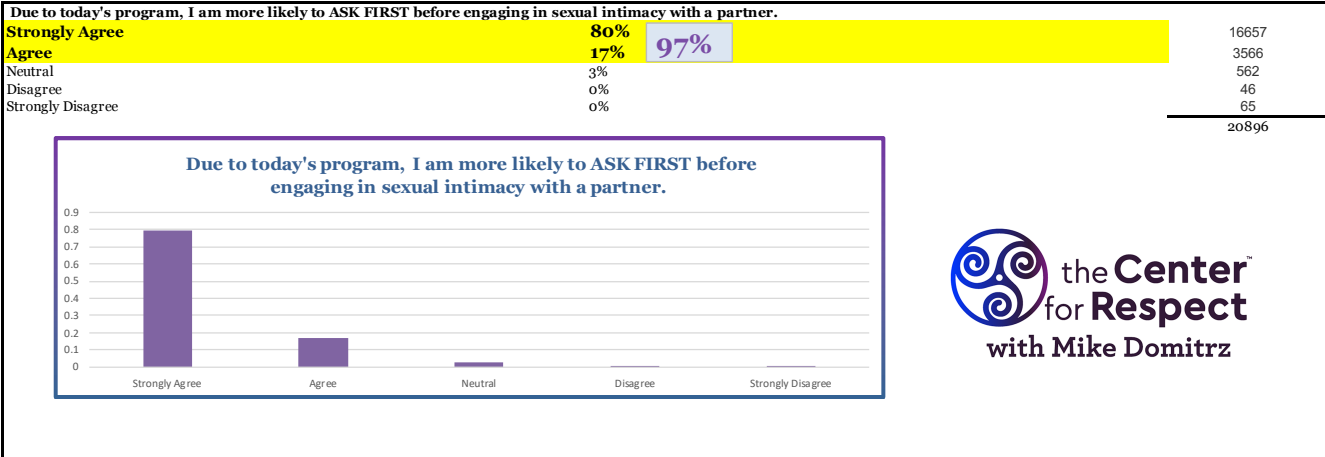


**"SAFER Choices" Assembly presented by Mike Domitrz with The Center for Respect**



<b>High School Students attending the "SAFER Choices" Program presented by Mike Domitrz.</b>	
<b>What are you going to use from today's program?</b>	<b>How would you describe this session to someone who wasn't here?</b>
I am going to use all of the information from today's program to help educate students in engaging in safe, healthy, appropriate relationships.	This session was very engaging and informative!
ask first	inspirational
I will always ask for consent before engaging in activities. I do not owe anyone sexual acts.	It is very important for everyone to learn, no matter sexual orientation, gender, or age.
I am going to always ask for consent	Very important for everyone to learn, no matter their age or gender.

<b>High School Students attending the "SAFER Choices" Program presented by Mike Domitrz.</b>	
<b>What are you going to use from today's program?</b>	<b>How would you describe this session to someone who wasn't here?</b>
make sure that anyone knows that they can talk to me if they are assaulted	a powerful lesson about what consent is
Ask consent always and make sure to intervene when I see sexual assault going on.	It was about sexual assault and how to be a better person in a relationship.
I'm going to ask before assuming.	You should always receive verbal consent when in a relationship and never do something you're not willing to do.
I will tell my loved ones that I am here for them, always.	We talked about how important verbal consent is.
I will intervene when I should.. I will try to stop something from happening.	It was an interesting and informative way to spread the word and intervene in certain situations.
I will intervene in situations that can lead to assault or rape.	I would tell them that we discussed the importance of consent and how individuals can manipulate others into sexual activities. As humans, we need to stand up and look out for others in these situations, which most commonly appear in parties with alcohol, and drugs.
I will ask first and now know what to do in certain situations.	I would describe it as a great assembly that was very informative.. it was great to learn all about sexual abuse.
Asking first for consent	An informative and interactive talk about assault, consent, etc.
o, know that it is ok to say no.	informational and important
letting people know that if they have been sexually assaulted, they can come to me for help.	can I kiss you? consent is very important
The rules of being a "bystander" and asking first	The session gave good information on sexual assault.
The information	Talks about the right way to go about relationships and the rules that shouldn't be questioned.
That no is not mean.	Something to make u cry
No isnt mean.	Mike came and talked about sexual assault; he honestly did really well and was even really engaging.
Many of the major points will be added to the sexual assault and abuse curriculum	It was an informative and interactive assembly discussing sexual assault, dating, and consent.
I'm going to always seek for consent	It was a great experience and a lot of questions were answered.
I am going to ask first as well as make people feel safe	High energy, engaging, impactful, great presenter!
you never owe intimacy	very inspiring an useful
how to ask first and how to act in situations	very informative
consent	it was very fulfilling and sentimental. It hit deep and I learned what consent really means.
consent	educational
That no is not mean	You need to get Mike to come to your school! This was the most interactive and engaging virtual presentation for students. And, of course, the frank information provided was the most important I have heard for students in a very long time.
That everybody and their body matter.	We talked about consent and sexual assault. What is right!
Support students to practice the practical steps you provided today. Great presentation.	It was entertaining and everyone could interact. It refreshed my mind with what's consent and what's not consent
I'm going to ask first. and No means NO	I would tell them what we learned
I dont owe anyone intimacy	Always stand up for yourself and others in any unwanted sexual situation.
I already did the majority of these things, but I may ask verbally more	Always ask people before having any sexual contact
thats it is totally fine to say no	it was very helpful and informative. It made me realize to but others first even if it is hard. Saving someone is more important.
saying no is not a bad thing	it was inspiring, and very educational
intervene when I things that are off	it is about consent and asking first and mostly respecting the answer
I never owe anyone intimacy.	informational
That I will never be afraid to say no	We learned about respect
Saying no to sexual activity	Very rewarding and eye opening
Saying No is ok	That it is a really important presentation and people should always know the way to respect not only themselves but others
No is not mean	So powerful!♥
NO is not mean	Never ever feel guilty for saying no, someone who chooses to not ask for consent is the one who should feel guilty!!
NO IS NOT MEAN	Made the definition of consent and what consent is very clear
It's not mean to say no	It was very good and more informative than I thought it would be.
I would like to stand up for even the people I don't love	It was incredible; I learned more about consent and different scenarios
I will make sure to ask for consent.	I would tell them about what consent truly is and how to do it properly.
I will intervene	How to differ saying yes and being afraid to say no
I will intervene	How to be respectful and how to ask for consent during situations where you might be a little nervous
Everything	Fantastic experience, everyone participated and easy to follow virtually.
EVERYTHING! Thank you!	Eye-opening and worth it
Be sure to intervene when acts of sexual assault are eminent.	Engaging and educational
Asking for a kiss isn't awkward	life changing
let others know i care about them and i will always be there.	consent is key.
That no is ok	This was in impactful session, emphasizing the importance of choice and consent.
I don't owe ANYBODY intimacy	Fabulous
Ask first	It is very informative and helps you to understand the topic if you're confused.
I am going to use every tactic that was introduced today to better myself and our community	It was an engaging discussion with a strong message
Not being afraid to intervene in a dangerous situation	It was informative
The tools I learned	very informative, he raised some points that i hadn't previously considered so i appreciate the insight
have more respect for people in terms of sexual harassment and be more aware of any incidents that might arise around me	Very informative and the presenter was great to listen to.
Mikes logical reasoning of asking to kiss is something i will definitely do from now on.	Good
Let my friends and loved ones know I am always here for them no matter what	very powerful and eye opening
I'm gonna ask before I do anything intimate with someone.	You'll learn why you need to respect others' choice and how to ask for consent and help others who are in precarious situations.
I'll do whatever I can from now on to protect everyone from sexual assault.	It was very different from how I thought it would be. It was actually a good deal more informative, strengthening, and entertaining than I thought it would be
I will ask before I kiss someone.	Learning to have a respectful relationship. How to stop sexual assault from happening.
Ask first	It was fun, but also got serious when necessary.
learning how to stop sexual assaults	We learned about how to ask for consent actively and how to look out for others.
That I am still strong as a survivor and it will get better	The session was informative and interactive.
It is key to communicate with a partner	Learning what consent is and how to ensure others (including your own partners) are consenting parties in intimate acts— and if they're not, learning how to stop sexual assaults
I should ask before in initiating intimacy.	A very educational discussion about how to be a good partner
How to intervene in an act of sexual misconduct.	A brilliant and very informational session!
Asking for consent, even if it seems awkward. Looking out more for people at parties and under the influence.	A truly great experience and a lesson everyone needs to hear
saying "NO" is not mean!	It was powerful
To ask before kissing someone	A lesson on how to stop sexual assault and how to say no.
I am going to become more aware of my surroundings and tell those that I love that I care about them	A discussion on sexual assault and situations surrounding it.

<b>High School Students attending the "SAFER Choices" Program presented by Mike Domitrz.</b>	
<b>What are you going to use from today's program?</b>	<b>How would you describe this session to someone who wasn't here?</b>
Preventing sexual assault, if I witness anything suspicious or someone tries to take advantage of another person, I will intervene.	It talked about preventing sexual assault and funny methods of teaching how to flirt and interact.
I'm going to have respect and consideration for people's choices.	I would describe this session as informative, important, commutative, and beneficial.
Everything	It's informative and very true and helpful in difficult situations.
Everything, from asking for sex before forcing it, to not manipulating others and standing up and supporting the SURVIVORS!	to be appropriate by asking before doing, and supporting your friends
If I'm ever in a similar situation that he described, I'll ask first and I'll also look out for others. I'll also try to give the people who experienced such situations the choices they need to get help and support.	Mike essentially showed us how to form healthy relationships, how consent is supposed to work, and how to support other people who have been in sexual assault cases or other similar experiences.
I am going to ask future partners if they consent before we do something intimate.	Influent. You learn a lot of what not to do and what to do in situations if a friend has ever dealt with being sexually assaulted or does not know what to do when a partner is being forceful to have sexual intimacy.
Always ask before engaging in any sexual activity with a partner.	I would describe this session as informational and helpful for everyone. Whether someone has been sexually assaulted, has little knowledge of sexual intimacy or has a lot of knowledge from sexual intimacy, they can all take something from this session.
Consistently asking for consent and assuring not only my partner feels comfortable, but that my friends are comfortable in the relationships they have with other people.	I'd describe it as learning what true consent is, and learning how to not only value yourself and your body, but also your partner's body.
Not much, I found it funny went porn was brought up, not in context to the presentation, but I just thought porn was kind of funny. Most if not all this stuff is just common knowledge to me.	Be a decent human being when having sex
I am going to ask first before doing anything in a relationship. I am also going to be there for anyone who needs me.	Very informative and went into depth about how a healthy relationship should be and how to protect yourself, and how to help others going through sexual assault.
To ask for consent	It was ok, but a lot is common sense.
I'm going to use everything that was talked about. Such as, how to talk to a survivor of sexual assault or rape, how consent works etc.	This session was very educational and important. The difficult topics are often not talked about but should be. This whole session taught about the importance of consent, healthy relationships, and supporting survivor of sexual assault.
I'm going to be more aware of what I define as peer pressure, and I'm going to be sure to recognize and intervene in situations others might not.	This focused on consent and Sexual assault/Rape.
I will actively let people know that I support them and will help them if needed.	Talk to them about consent or what to do in a relationship.
I am going to ask people that I am here for them and my knowledge.	Informative and fun. A lot was brought up that people see as normal when in reality it's not.
I am going to ask first.	I would describe this session as progressive and proactive.
I am always going to ask first.	I would describe it as a serious topic and helpful.
For future relationships and situations, I'm going to intervene whenever I see any form of sexual assault happening to anyone, ask first when making any physical moves on anyone, and support those who share their stories with me.	Always respect a persons right to choose.
To Tell others	A good reflection on the causes of relational trauma and some ways to prevent it
That I can say no and that my consent matters and that I don't need to please others.	You need to listen
I'm going to take the advice he gave all of us and try to apply it to my life since I am a survivor of sexual assault.	We talked about the ways we can help each other if someone is has gone through rape, or is going to be raped.
Intervene	Very educationally! I would sum up the most important things to them as best as I can.
I will ask first, and if they say no, respect their decision.	That consent always needs to be asked for and respected.
I am going to observe the situation before doing or asking anything.	Respect other peoples sexual decisions. No means no.
Help others such as friends or even people whom I don't know intervene in case they are getting raped/ taken advantage of.	Impactful
Consent always	I would tell them that consent is the most important thing for every relationship and friendship. I would also tell them to stand up for people no matter what.
The steps to all types of healthy relationships.	I would say it was to make sure you are asking permission for any sexual intimacy and make sure you help others in dangerous situations.
The seven steps	this session is a really good lesson to learn and it makes me feel more prepared for the "real world"
The seven steps	We talked about the importance of asking for consent and how to do it effectively.
The 7 stair steps, and remember to ask for consent, and advocate for myself in a bad situation	The session was about awareness for sexual assault and steps that you can take to intervene and create healthy relationships with others. It addressed how to help others and yourself in a bad situation, what to do when you want to engage with someone sexually, and answered common questions of students about sexual relationships especially in the high school setting.
Rather than using I'm just going to just get better and perfect these things	Respect other people's decisions and respect the rule of consent.
Not being afraid of saying no.	Mike went into a basic overview of sexual assault, rape, consent, intimacy, and other topics pertaining to reducing sexual assault and rape.
Knowledge on 7 steps of a healthy relationship	Informative with good advice.
I am going to use the seven steps to a relationship and asking.	Informational lecture on how to be a better partner and how to stay out of trouble with sexual assault.
I am going to respect other people's wishes.	Importance of not blaming survivor
I am going to remember to make myself available for others if they ever need someone to talk to about sexual assault or anything similar.	I would tell them that it informed us how to be in a good relationship.
I am going to be there for a friend	Good therapy that everyone should hear before going through highschool and college.
I am going to be more aware of my surroundings.	Ask first and just be a good person who makes the logical decisions.
I am going to ask for consent, I am going to be there for those who need help and comfort.	Amazing! Mike explained everything so well!
Asking for a persons consent and the different ways or steps to intervene when someone is at risk of sexual assault.	Always ask consent for any sexual interaction and that you should always think about what you want over the other person who is making advances.
to ask first	A moving experience for someone who isn't educated on these matters and for people like myself who was prior it's a good thing to have refreshed
tell someone that I am there for them	mind-altering and opened up new doors for thought
asking	it was a webinar about consent, sexual education in social situations, awareness. It reinforces the need for people to ASK instead of just gauging. that awkwardness is totally okay.
ask first and stand up for myself and others	ask first and now that their is people out their for you.
ask first	ask first and choose mutually amazing partners
Well I think I will tell my female cousins that I'm here for them if they ever were in a predicament.	always ask
Ways to make sure you in a safe relationship and to see if your partner is comfortable	We learned that we need to be more aware of what is sexual assault and what is not, we don't have to excuse people's actions in fear of ruining their reputation. We should also always as for consent no matter what the situation is.
To speak out	Very informative about asking first before you decide to just go for it
To help others more than I am doin right now.	This session was informative and helpful, not just for high school students but for everyone.
To help make peoples lives better	This session provided strong insights about asking for consent and healthy sexual relationships
To ask first before you do something	The session was about how to respond to being a witness to sexual assault about to happen, how to be there for a survivor, how to ask for consent, and what there should be in a healthy relationship
The steps program	That love and consent is not what you think it really is .
The seven steps for a successful relationship with someone	That it's a good thing to hear and we could use in our lives today
The aspect of helping someone and letting them know that I am there for someone.	That it was uplifting and mind opening

**High School Students attending the "SAFER Choices" Program presented by Mike Domitrz.**

<b>What are you going to use from today's program?</b>	<b>How would you describe this session to someone who wasn't here?</b>
The Seven Steps.	Talking about sexually abuse
Make sure that I have the 7 steps in a relationship to maintain a healthy relationship.	Program discussing safety and consent in all, but especially young, relationships.
Intervene, ask first, and know my standards.	One thing I would describe is how no one owes intimacy to ANYONE. Regardless of if they're married or not, consent comes first in any relationship.
Intervening when I see someone who may be in trouble.	Lessons on consent and healthy relationships
I'm going to use as much as I can I don't have any specifically but if I'm put in a situation I'm going to do everything I can to help	It was informative. Brief explanation; always ask even for something as small as a kiss, you should feel and happily consent if you are consenting, and IT WAS/IS NEVER YOUR FAULT.
I will use the seven step staircase.	It was informative and interesting
I will use the 7 steps for a healthy relationship	It was a great chance to understand the reality in this world and how to cope
I will stop to ask for consent instead of worrying about ruining the moment.	Informative and fun
I will ask first, ensure that I have the seven steps to a good relationship/sexual intimacy, and tell others that I am ALWAYS here for them!!	Informative Ways to approach someone without committing sexual assault.
I want to use the stair case and remember that I don't owe intimacy.	I would tell them that it taught us how to act appropriately and mention to them some of the plans for addressing certain situations.
I am more informed on what to do if a situation like these ever occur.	I would tell someone the tips and examples I learned today to help them better themselves
I am going to use these lessons and skills to ensure no one ever has to go through these situations.	I would say that it was a lesson about consent and what it looks like to have a healthy relationship. You do not owe anyone anything, you are not responsible for anyone's happiness, you are allowed to say no, and you need to treat people with respect.
I am going to use the knowledge about the importance of asking first before going for a kiss to ensure their is consent in a relationship.	I would describe this session as very informative and eye-opening.
I am going to use the hotlines and the steps and rules of consent.	I would describe this session as being very beneficial to educate high school students about how to have strong, healthy relationships, especially surrounding the idea of dating and sexual intimacy.
I am going to say NO.	I would describe the session as Moral decisions that we can take to make better sexual choices for both partners.
I am going to remember to tell myself that I don't owe anyone anything and am not responsible for other people's happiness.	I would describe it as very inclusive and informative.
I am going to remember to ask first, and not be afraid to intervene in social situations. I also want to make sure that I am there for others.	I would describe it as something that could help them out a lot.
I am going to reach out to my friends to let them know I am here for them.	I would describe it as doing the right thing if they are every put in that situation
I am going to reach out to 3 people, telling them I am here for them	I would describe it as a very informational lesson that I had learned about when it comes to relationships.
I am going to make sure I have the 7 steps in any of my relationships	I would describe it as a very helpful instruction on how to stop sexual assault and to know what a healthy and intimate relationship is like.
I am going to better support sexual assault survivors	I would describe it as a safe space that helps everyone to understand how to have safe relationships.
I am going to be more vigilant in social situations especially college events to detect possible unwanted sexual advancements.	I would describe it as a panel that helps people understand what it means to be in a safe and healthy relationship and how to respect other people and their consent.
I am going to apply what I learned today to my life.	I was informational, I liked Mike
How to help others if they are being sexually assaulted	How to be a good person/spouse/relationship-compatibility. What is a good person?
How to address situations of sexual assault and how to act in situations involving consent.	Helps teach someone how to have a healthy and happy relationship and how to help others being sexually assaulted
Everything	Great
Everything	Extremely helpful in breaking stigmas about sexual relationships, going beyond that of what high schoolers experience!
Ask first, and the 7 steps to a healthy relationship	An amazing lesson on Sexual Harassment and healthy relationships.
Application of values.	Always ask for consent, Intervene in any way you can, Make sure your relationship is fun.
"No means no"	A helpful, resourceful session that brings awareness to a serious topic.
the seven steps for forming good relationships- in dating and in friendships!	we talked about the importance of consent.
the seven steps and reach out to the three people.	very informative
steps and asking for consent	sexual assault and rape are real and dangerous things that we need stop and prevent
i am going to ask first and intervene in bad situations.	it's okay to say no to things you don't want to do and make them aware of what sexual assault can look like
how to be safe with a partner	it taught us how to respect our peers' sexualities' and choices as well as our own.
ask for consent and kissing before	informative
ask first, respect others, and protect those in sexual danger	i would say it was powerful and it was a good talk about rape.
ask first	an amazing eye opener
What I am going to use is knowledge and ask first	We talked in depth about sexual assault and how to recognize it and what is okay from not.
To make sure I'm not just going for it.	Very informative and helpful for healthy relationships.
To be more mindful of these situations and to pay more attention at parties.	Very informative
To ask first	Very informative
There are many steps to a healthy relationship and you need to learn those steps.	To people who weren't here, I would say that this lesson was how to teach yourself and others in relationships
The thing about highschool relation ships	This session will teach you that language matters in sexual intimacy and relationships, that no matter your beliefs all relationships require YOU to be comfortable.
The specific processes of asking and helping sexual assault victims	This session is encouraging, inspiring, and thoughtful. Mike does a wonderful job connecting with students and meeting them where they are at.
The seven steps	The speaker gave very specific steps to and encouraged us to prioritize consent and help potential victims of sexual assault.
The seven steps	That asking for consent is very important.
The emphasis on intervention	Talks about what to do sexually in a relationship
That it is important to put an end to situations if something is wrong, such as sexual assault.	Sexual assault webinar that goes through situations and how to handle them effectively.
Telling people that I am there for them more often	Might change your point of view
Reach out my hands others	It would be hard to explain
Probably the asking first	It was very educational.
Making sure to ask first	It was really informational and you should see it.
Making sure that no matter what even kissing, make sure you verbally ask DO NOT assume.	It was pretty nice it helps expand on topics that should be normal for everyone.
Make sure if I see anything I intervene it.	It was funny but yet told of serious issues that may be going on with a professional manner when talked about
Keep in mind the things we were taught.	It was a knowledge-filled presentation that talked about sexual assault
I'm going to use this in the future for when I get into a relationship.	It opened up my mind
I'm feel more prepared for a real relationship and know the criteria for a healthy relationship.	It is definitely a necessary session that should be heard by students and others who need information about having healthy interactions and relationships.
It's okay to tell people when you are uncomfortable	It is about how to ask for consent, what to do to stop someone from being sexually assaulted, and how to ask for help.
I'm going to make sure consent is the bare minimum	Intervene, reach out to others, and ask for consent before kissing or sexual intercourse
If I'm being honest I probably would have done most of this to begin with but It's a nice reminder.	Informative
I've never heard of the seven steps before, and I'm going to keep them in min if I ever decided I want a relationship.	I would try to explain what was said

**High School Students attending the "SAFER Choices" Program presented by Mike Domitrz.**

<b>What are you going to use from today's program?</b>	<b>How would you describe this session to someone who wasn't here?</b>
I'll share the information with friends to keep them safe as well. I'll be on guard at parties or social situations that might involve these things.	I would tell them to respect others and make sure you have a strong healthy relationship.
I will use consent.	I would tell them to put themselves in the other person's shoes and think what would I want someone else to do for me.
I will learn to ask before doing things, and not assume.	I would tell them that we talked about ways to prevent sexual assault, consent, and healthy relationships.
I learned to intervene if I see sexual assault.	I would talk about the importance of consent and speaking up for people who have been affected by sexual abuse or harassment.
I am going to remember the health relationship steps towards the future.	I would say to respect other people.
I am going to intervene, and tell three people I am here for them.	I would say that you need to ask first before doing anything with a partner.
I am going to honor my body and myself and understand that saying no is not mean. It's an expression of my choice.	I would say that this is very informative and good for building a strong and healthy relationship.
I am going to be more open about how I am there for survivors	I would say that the session had important descriptions, examples, and instructions on how best to approach sexual situations, whether that be intervening before assault, building amazing, consensual relationships or our own, or helping survivors who have experienced assault.
I am going to be more aware of my surroundings, and ask first.	I would say it was very educational and will change the way you look at things.
I am going to ask for consent	I would say it was an interactive session covering a variety of topics including consent and how to form safe and fun relationships in general.
I am going to ask first before I do anything with someone else	I would recap everything we went through.
I am going to ask first	I would explain how important consent is and give points that the speaker made.
I am going to always ask first.	I would describe to someone that you should always ask first before doing anything sexual with another person as well as you need consent.
How to prevent sexual assault and rape and being okay with saying no	I would describe this as a very educational and fun session for health relationships and more.
Honestly, side from options about intervention, I didn't really learn anything new. Before this seminar, I still would have done my utmost to stop sexual assault in public and whatnot.	I would describe the session as powerful.
From today's program, I will make sure to ask before I do anything sexually with someone	I would describe it as very informative and full of good information.
From today's program, I will intervene when I see someone who is being assaulted.	I would describe it as something that can give you valuable information on what do to in uncomfortable situations.
Consent.	I would describe as a session about sexual assault and how we can stop it or help someone who has dealt with it. As well as how consent should be seen in a relationship.
Consent and communication	Hit a lot of key points on consent and healthy relationships. Given options of what to do in situations where we're uncomfortable.
Consent	He really helps it feel less awkward and it really is a nice zoom about how to ask and give consent.
Asking before assuming.	Good advice, important to know.
Ask first.	Consent is the best way to form a relationship respectfully.
Ask first and see if anyone needs help or ask them if anything happened to them	An informative and interactive presentation on how to make safer choices.
Ask first	A very open and honest talk about some questions that are commonly skipped over.
Ask before doing.	A valuable lesson on consent and how to react in certain situations.
A lot of important phrases were shared that I can use. For example, "you don't owe someone intimacy," and "peer pressure is really self pressure."	A helpful seminar for anyone struggling with any issues discussed in the presentation.
to ask for consent whenever you do something	A guy talked about being respectful and asking for consent.
the seven steps	very informative.
the phrases I learned	that we should always respect others and ask for consent.
im going yo make sure that consent is in all of my relationships	shows how important it is to ask.
help intervene in sketchy situations	interesting and informational.
going to stand up for someone who could possibly be sexually assaulted	inspiring and informative.
consent and understanding that I have control over myself and all of my choices.	informative.
communication skills	informative.
being more aware of whats going on around me and doing my part to prevent things from occurring.	how important the topic of rape and sex is. to stand for others and to not take advantage.
be there for someone	helpful useful.
ask for consent	feel like i have learned a lot.
ask first	educated us about everyday issues such as rape, consent, and being there for survivors.
ask first	consent is key!!!!
ask first	be safe intervene when necessary.
always ask	ask.
To stand up for whats right	absolutely breathtaking and educational.
To show respect and care by asking for consent.	We learned about how to have a positive consensual sexual experience with a partner.
To ask for consent	Very informative.
To ask first before I kiss someone.	Very informative and cleared up a lot of questions.
The tips on how to stop a progressing sexual assault situation.	Very helpful and changed my perspective.
The steps in a relationship	Very beneficial.
The statements are really useful. I was already sold on this program before it started, but it was very effective.	To intervene, and know that you are strong enough to say no.
The seven steps to a healthy relationship	To be aware and educate on consent.
The seven steps of a relationship	To ask for consent and stop others from getting sexually assaulted.
The seven steps in my current relationship and future ones.	This session taught us how to respect our fellow peers, and how to communicate with them.
The seven steps	The importance of consent.
The recommendations for intimate relationships	That it was very eye-opening and that everyone should hear it.
The language and words.	That it was really engaging and relatable.
The knowledge	Successful.
The kiss thing	Sex is not a taboo subject but can be used to manipulate people and is important that we know that.
The information of the steps for healthy relationships, how to ask for consent, and how to intervene.	Respect, and how to ask and intervene.
The fact that I can be more open to what has happened to people.	Respect and mutual attraction are important aspects that must be respected, at any cost.
The ask for consent before kissing or doing anything. I thought you were supposed to have the moment like in the movies but I definitely don't think that anymore.	Really helpful to understand consent and high school dating. Also speaking up when you see other issues going on.
That it is ok to say No to something that makes you uncomfortable	Provides tools to use for having a safe and respect-filled relationship.
Strategies to intervene	Pretty informative, straight forward.
Strategies for intervening	Powerful, impactful, and meaningful.
Reflect on actions	Learning life skills.
Personally, I am going to use the language that he taught us today in different situations that it correlates too.	It was very interesting, insightful, and it is something that everyone should attend.
No means no and it is not mean.	It was very informative and fun.
Lend a hand out to those who have survived	It was very influential on topics like consent and how to intervene when people are being targets of sexual assault.
Intervene, use the seven steps, and understand that no is not mean	It was very helpful and am more aware of what happens around us.
Intervene if someone is trying to get someone drunk so they can sexually assault them.	It was interesting, I learned some new things, and it was funny when kids were used as examples.

**High School Students attending the "SAFER Choices" Program presented by Mike Domitrz.**

<b>What are you going to use from today's program?</b>	<b>How would you describe this session to someone who wasn't here?</b>
In my personal relationship I'm going to build those 7 steps	It was great, I learned so many new things and gained confidence
I'm going to make sure, even more than before, to ask for permission and consent	It was amazing!
I'm going to ask for enthusiastic consent	It was all about relationship advice and what to do.
I will reinforce with my kids the need for respect.	It was about rape and the intervention/helping of that survivor
I will refer to people as survivors, not victims	It was a seminar about how to have healthy relationships and how to prevent rape and sexual assault.
I will not be afraid to stand up for myself or others	It told about consent and how to have healthy relationships.
I will ask for consent, and i will stop someone from being taken advantage of.	It provided advice on how to ask for consent, stop sexual assault, and steps to have a happy and safe relationship.
I will ask first.	It is very helpful. Hits close to home too.
I know that enthusiastic consent is completely different than consent.	Informative yet fun
I better understand how to help and recognize unsafe conditions.	Informative
I am going to work on helping and making sure that the people around me are okay by intervening	I would tell them that it was about sexual assault and how to deal with things.
I am going to use the seven steps to a healthy relationship.	I would say we learned how to ask firsts
I am going to use the quotable words of solidarity and love to show my loved ones that I am there for them.	I would say that they talked about consent, intervention, and supporting survivors
I am going to step up and stand up for people.	I would say that it is better to ask for consent instead of just assuming they want to engage in sexual things.
I am going to stand up for others who are being assaulted	I would describe it by using the word consent
I am going to stand for others rather than be a bystander	I would describe it as very informational and open
I am going to speak up and intervene when I see sexual assault occurring	I would describe it as extremely informational and worth it.
I am going to make sure to remember what was said.	I would describe it as a session to help people create stonier relationships and be educated on how to stand up for themselves
I am going to let those who have experienced sexual assault that I am there for them.	How to take the proper steps to avoid sexually assaulting someone. Also to ensure you have gained proper consent.
I am going to intervene in situations where I see people getting targeted at parties.	Helpful and open about uncomfortable topics which makes it more comfortable.
I am going to be much more clear about my asking for others.	Helpful and informative.
I am going to be more aware of the situations that other people are in.	Having to learn Mutually Healthy and Awesome Relationships with people around you
How to intervene in a non threatening way	Great conversation about being respectful and making good decisions when it comes to sexual assault.
Having a greater understanding about consent.	Good.
Everyone needs consent!	Eye-opening
Being more aware and taking a stand.	Engaging, encouraging, and relatable presentation on the importance of consent and healthy relationships
Asking first and intervening.	Educational and must needed.
Asking first	Dynamic.
Ask first.	During the session, the speaker discussed the dos and don'ts of relationships as well as ways to help others who are in harmful situations.
Ask first.	Consent is extremely important even in relationships.
Ask first to kiss someone.	Better than you think it'll be going in.
Ask first	Awesome!
Ask first	Asking first and saying no wouldn't ruin the moment or makes things awkward.
Ask first	Ask first, be respectful, and build healthy relationships.
Ask consent to kiss.	Ask first
Ask and intervene	Ask consent always
Ask First	Always ask
Always make sure people are comfortable	A webinar about sexual safety and consent.
All of it.	A very powerful presentation on proper consent
A better understanding.	A very educating lesson on healthy dating.
7 steps	A powerful and intentionally positive learning experience
the steps to a good relationship and how to intervene in a bad situation	A good informational session that helped us learn respect
the language to talk to others with.	what you should do vs what you thought was right
step up for people	treat others with options and respect
information	tell them its okay to tell people and trust
i am going to be more mindful when engaging in sexual encounters	it was inspiring and eye opening
everything	it was enlightening
ask for consent and help others who might be in danger	impactful, engaging
ask first	good
as a health teacher we plan on using these same terms and conversation starts when we get into our health relationship unit.	consent matters.
Ways to talk about all of this with my son (who was also a student participant)!	ask for consent in any situation
To speak up	You never owe intimacy and must always ask first
The tips he included for asking people	We learned about consent. For example, you can do this...
The statement that shows that I'll help survivors	Very informative about communicating in a relationship
The seven steps	Very Helpful
The communication skills	To tell others to speak up
The 7 steps.	The session was very informative and extremely helpful
The 7 steps for a relationship	Super eye opening
Step up for friends in uncomfortable situations	Learning how to communicate
Speak up when i see sexual assault	It was ok
Probably nothing	It was informational and fun.
Make sure to ask before I do	It is definitely worth it and people need to be educated on this, especially today
Learn from it and teach others	Informative. Useful
Idk	Informational
I shall stand in the face of disrespect	Idk
I loved everything you talked about, excited to tie some of this into my healthy relationship unit for 9th grade health.	I would tell them about the different rules and aspects to consent.
I am going to use the sentence that tells a survivor that you are there for them,	I would describe this as a very influential, helpful, presentation to inform students about what we can do in today's society regarding sex and relationships.
I am going to be more supportive and help survivors when they need it.	I would describe it as a session that lets survivors know that they are not alone.
I am going to ask to kiss someone before just doing it	Helpful and informative
I am going to ask first.	Fabulous way to talk to teens about everything sex.
How to stop sexual assault	Eye-opening
Everything	Educational
Everything	Common sense
Educatuon	Ask first, intervene, you dont owe intimacy.
Educating the people around me	An important conversation that will build a comfortable environment and healthy relationships.
EVERYTHING!!	Accurate and woke
Being more comfortable with understanding sexual situations	A helpful program that demonstrates realistic ways to incorporate consent and healthy sexual practices
Ask first, respect ones body.	It was entertaining and informational.



**High School Students attending the "SAFER Choices" Program presented by Mike Domitrz.**

<b>What are you going to use from today's program?</b>	<b>How would you describe this session to someone who wasn't here?</b>
I am going to help prevent sexual assault.	I would tell them the importance of respecting boundaries and asking for permission before doing anything with anyone's body.
I'm going to keep in mind that I should ask before I kiss someone.	It was really involving and helpful
I'm going to ask before kissing someone	Helpful
Ask first	I'd feel uncomfortable if I was in room alone with Mike
I will ask someone if they would like to kiss me with maintained eye contact	Learned a lot
asking for consent	It talks about the importance of consent and healthy relationships.
I am going to stop Jessie.	Learning consent and preventing sexual assaults
Asking	A man will ask stupid questions and make you yell one word answers in order to win poorly designed merchandise.
Today's program gave me more confidence to stop sexual assault before it happens, but I feel like I was already going to ask for consent and support family members after sexual assault.	It was very informative and entertaining
The methods to stop people from committing sexual assaults	Please ask for consent
I am going to ask first	It was really great.
The Can I kiss you method.	An amazing session where we learned to ask FIRST and not consent if you don't want.
I have learned how to help someone in a tricky situation.	It was very informative and very engaging
I feel like we need to talk about consent more and perhaps in a different way. Also when calling students to do things to the camera should you not also ask for their consent and permission and if they are comfortable doing that? I feel like the way this was done it is very simple for people to push away, ignore, and laugh off this lesson which I feel is extremely important. People need to know the facts about the percentages of sexual assaults and rapes that occur in this country. It's horrifying and yet people still ignore it especially when the energy is so lighthearted. Consent, sexual assault, and rape are not things to be taken lightly and this sort of funny environment allows people to not feel like this is as important as it is.	It taught us about asking for someone else's consent and about sexual assault.
Asking first!	Informational
No is not mean	I would describe it as ask first, intervene, and make sure everything is consensual in a relationship
I'm going to use the ask for the kiss and definitely intervene if I ever see someone setting up sexual assault or rape	I would describe it as a helpful lesson on consent.
I will ask for a kiss	I would say that "Mike is a great speaker, and works his logic out well". In short: "you should listen to him".
I think asking before a kiss is a thing that I will have to use.	Consent is so important
I am going to intervene if I see sexual assault taking place.	Always ask for consent and look for sexual assault
Everything learned	protect your friends against people who don't ask for consent. also you need to ask for consent.
Ask first!!	informative
Ask first	how not to be awkward.
saying no to someone or telling them to stop if they do something to me	engaging interesting informative
always ask	Very helpful!
Tips on consent	It was very informative and I learned many new things I could use to defend myself and those around me.
The word stop is a complete sentence, which does not need a reason.	It was insightful
Get involved when I see someone about to get taken advantage of	It was a very nice program that talks about the importance of standing up for someone and also ask before kissing someone.
Asking more	Informative
Asking if I can kiss people	energetic and informative
Always ask for consent before engaging in anything sexual.	What?
Always ask first	Very informative and interesting.
To ask for consent.	It was informative about sexual assault.
To ask for a kiss! And to intervene!	It was good
To always ask before kissing as well as "no" is a response and a reason	It was amazing and I think this should be shown to future classes
The questions	It stressed the importance of consent and was very informative.
Saying No	Informative and interesting
Make sure that every intimate action is enthusiastically consented to.	I would tell them mainly about asking before kissing.
Make sure people are safe at parties and have a ride home.	I would describe it to them by telling them how to keep someone safe at a party, respecting others opinion, and asking first.
I'm going to ask to kiss	I would describe it as informative.
Im going to be okay with saying "No".	Don't be afraid to ask, no means no
I'm gonna stop Jessie	Consent
Asking first and intervening.	Awesome and amazing and informative
Asking first	A good discussion on the importance of enthusiastic consent.
Asking before I kiss someone.	the session focused heavily on consent and how to stop sexual assault from happening
Ask for kiss	Very informational
Ask before kissing.	That you need to ask for a kiss
ask before a kiss	Powerful
To ask when to get a kiss	No kissing
Stopping sexual abuse	It's very opening and makes something that's not clear very clear.
Say no	It was very informational.
Nothing	It was very helpful
No is not mean	It was really great
I'm going to listen whenever anyone says no	It was informing
I will ask before I kiss	Informative
I will ask before I kiss	Helpful
Don't be passive when I see something	Ask first
Ask for consent.	It was good and they shouldn't have missed it.
Ask for consent	Sexual assault is never okay, sex without consent is never okay. Mike covered a lot of big issues that teens just brush over. We build the idea that sex in teens is expected
Ask first	I would describe it as a fun yet serious talk concerning sexual assault and respecting others.
Ask	good insight to the right sexual things to do. cool prizes
To ask permission first	That it was a blunt and necessary conversation
Consent is the bare minimum, respect your peers regardless of gender, race, etc.	I would describe this session as enlightening.
I am going to use "no is not mean," and for more than just sexual consent. I have a problem saying no to practically everything.	A guide to what a healthy sexual encounter is, how to recognize an unhealthy sexual encounter, and how to protect yourself and others from sexual assault
Consent is the bare minimum, and there are several steps/ingredients for a great relationship.	It is helpful
from now on, I will politely ask to kiss my girlfriend.	The session described how to appropriately identify and deal with common consent issues that high school students face. Mr. Domitrz was very engaging and treated the topics with a lot of respect. I really enjoyed and learned from the presentation, and I hope others did too.

**High School Students attending the "SAFER Choices" Program presented by Mike Domitrz.**

<b>What are you going to use from today's program?</b>	<b>How would you describe this session to someone who wasn't here?</b>
To take a step back and build a healthier relationship with my own self image and my romantic relationship.	The session was about how important respect and understanding the emotions of others are.
No is not being mean.	Intervene when there's something happening. Don't be afraid to say no or stand up for yourself or anyone else.
How to intervene if I see someone trying to sexually assault someone	Very informative.
Do before asking	That it was very informative about consent.
That saying no is never mean.	Survivor is strong
I am going to understand it is okay to be awkward.	It is useful
Not be embarrassed to say no.	Very informative and inclusive. It brought up points about consent and sex that I've never thought of that will definitely help me along the road.
That sexual relations must be consensual	The no not mean
Ask for consent.	It's a great experience and I learned a lot.
No is not mean	Always ask first. Support everyone who is a survivor of an attack
friends	A educational sexual tutoring
The book	I would give them a bracelet, and make sure to tell them they always ask
Passionate is not better than respected	That you have to ask to kiss, and use your words and think before acting
I'm going to redefine my standards by realizing consent is BARE MINIMUM and understanding that societal pressures are not responsible for my poor decisions	It was interesting
I am going to make sure to step in if I see someone taking advantage of another	It was informative and inspiring.
How to ask consent	Informative, practical, and usable
make sure at party's if I see people being tricked or played I will try to stop it	I would describe this session by saying that you always need to ask questions in order to be sure before partaking in anything intimate.
These are great talking points when having conversations with students.	Don't do something you wouldn't want to be done to you and stop others from it as well.
Share the info I learned.	Ask first Intervene Support survivors
It's okay to be awkward	A comfortable place where you learn about the do's and don't's of sexual intimacy very informational
I am going to use the skills shared such as asking questions to be 100% sure of the other persons answer and thoughts.	helpful
Everything, but the most important is to ask to kiss someone	We learned about consent
Consent is the best way for everything	Very educational, helpful, and I am very grateful to have participated.
Asking can I kiss you is actually more sexy than not asking	To ask for consent always
All of it.	This session talks about respect and how to ask before doing anything.
that saying No is NOT being mean!	That you learn about preventing rape and helping victims.
don't slut shame!	That it's always ok to ask and that I'm here for anyone even you.
Ways to identify a rape before it happens.	Something everybody should hear
To remember that no is about ones self. Not you	I'm going to describe this session as a class as a class that can help people to be brave to reject others.
The question and new information	It's very interesting and teaches me how I should do to intervene rape
That it's ok to be awkward	It was very informing.
That caring for the victim is more important than revenge to the predator	It was very eye opening on what consent actually here.
Saying No is good.	In all situation make sure both want it equally
Respecting survivors	I would try to sum up the main point
Relationships can be awkward and that's okay.	I would explain what he talked about
No means no	Great must watch!
No means No	Consent is key. Saying no is good.
No is not mean	Ask first and intervene if you see someone set up to be raped.
No is not about me	About sexual consent when kissing.
Never feel bad for saying no and awkwardness is okay	A session that they should watch and know about. I'm more likely to tell them to always ask for consent.
I'm going to use the knowledge that saying No is not mean, it is your choice. This can tell me to be brave to say no to others if I feel uncomfortable.	A session giving the resources needed to be morally correct in intimate social interactions
It's okay to be awkward. No isn't mean.	A fun but serious talk about important issues
I will ask first and protect my friends	you must ask people before assuming
I am going to apply it to my everyday life as much as possible	to ask
How to I intervene in a social situation involving the possibility of sexual assault	it's ok to be awkward, saying no is not mean, if you can't ask your partner if they want to do something you aren't sexually ready.
Give empathy to survivors and not pity.	it was really informative and a wake up call
Everything	interesting
Ask first	describing how to correctly ask for consent
Always ask first	ask before you make a move
will not rely on body language	always ask for consent. never be afraid to intervene if someone needs help.
saying no is not mean	a display how to spread awareness about Sexual Assault
respect a choice, show empathy to survivors	You learn to be more aware of your surroundings and stop when you see something suspicious
no means no	Very helpful
intervening to help others	To learn about how to act in reality.
everything.	That consent is something we over look. We need to ask first every time
everything	That consent is key and always ask first
consent is cool	Taught us to respect others and ask for consent.
ask	Respect and ask ask first.
always ask before doing anything	Mostly important
Use empathy when a survivor tells their story with me	It was very helpful as I have a sister who I am very protective of and if anything were to ever happen to her, I would know what to do
To ask before acting.	It was extremely useful
The consensual process.	It was about consent with sexual acts.
That No is never mean	It was a very helpful session that helps you understand and learn more about things we didn't know.
That I can say no	It teaches a great message to young people who believed something different before this talk.
Show empathy, not pity.	It helps us know what we have to do. It helped me know how I'm supposed to act.
Saying no isn't mean.	Informative and interesting
Saying no is not mean.	Informative
Saying no is not mean or awkward.	Informational and helpful
Remember to ask and it's okay to be awkward	I would explain what lasted with me the most.
No means no.	I would describe it with one phrase. By saying no is never mean and should never be taken as quit.
No is not mean.	Helpful
No is not mean	Good
No is not mean	Eye opening and educating
Let close friends know they can come to me.	Explained consent in a interesting way
It's ok to be awkward	Explained the rights and wrongs of sexual intimacy and consent .
I am going to use my voice in all situations to make everyone comfortable and myself	Engaging
I am going to ask before kissing someone.	Educational and important
How to ask people	



**High School Students attending the "SAFER Choices" Program presented by Mike Domitrz.**

<b>What are you going to use from today's program?</b>	<b>How would you describe this session to someone who wasn't here?</b>
How I will tell others I am there for them and how I should talk to survivors.	Consent is very important and you need to understand what consent is
Give a choice every time	Consent is mutually agreed upon, and if you see anything wrong immediately stop that person or scene.
Everything, everything was important	Consent is a mutual agreement.
Everything	Consent can lead to rejection, but more so can no consent.
Everything	Ask first and no is not mean
Everything	Ask first
Can I kiss u	Ask before you do anything
Being awkward is ok	A very well understanding of how to ask for consent
Asking first	A great learning experience
Ask for consent.	very informative
Ask for consent before making a move	engaging and important and explain what we talked about
Ask for consent	effective
Ask first.	You should ask for consent no matter how little
Ask first	You should always make sure that you both mutually agree
Ask first	Very nice
All the information I have been told	Very important for everyone to hear, super informative!
"No" is not mean	Today's talk was about sexual consent and how to ask for consent, and how to say no or stop someone from sexually assaulting someone else.
to know that no isn't mean	That you should respect other people and ask for the right kind of consent
that it's not mean to say no	Safe relationship help
no isn't mean	Rape occurs more often than realized and consent is crucial.
no is never mean	Mike educated us about what sexual assault is, and how to properly ask for consent.
To always ask first.	Make sure consent was given
The book	It's great to learn how to handle hard sexual situations
That no means no and I shouldn't be afraid to say no	It's about making sure both people mutually want some sexual or anything in general
That no is not mean.	It was very informative
That awkwardness is not bad and that asking is best for everyone	It was very formative and had a lot of takeaways
Support for the students	It was fun and interactive.
Stopping bad situations if i see them	It was engaging and eye opening
Not using sexually degrading terms	It was all about consent for anything.
No is not mean	It was about consent and how you should ask before doing something sexual.
No is not mean	It was a wake up call that everybody needs.
No is not about me	It is ok to be weird.
No	Important.
Mutually wanted	Idk
Knowledge of consent.	I would send the ebook to them, and describe some basics such as the importance of respect
Knowing that no isn't a mean answer	I would explain some of the examples and stories u said
It's ok to be awkward	I would describe this as a really fun but educational and informative presentation about consent.
Intervention	Excellent presentation and very relevant
I will remember that "no" is not about me, it's about choice.	Educational & engaging
I will intervene for those who need help.	Consent is most important
I am going to use that it is ok to be awkward	Consent
I am going to remember that it's ok to be awkward.	Asking first before making sexual moves
I am going to ask for consent.	Ask first
I am going to ask for consent before any sexual act.	As a life-changing experience
Going to intervene	Always ask for consent.
Consent is important	ALWAYS ASK
Consent	wonderful educating on consent
Can I kiss you	very fun and helpful
Being awkward is okay	consent is key!
Being awkward is ok	about consent and helping others
Asking for consent	Very helpful
Ask permission first	This session was interesting and full of important ideas.
Ask people to kiss them	That you should always ask for permission and that it was very educational
Ask first	Sexual assault is important to learn about and don't feel bad saying no
Ask always.	Pretty cool
Always ask first	No means no.
"No" is not mean.	No is not mean
use it in social situations and personal experiences	No is never mean
to ask first	Just summarize the important parts
the "no" phrased	Just ask first before sexual intimacy
no is not mean!!	It's about health relationships and asking for consent.
it's okay to be awkward	It was very informing and safe
everything I learned no is non negotiable	It was very helpful for people. It taught us about the concept of no and intervening in dangerous situations.
Whole lotta stuff	It was something everyone needs to hear
To show survivors empathy not sympathy	It was great
To ask first	It is an interesting talk, makes you think before you act.
The lessons we learned today	Informative
That you should always ask for permission	Important
That saying no is not mean	Important
Saying NO is fine.	Important
Respect others not just yourself	Idk
No isn't mean	I would describe it as a very meaningful session of learning more about consent.
No is not mean	I would describe it as a very important session and would recommend it to him very strongly
No is no	Great speech.
No is never mean	Great learning experience and also ask for consent.
It's okay to be awkward.	Great and important
It's okay to be awkward	Fun learning environment
It is supposed to be awkward	Eye opening
Intervene	Engaging
I will ask first	Educational
I went though an awakening and loved how he was speaking facts and the truth	Consent is very important
I now know that saying no to people is not mean.	Consent is the most important
Everything	Always ask first and respect the answer
Don't feel pity for saying no	Always ask about anything
Consent and how it needs to be mutual	Very informative and fun.
Ask first	Necessary, helpful, and should be what we learn in sex ed

**High School Students attending the "SAFER Choices" Program presented by Mike Domitrz.**

<b>What are you going to use from today's program?</b>	<b>How would you describe this session to someone who wasn't here?</b>
Ask first	Q&A about consent, steps to a healthy relationship, alcohol, pressure, social media impact on teenage sexuality.
Ask first	It was helpful for anyone who is or wants to be sexually active
Ask first	For the most part, use common sense. If you want something, ask for it. If they say no, you don't get it.
Ask first	I don't feel like it's describable without Mike doing the talking because he is a good speaker.
Ask before taking action	enlightening and mind opening about the realities and over thought expectations of sex at a young age
Ask	Explains the bare minimum for sexual safety in relationships and just about sexual in general
Always ask	It was about consent, myths around sex for teenagers, and what builds a healthy sexual experience/relationship.
All	Informative, useful, supportive.
that you can say no at any point	I would talk about how we choose to be intimate with someone and I would talk about the slope of intimacy.
One should live by values	Good at having a hard talk
Listening and talking to partner.	very informative but one-sided. i heard plenty boys laughing at sexual assault saying "what if she deserved it"
Consent is the bare minimum	It was informative but I wish it was longer
Talk more about consensual sex and safe sex practices.	Consent is very important and they should learn from Mike!
It is cool to be a virgin	Reassuring
consent is the bare minimum	Informative and hopeful for the audience to change sexual and consensual norms.
The seven steps to having a good relationship/ sexual in course and that fact that consent is the bare minimum.	Relevant
Knowledge, oral communication and trust are essential.	Informative
I am going to raise my standards for myself and recognize unhealthy relationships around me.	Consent is the bare minimum
Consent is the bare minimum to sexual intimacy.	It was really good
Be aware of words	Consent is the bare minimum.
whats considered sexual assault	This is important and very serious.
Porn isn't real sex.	It helps you recognize the warning signs of someone being in a situation their not comfortable with.
Learning that even consent is just the bare minimum.	Informative and entertaining. Makes you think.
Respect others and their choices and decisions. We do not have to listen to pressure.	Important to understand and a great way to put "standards" into perspective
Make sure there is consent involved	Consent is extremely important but it is the bare minimum.
to have morals	that sex should be enjoyable and healthy relationships are achievable
You should never feel pressured to do anything you're not comfortable with.	super helpful
Porn isn't real	World changing
I'm going to make sure that consent is the bare minimum.	Showing what everyone should already know to do about consent. This information should just be a reminder.
Consider what I myself want	It was funny, and very comfortable.
Recognize when someone is going to be taken sexually advantage	I would describe it as a session about learning how to respect ourselves and our partners
Be more respectful of all genders and sexual orientations when regarding sex.	Good
Oral communication in intimacy	Enlightening
Understand that it is important to stay true to my values	A topic that has reaffirmed what we should already know
Knowing that it is okay to say no and that it is not my burden to bear if someone tries to blackmail me	informative
virginity is cool	informative
learn to say no to nudes because i respect my body	enlightening and inspirational
That it is fine to say no to sending nudes.	We finally had a speaker that called the CMA guys on their bs
Saying no when I don't want to do something	Very good
Porn is not real life	They should listen to it
I feel like this is something that as a person I already knew and used	Talking about common questions about sex and sexual relations
Consent is the bare minimum	Make sure to respect, and always ask for consent.
Consent in the minimum	Lots of information and shows almost why boys are more hounded on
Can i kiss you?	It was really informative
"Just close your eyes" to nudes	It is very informative and important
my body is so meaningful and should be respected	It is all about facts.
do what is right for yourself and your partner	Insightful
consent is the bare minimum	Insightful
Virginity is cool	Informative and applicable
That taking about it is much more intimate than just doing it.	Helpful for myself and values
It's not my fault	Empowering.
In order to have a healthy relationship you need all the aspects of the ladder.	Educating and meaningful
Consent is the key to a relationship.	Be respectful to those around you
Consent is the bare minimum.	Educational and real
Consent is the bare minimum	To consent
Consent is bare minimum	They missed a great presentation. Culturally relevant.
Consent doesnt take away from anything	I'd say the extent of the session was that consent is vital, bystander intervention is necessary and effective, and you need to take a stand against rape culture and speak up to believe survivors of sexual assault
Close your eyes if you want it	great information
Being a virgin is cool	The session was insightful and informative.
Ask before doing something	it was a powerful seminar detailing how asking for consent is important and nessisary for all parties involved. he talked about how interveening to help those who look like they might be in a dangerous situation.
Ask First	educational
About what determines consent	My cousin and friends
i don't have to defend my answer of no	This lesson is about being aware of sexual harassment and how when we are in relationship we need actual consent from others to get to the next step
Consent is the bare minimum	helpful
Consent	Set boundaries for consent and sexual intimacy and make sure you're friends are safe without picking fights
Everything from the program.	It was a wake up call that we need to be more aware of people's situations and make sure we take action if we see someone being touched without consent. It also was a reminder that we all have the right to say no.
I am mainly going to use the ideas of bystander intervention	Make sure you stand up for someone if you see any signs of sexual assault, and make sure there is always (valid) consent between you and any potential partner(s). And , just because you are dating some, no matter how long, doesn't mean you stop asking for consent.
ask before i make any move in the future	Very informative.
I'm going to be more respectful for the people around me.	I would explain how important it is not to be a bystander and always make sure to get consent

**High School Students attending the "SAFER Choices" Program presented by Mike Domitrz.**

<b>What are you going to use from today's program?</b>	<b>How would you describe this session to someone who wasn't here?</b>
I'm going to use the quotes that were written on the slide in order to provide emotional support for anyone who I know or think has been sexually assaulted.	I would describe that a key factor is communication when it comes to consent
if im ever in a position where i see someone in a dangerous situation then i will intervene	Just open up your mouth and talk
im gonna use the education i was just given	The session was powerful and uniting to see everyone in the chat that was so passionate about the subject.
Interesting facts and knowledge and how to deal with sexual assault	Fast-paced but helpful if you do not know your way around consent and the laws surrounding it.
I'm going to be more aware of sexual harrassment	Don't make assumptions about how someone is feeling. Sexual assault is bad
making sure people around me know im there for them	This session is a great way to find more information about relationships, consent, sexual intimacy, bystander intervention, and supporting survivors. It is also a great way and a safe place to ask any questions you have.
Always ask for consent specifically	Stop sexual assault without accusation, approaching the potential victim so they won't become the victim. Understand your worth and do not compromise your principles. Be patient with one another and you will soon learn the true colors of your partner.
I am going to use the phrase about telling my friends that I will always be there for them if they want to talk to me about their experiences.	I would tell them that we learned that it is of utmost importance that everyone gets consent before engaging in sexual activity of any kind and that it is your responsibility to intervene if anyone you know is or is about to be sexually assaulted.
Ask before making any advances, even if it's just a kiss. What to say to someone to make sure they know you're there for them if they are ever sexually assaulted. An intoxicated person can never consent, and the "Bystander Effect" isn't real.	I believe this session is very educating and I helped me learn a lot. It encourages people to intervene and prevent sexual assaults from happening and gives them guidance on what to do before and after the assault.
Ask first	It was a really good session that confronted people's immaturity and explained why they shouldn't act that way. Additionally, it was eye-opening to see the conversations that were occurring in the chat.
Asking for consent to kiss	I would tell that always ask before doing something because consent is very important.
I will stand up for my friends if they get assaulted.	Talk about what is sexual assault/rape, how to prevent it, and how to ask for consent
anything that could help me spare myself, and others from any kind of sexual abuse	Preventing sexual assault is more about preventing it when you think it might happen to someone and also helping those who may have faced it, compared to simply telling people to "not r'pe others."
I am going to use my voice more. I don't talk a lot...text sure...and it's an work in progress but I'll try :)	As a seminar? Mike talking to high schoolers bluntly about the reality of sexual assault. As per the students? Some of them were actually proactive and knew what to do beforehand, some of them were being immature and what-if'd and victim-blamed in the chat, and the rest didn't know anything beforehand.
To ask consent	i would tell them to find the next webinar and watch it
I am going to now use the fact that consent cannot be signed from a waiver and that consent is very difficult to obtain to be much more careful before doing anything.	don't rape people
I learned nothing new. I would have adhered to the protocol that was presented regardless of whether I had attended or not.	Very informative. Mike is great at this and answering questions. These discussions are necessary.
Not assuming based on the look	This session was incredibly informative for those who don't know much about the topic.
Don't assume based on "the look"	Mike has the answers to everything; he's based af and really knows what he's saying. Definitely check him out if you can + this is hands down the most interesting advisory we've had
Take the time to educate myself on reacting in an uncomfortable sexual scenario. Knowing how to react and gaining confidence in saying no.	It is a very informative, interesting, and helpful session. You can learn a lot of new ways to approach these situations.
I will let the people I care about know that I am here for them if they ever are or ever have been sexually assaulted or harassed.	Inspirational
I am going to make sure to be there for people that need help.	I would describe it as really important for them to know and would tell them to follow up by asking other students about it or linking them the social media links for Mike.
I will be using the quotes Mike gave me which is always be there for loved ones and thank them for being courageous for sharing.	Eye opening, very personal presentation.
I am going to use today's program to help other survivors know I am here for them.	Basically about consent and calling out rape for what it is.
I am going to try my best to realize that asking for consent is necessary in every single situation.	This was a great place to learn more about consent and situations that can help others get out of these situations (sexual assault, harrasment, etc.)
Make sure to ask for consent from my partner even when it may seem obvious that they agree.	This is a session that teaches you how to make sure you or someone else isn't sexually assaulting someone
I'm going to try to avoid freezing up and try to intervene, or at least take steps to do so.	Passionate and educative.
Ask for consent	It was informative and interactive. Overall, the best presentation on consent in my past four years at HHS. I wish it could have been longer to answer more questions.
support survivors and the instructions on how to prevent sexual assault	It was about how consent is required in any relationship and has to be in the moment and how when you see other people taking advantage of someone, it is your responsibility to step in to make sure it doesn't happen.
knowing how to respond when someone could be in danger	It was a very engaging and informative session about consent and sexual assault.
The ways to reach out to sexual assault survivors, for example, "You are strong, courageous, and I want you to know that I'm here for you."	I would tell them it is a serious conversation about sexual assault and consent. Where we spoke about how to understand what sexual assault looks like and how one can intervene and help the person being assaulted feel safe.
The information that Mike has given us. Reach out to 3 important people.	I would describe it by sharing the key takeaways including the importance of asking for consent, and recognizing that stories from victims are so important.
I will know what to do if I see sexual assault happening.	I would describe it as informative about what consent is and is not.
I will be more mindful of what is going on around me to intervene.	This session was extremely informative, interesting, and engaging.
I am going to use knowledge about	This session explained that it's ok to say no and take control of your own body, and the importance for consent and a healthy mentality when approaching this topic.
How to intervene in situations and ask for consent.	Sexual assault is very serious, and often the many excuses people use to avoid or victim-blame survivors are not valid. Instead, consent must always be clear, and all actions require consent, no matter how long you've been with someone. Body language is also never a direct tell: people have words and should use them.
Being there for a survivor	It's important to be mindful and consider consequences
Ask before I do anything	It was a great opportunity to learn more about sexual abuse and how to treat people with respect.
interfere, and be mindful.	It is a zoom session that educates us about sexual consent and how to use them in a good way and not in a bad way.
ask first, intervene, reach out to friends	It brought up a lot of useful points that definitely need to be discussed in today's world, especially to teenagers.
To ALWAYS ask before making advances	In today's session, I learned a lot about how many sexual assaults begin and that if I see such a situation developing, I should intervene. In addition, I learned about how to ask for consent. Also, if you ever have been or are sexually assaulted, I will always be here to talk about it.
That I will intervene when someone is in a sexually uncomfortable situation.	In the session, we learn about how to properly have consensual sexual activity with someone and how to intervene if you witness sexual assault.
Probably being more respectful and gentle to people who have been victims of assault. Also understanding how to react if I see one of the scenarios described.	I would strongly recommend this session to those who are seeking to be more sexually mature.
I will use the suggestions about intervening to be sure I can help protect others.	I would say that it is really informative and that things that might not seem important actually are—it would be enlightening to find out what it is.
I plan to use the strategies he presented and create more open conversations with my family about sexual assault.	I would describe this session as the importance and ways of stopping sexual harrasment.

**High School Students attending the "SAFER Choices" Program presented by Mike Domitrz.**

<b>What are you going to use from today's program?</b>	<b>How would you describe this session to someone who wasn't here?</b>
I am going to ask first and be an upstander for others, rather than a bystander.	Consent isn't a joking matter and it's important to ensure that relationships remain mutual between both members.
Be wary and concerned for people under the influence of drugs and alcohol to ensure that they aren't in danger and that they aren't a threat to anyone else	Consent is Key
The vocabulary i learned and that it is okay to say no and it's not your fault	Being open and honest is not a turn off and actually a really big sign of maturity. Talk to and offer support to those who have been affected by sexual assault
The bit about exposing a potential rapist.	Anti sexual assault!
Telling people that they can fall back on me for support if they get sexually abused	An informative session about sexual assault.
Learned of the importance of consent in relationships and will apply this in future relationships.	very direct, to the point. very helpful and effective
If I ever get into a relationship, I'll make sure I ask first before kissing or doing anything sexual.	Very informative on sexual harassment.
I'm going to use my voice if I see any signs of any sexual assault whether it be on me or someone else, and I am going to be there for survivors without letting my ego get in the way.	Very informative
I will use the knowledge from today's session.	Verbal consent is always necessary in every sexual situation
I will reach out to friends using the words provided to help them and show that I am always there for them no matter what.	This was an important session that helped the class understand what is consent, what is an assault, how to intervene, and how to help the person being assaulted.
I will be more mindful when I attend events with large gatherings.	The main take away is that consent is important. Consent should be verbalized and can be taken away at any time. Don't do things that would make you uncomfortable and know that people are there for you. You should also be there for other people.
I will ask before I do anything.	That this session reminds us of the careful steps we need to take in order to have a successful relationship with loved ones.
I am going to use all the advice given, especially on how you should say yes and no with no guilt when someone asks you for something, and always ask first.	Sexual assault is a very serious topic and seriously affects survivors, but we can make them feel better by being there for them. If we see anything that looks like it could lead to sexual assault we should intervene. Additionally, when we are in sexual situations we should ask first and be specific. Giving consent only tells your partner that you are okay with kissing and not anything else. People should ask before doing anything sexual and respect their answers and opinions.
I am going to try and be more informed about this subject	It was an extremely helpful presentation that can show you how to properly intervene against sexual assault, asking first, and help loved ones when they are sexually assaulted.
I am going to tell my friends that I am always there for them if they have survived sexual assault.	It is about how to ask for sexual acts and to intervene.
I am going to ask for consent before engaging in any sexual activity.	Informative and interactive
Even though I never plan to engage in sexual acts, the program really solidified the fact that even so, I can't be a bystander and must intervene when I see someone being sexually assaulted.	Important
Asking for consent	Hard for me to explain well but I'll probably say, talking about sexual assault, rape, asking consent of a kiss/others.
Asking and still being smooth	Consent should be the priority in any sexual relation
not much tbh?? im very close to a lot of victims and ive been there for victims for years. these are all things ive been highly aware of. theres a lot of history of sexual abuse in my family, so its something i know about.	By far the most effective session we've had like this. Mike is really real with people in a way that other things like this haven't been.
The steps of asking consent before proceeding.	A good talk about how to create strong relationships with mutual respect, consent, and intervention as necessary.
Strategies to intervene, how to ask for consent	"JUST ASK"
Specific words, sentences, and actions.	this session talked about the importance of consent, how to ask for it, and how to respond to someone asking or someone not giving consent
Methods of intervention	eye- opening
Keeping an eye out at parties and actively standing up for survivors and being there for them.	You need to ask first. Whether you want to kiss them or more, you MUST ASK FIRST. GET CONSENT no matter what. Both sides need to say yes. They need to be conscience.
Keep this information and use the parts of it.	Very interactive and a great way to learn about sexual assault prevention.
I'll use the basic idea of the template for comforting a survivor, if it's ever needed.	Very educational presentation about consent
I will use the quote that mike gave to help survivors if anyone I know has gone through sexual assault or anything similar.	To describe this session - I would say, this session mostly focuses on a specific topic that's been happening around. That all of use should know about. Also learning some few motions on what to do or what not to do.
I will tell my loved ones that I am here for them and would love to help with whatever they need	This session talks about how to responsibly ask for consent, sexual assault, and many other serious topics about relationships.
I will let my loved ones know that I am here for them	This session was informative.
I will definitely always ask for consent, and if--God forbid--I ever end up in a situation where it seems like someone is setting up someone else for rape, I am going to intervene.	Straight to the point, detailed, informative
I will ask for consent before something	It was very clarifying and asserted the idea of how consent is extremely important.
I am going to use the knowledge of asking first and intervening to stop sexual assault from today's presentation to do them in the future.	It was educational. Vibes were immaculate.
I am going to use the advice regarding to asking first and intervening if I see something. Additionally, I am going to use the phrases to send/say to loved ones or victims of sexual assault.	It clears confusion for taking action, as doing the right thing is never something you should question.
First date advice	IT IS YOUR RIGHT, AS WELL AS OTHER PEOPLE'S RIGHT TO HAVE/NOTHAVE PHYSICAL CONTACT WITH THE OTHERS. SO ASK THEM BEFORE YOU WANT TO DO SOMETHING WITH THEM.
Ask first and help some one if they had been sexually harassed or raped.	I would say that it's very informative and interactive. This session talked about important things and felt very supportive
remember that consent is required for any kind of sexual activity	I would describe this session as powerful and very informational.
Using phrases like "may I kiss you" and others given to me in order to responsibly ask in a relationship.	I would describe it as having to really make sure the other persons okay with everything you do before you do it. Even with something that might seem small like a kiss.
Raise awareness to this issue by conversing with family, friends, and people I meet. Abstaining from alcohol so I can avoid dangerous situations. Also posting on social media about consent and information about sexual assault to STOP it.	Don't assume anything, always ask first to make sure.
Make sure the people around me know I will be there for them.	Covers wide variety of info about consent, sexual assault, etc. and provides great back and forth with the audience.
I'm gonna keep in mind that blackmailing isn't something someone that loves you would do.	Consent is key
Intervene!	Consent and courage is very important whether what happens.
Intervene when appropriate	very reasonable, simple, and straightforward. The points brought up are very strong
I'm going to look more for clarification of a situation and not jump into conclusions.	this session was important and necessary, and probably should have happened much earlier in our education.
I will use the different scenarios that mike went over.	it was about respect & consent
I will tell my friends that I am there for them and will always support them, and look out for others to prevent them from getting assaulted.	interesting
I will remember the importance of stepping in when I see manipulation or unwelcome sexual advances taking place.	i would tell them how to intervene and what classifies as rape and let them ask questions.

**High School Students attending the "SAFER Choices" Program presented by Mike Domitrz.**

<b>What are you going to use from today's program?</b>	<b>How would you describe this session to someone who wasn't here?</b>
I am more confident in saying no, and I will intervene	I would tell them about all the rape stuff and how survivors can have lives and can recover and can come out about it years after it happens
I am going to use the definition of consent that we learned from today's program.	eye-opening, and life-changing
I am going to intervene when I see someone that is drunk and is thinking of doing something	consent is always necessary an the victim is never at fault.
I am going text my friends and let them know that I will be there for them.	Very fun and including. Even with so many people he managed to keep everyone together.
Check up on my loved ones (can be anyone from my life), letting them know that they are loved and that I'm always here for you.	This session was very informative about sexual harassment.
Be more aware of my surroundings and seeing if I ever see anyone in these kinds of situations I will intervene	This session was really good because they give differnt porblem and they what you can say if you were in that problem
BE SUPPORTIVE TO OTHERS WHO HAVE ENDURED SEXUAL ASSAULT, AND BE CONFIDENT IN DEFENDING MYSELF IN THE FUTURE.	This session was about consent and sexual assault. Showing what to do when you see someone in danger and the importance of consent.
Ask before doing ANYTHING.	This session talked about the importance of consent, including its definition and why consent should always be needed before sexual activity.
Always ask for consent	This session is very useful for anyone, no matter what age. It tells you situations that can help you prepare for the future regarding sex.
to not let people get drunk and then raped	This session emphasizes the issue of sexual assault and the importance of consent in all scenarios. Mike goes through different scenarios that may lead to sexual assault and he also brings up different ways that people can ask for consent. Sexual assault happens more often than we realize and it is not a topic that should be taken lightly.
talk about boundaries	This session educated students about how to ask for consent, what consent looks like, how to protect others from sexual assault, and how to protect yourself from it.
asking first	Theres a lot of different and varying situations for consent but if you need a special circumstance or to convince another person to give consent then you should back off or intervene
What to say in order to support someone who has been through sexual assault, and how to help them	The webinar is amazing to learn more about the topic of sexual assault and can help you understand better and learn new things.
What I am going to use from today program is talk to someone who has been in that problem and see how I could help them get better from that .	The session highlighted the importance of consent and the resources/lessons to get help.
Today's program gave me more confidence to speak up if I ever see someone in danger of sexual assault.	Something worth listening to
To spread awareness about what I learned today	Really important to understand that consent is extremely important before any sexual behaviour takes place and it is our duty to help those who have been or about to be victims of sexual assault.
Think/research how to have a healthy relationship with guidelines like these.	Passionate and informative.
The sentence that assures your loved ones that they can talk to you about sexual assault	Mike explains consent and gives tips and examples about avoiding and preventing sexual assault.
The power of my voice	It wasn't about 'don't commit sexual assault' like we thought it would be, it was a much more in-depth conversation about preventing sexual assault and helping those around you when they have been through such a traumatic experience.
The knowledge I learned today about sexual harassment will help me not get harassed in the future.	It was very detailed and very engaging.
Tell people that they can trust me and read the book provided.	It is helpful and it provides some good information regarding the topic
Respect others and ensure that you have consent.	It is a safe place for survivors and it educates people.
My courage to intervene	Informative, interesting, and helpful
Keep more in mind of the importance of consent and other things.	Informative with experiences that are pretty common for people in high school.
I'm going to actively use the advice that I was given from today's program to make our community a safer place.	Important for future life. I would suggest you to join another session.
I won't be afraid to ask first and now I know how to intervene if I see something bad going on	I would tell them about the importance of asking before engaging in sexual intimacy and discuss the hypocrisy that many teenagers have regarding sexual intimacy.
I will use the statements that mike introduced us to	I would describe that this session was about sexual harassment and how to stop it.
I will use the skills this seminar has taught me to defend against sexual assault incidences.	I would describe it as empowering, informing, and good to see so many other people express that they would support survivors in their lives.
I will use the knowledge of how to ask for consent in any of my future relationships.	Consent is mutual and in the moment.
I will use it to be more aware of the situations around me	Consent is key, whether you are kissing, or even engaging in sexual intercourse.
I will never victim blame and always believe survivors.	Consent is key, avoid double standards, tell them what to do when in a situation where they had been assaulted or witness to it
I will make sure to pay more attention and ensure that no one will use alcohol to sexually assault another person.	An open, honest conversation about consent and sexual assault. Eye-opening and educational.
I will make sure to intervene when I see someone being sexually assaulted or taking advantage of.	very important, very informative and interesting, very direct
I will listen to other people's stories and make them feel comfortable.	mike addressed people's questions about consent and different situations regarding consent, as well as how to intervene in situations that are becoming sexual assault.
I will help if my friends ask for help.	it wasn't very interesting
I will ask before I kiss a girl.	it was interesting with various different discussions on consent
I knew most of the information but I will be able to take action when i see something wrong	it is important for any teenager who is going through puberty and could be helpful for many adults.
I am going to use what i learned about intervening	I would describe it as an important discussion.
I am going to use the things mike listed during the presentation to help better prepare myself for the future and prevent the injustices of sexual assault	consent is key
I am going to make sure that when I am in a relationship, I will ask for consent first, always.	an open discussion about sexual boundaries, with lots of participation!
I am going to intervene if I see that someone is uncomfortable in a situation or around others.	a session that opened our eyes and out the truth tint there on the table.
I am going to be more mature and ask for consent for kisses or even hugs. And I should expect the same.	We learned about how important consent was and when is consent needed
I am going to ask for and receive consent before engaging in any intimate actions with others.	Watch out and pay close attention to make sure everyone stays safe
Drunk consent is not consent.	Very important and engaging.
Continue to educate myself on sexual assault and harassment, and intervene whenever I can.	Very educational. Consent can be removed, must be mutual.
Consent is really important. Help others that are unable to give consent.	This session was informative and important for everyone to watch and participate in.
the quote to tell people I'm there for them	This session was an informative and helpful seminar about consent and maintaining a healthy relationship.
the fact that I can intervene when something like this happen.	This session was about some strategies to intervene when you see sexual assault and how to avoid these by asking questions/for consent.
the ebook	This session helped clarify grey areas within the realm of consent. It gave us tools to use in the real world when we witness suspicious behavior and in general in the dating world.
the advice on how to support victims, the template for how to start the conversation with loved ones	The speaker was very eloquent and the primary message was to always ask for consent.
the "Well then I am very happy I asked you" response when they decline your "hey do you want to kiss"	Something that you should do while dating.
respect someone else decisions and be there for whoever needs them.	Just fekin ask mate.

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<b>What are you going to use from today's program?</b>	<b>How would you describe this session to someone who wasn't here?</b>
im going to use certain cases/examples in context to be more confident with ways to intervene or support people	It was an extremely educational presentation regarding consent and how to ensure that sexual assault doesn't happen anymore.
asking for consent	It was about learning techniques to call out sexual assaults and ask for consent.
asking for consent	It was a good meeting about consent and sexual assault, about how important and easy consent is
To be there for anyone who has survived through sexual assault or harassment.	It was a good lesson to learn sexual assault in different perspectives.
The strategy Mike shared about drawing attention to "creepers" and stopping them from targeting more people.	It is a session that opens you eyes to how to help victims of sexual assault and helps you realize what consent truly means.
The steps to ask consent.	It is a session that opens up about the difficult topic of being in situations involving consent.
The skills to support survivors more. I've always asked for consent for anything so that's not new.	It a lesson where you can learn about consent and the bad choices people commit.
Phrasing for asking for consent	Informational and powerful.
Offering support to my friends in need.	In a nutshell, always ask for consent first and if they're incapacitated then don't do anything sexual.
Nothing, just do what I do	I would tell them that you have to be completely sober to give consent. Consent is a two way street and both sides need to be part of the decision. Finally, you need to ask for consent before touching others.
Knowing when consent is properly given	I would describe this session as learning about sexual assault and consent in order to be able to help others and keep yourself and others safe in future scenarios.
I'm going to use the personal anecdotes from the presentation and apply them to future interactions.	I would describe this as an informational sexual assault seminar that teaches us about consent and how to avoid situations in which consent could be questioned.
I'm going to listen to the book	I would describe it as informative, but I would also tell them to take time to educate themselves outside school as well since this is a really pressing issue. Perhaps I can recommend novels or new stories, with their consent.
I'm going to ensure I am creating a safe environment for everyone around me so they feel confident in telling me if something hard has happened to them.	Eye-Opening
I'm going to be more aware in social situations to help stop sexual assault from happening.	Explained important things that every person should know at this age.
I will use the information that I got today to better look out for myself and for my friends if there is ever a potentially dangerous situation.	Engaging
I will respect my significant other using the knowledge Mike gave me	During the session, I learned that if you are ever unsure about consent, it's always better to err on the side of caution. Consent is always needed.
I will prevent sexual assault, and always ask for consent.	Do what you think is right during a sexual interaction
I will make sure to ask to kiss and have consent	Consent is key. Know what defines consent before you assume consent.
I will keep these examples and phrases in mind.	Consent is important and must always be given before any sexual action can be take. Consent can be taken away at any time and you cannot consent if you are under the influence or underage.
I will intervene	Consent is a must because without it, it's a crime.
I will be there for people who are sexually harassed.	Being respectful of others and to be there for others in their times of need
I will always ask for consent before i try to start making a move on someone.	An informative/engaging seminar on sexual assault and consent.
I want to support survivors and help them know how strong they are for continuing to survive	An eye opening talk on the power of consent.
I am not going to assume that someone wants me to kiss them from interpreting their body language.	An extremely useful and important presentation about sexual assault.
I am going to use the strategy to ask before kissing a potential part.	An empowering session where consent, respect, and right decisions are taught and promoted.
I am going to use the motto of ask first from today's program.	A session about asking for consent and what to do in different social situations involving asking for consent.
I am going to use the methods given by the seminar in order to provide and accept consent.	A mix of useful information and social queues that you can utilize in your life
I am going to use the information I learned today to support and protect others.	A lecture about consent before sexual advances.
I am going to use my tools of how to intervene.	A discussion on how to prevent sexual assault.
I am going to use my newfound knowledge to stop potential sexual assaults.	Very nice talk and inspirational
I am going to use consent and out more of an emphasis with it with my partner	useful
I am going to tell people I will support them in any way i can to help them.	the importance of consent
I am going to make sure that I ask for consent and make my consent very clear.	super super insightful
I am going to intervene if I see suspicious activity that may lead to rape or other sexual activities without consent.	successful
I am going to intervene if I notice someone is being sexual assaulted.	it was powerful and useful
I am going to do more research in regards to nonverbal communication	it was insightful and provided valuable information about consent
I am going to closely watch out for others in questionable situations.	It is evening in what happens to people and the excuses people make
I am going to ask for consent before kissing without being afraid of running at the moment.	interesting
I am going to ask "can I kiss you?" the next time I go on a date.	interesting
I am going to always ask for consent before any advance and also always tell people I will be there for them if they get sexually assaulted.	informative
Asking for consent.	informational and eye opening
Asking for consent always.	helpful sexual assault discussion
Asking before I do anything and to always respect their opinion	great learning moment
"Can I kiss you?"	
"I am always going to be here for you if you have ever been sexually touched without consent"	examining scenarios that have or do not have consent, talking about sexual maturity
I'll check out the audio book too	
tips on intervening	enlightening
probably a lot of the intervention and letting people know you are there for them	educational
making sure to use affirmative consent!	don't assume ppl want to do stuff
learn to ask	complete guideline on how to respect others
intervene and ask	accepting and open
information about how to avoid dangerous situations	You need to be of sound mind to give consent
i will intervene	You must ask for consent before engaging in sexual activity. It is better than going for it and the other person doesn't like it, and if they say yes both parties are happy
how to reach out to victims	We talked about consent and what to do when someone is being taken advantage of
how to ask for consent	Very informative
ho to ask for consent	Very informational and everyone should hear what Mike was talking about because it is extremely important.
be more mindful of other's boundaries	Very informational
asking rather than assuming	Very educational for everyone
ask for consent	Very educational and very well done.
ask first	Understanding what consent is.
ask before a kiss	The best definition of consent I have ever heard.
always ask and tell people around you that you're there for them	Super important, engaging and inspiring. Loved seeing the support of so many classmates.
all of it	Passionate and informative
When someone is capable of giving consent	Not very useful.
Ways to intervene	Not very helpful.



**High School Students attending the "SAFER Choices" Program presented by Mike Domitrz.**

<b>What are you going to use from today's program?</b>	<b>How would you describe this session to someone who wasn't here?</b>
To intervene any sexual assaults or any suspicious activity.	No means no. You need consent ALWAYS.
The steps in how to interact with someone	Learn about consent
The messages that we learned today	It taught us to be respectful when it comes to sexual assault.
The different phrases	Inspirational
The advice and strong messages!	Inspirational
Standing up for people	Informative on how to navigate approaching a partner
Protect my friends and be there for them.	Informative about consent and respect.
Proactively stop sexual assault & harassment.	Informative
NOT use	Informative
My confidence in acting in situations	Important
Make sure consent is properly given	I would tell them that it is important to have consent, and if you aren't sure, don't do it.
It is important to ask for consent	I would say we learned the importance of consent and asking first.
Intervene and be respectful	I would say that we talked about sexual assault, and then describe the points that were mentioned.
I'm gonna ask first	I would say that we learned about sexual assault and how to help others who are in the situation of sexual assault.
I'm going to speak up for others and be more aware of my environment in regards to how people are treating others	I would say consent is very important and explain how people can change their mind and everyone should respect whatever their partner decides.
I'm going to keep an eye out for any potential sexual assault instances and try to stop them	I would give them the e-book/audio book
I'm going to ask first	I would explain to the them the values of being a true friend and making sure people in your environment are safe.
I'll use the advice	I would describe it as informative, and consent is important in all situations
I'll listen to the audio book.	I would describe it as a very open conversation and interactive, he did a good job in interacting with the chat and speaking on things which were brought up.
I will use the lessons about consent and asking before going into intimate acts.	Go to CenterForRespect.com
I will use consent forever.	Extremely enlightening, very necessary for teenagers to listen to. Essentially, you need to ask for consent for any sort of sexual intimacy.
I will intervene.	Everyone deserves the respect to be asked for consent and it can be revoked at any point
I will intervene and ask for consent in the moment.	Enlightening
I will ask for consent before engaging in sexual activity	Engaging and important
I will ask before I kiss someone	Empowering and made you feel like your concerns were valid - and addressed your fears
I should help others if I see they are in a bad situation	Consent is key.
I feel more empowered to intervene if I notice questionable situations.	Consent is a MUST.
I am more educated on sexual safety.	Consent can only be given by someone with a sound mind, such as not under the influence of anything.
I am gonna make sure my loved ones around me are ok, and I will ask for consent whenever I want to do something with someone	Consent can change and people can take it away at any point
I am going to use the quotes provided to help ask for consent and make survivors feel supported and comfortable opening up	Be respectful when you so anything
I am going to tell people the real definition of consent	Be respectful of others who you want to get consent from; imagine yourself in their situation
I am going to talk to my friends about how we can support sexual assault survivors.	Ask questions before doing something
I am going to be more proactive in trying to stop sexual assault	Ask for consent for any sort of sexual contact, and be more proactive in stopping situations where someone could be raped.
I am going to be less ashamed to say "no."	An overview of sexual assault and it's definition and ways to stop it.
I am going to ask people close to me if they are ok and if they need to talk I am here.	Amazing, a must-attend.
I am going to ask no matter what	Always take action and be there for someone.
I am going to always look out for people and ensure their in a safe situation/environment.	A presentation to educate students about sexual harassment and consent
I am going to always ask for consent.	A powerful session discussion how to ask for consent
I am definitely going to be looking out for people at any parties I go to in college, I never want anyone to experience something so horrible.	you really missed out on a very eye opening convo
How to intervene if I see something wrong.	powerful
How to better communicate and help others feel more comfortable as well (I personally have no interest in sex or relationships, but I want to be there for my friends who are in relationships or who want someone to support them), so this was helpful to learn about what to do in different situations.	educational
How to ask for consent in such situations	consent and respect to everyone
Everything	consent
Consent	Very informative.
Consent	Very informative and helpful
Be on the lookout	Valuable and necessary.
Asking for consent throughout, not just before	It was brilliant
Ask someone before I'm going to kiss them	I would say that we discussed consent, how to ask for it, and specific situations.
Ask questions more	Don't make assumptions. Be clear with consent.
Ask for consent before doing anything sexual	Defining consent and explaining the importance of it.
Ask for consent and just be there for people when you need them	Ask for consent
Ask for consent	Be considerate of others and rational when approaching partners
Ask first, intervene	I would tell somebody who wasn't here that we learned about how to stop sexual assault and what is considered assault.
Ask first when I want to do something	I would talk to them about consent and asking people before doing any type of activity.
Always make sure to verbally ask for consent	I would describe it to someone as a really informational lesson about sexual assault and the rights and wrongs of it/ what to do if ever in that situation.
"Saying no isn't being mean"; "you deserve someone better if they get mad when you say no"	It was a beneficial session of learning how to deal with the situation that might be involved with sexual assault, and how to encourage others who are in a harsh time.
everything, it was very beneficial	Very informative. Cannot victim blame. Need to blame the rapist. Intervene to save another from harassment. Don't wait to ensure its harassment - rather be preventative than sorry.
consent	I would say that it was a very interesting talk about the importance of getting consent before touching someone. It also talked about the gray areas that are more common, and why these are just as bad, for example someone giving consent while they are drunk.
consent	missing a great learning opportunity.
ask for kiss	Overall, make sure you know other people's intentions and respect their opinions.
The way I should talk to my partner	It was a very impactful session that educates students on what to do if you see others in a situation where they could be assaulted/raped, the importance of consent, and how to help victims.
Intervene	We emphasized the use of consent and how traumatizing sexual assault is.
I will make sure to ask for consent.	This session was very informative and explained how someone should fully give their consent.
I will be more mindful of others consent.	I would describe the session as very informative. It talked about topics such as sexual assault, consent, and ways to prevent things like sexual assault before they have a chance to happen.

**High School Students attending the "SAFER Choices" Program presented by Mike Domitrz.**

<b>What are you going to use from today's program?</b>	<b>How would you describe this session to someone who wasn't here?</b>
I will ask people that I am here for them.	This session spreads awareness for matters like sexual assault that many people have misconceptions of. The speaker effectively brings it up and explains why intervening is essential in keeping everyone safe.
I am going to ask and be specific before doing anything intimate.	We went over what sexual assault looks like, how to intervene, what it means to give consent, and the importance of asking first.
EBook	This session teaches about consent and respecting others and yourself and is also interactive so it stays interesting to the audience
Asking	This presentation goes through the serious matter of sexual assault and effectively spreads awareness about this matter.
Ask for consent.	It was very informative, and I recommend you try it sometime
Ask for consent	The session is engaging, helpful, and gives you specific actionable tips so you can be an upstander for respect, consent, and 'mutually amazing relationships.'
I will be more aware of things going on in other peoples lives.	It was a live presentation by a speaker who spoke about high school relationships, the importance of consent, and how to approach new situations.
I am going to remember that saying "No" is not mean, and intervene when	I will tell them what I learned about from this presentation and what we did.
I am going to use the procedures talked about if I ever see someone being sexually assaulted, incase I ever see anyone in that situation.	I am going to explain them how to prevent sexual assault.
I will use the terms and expressions that I learn and be a good friend at the first time so that my peers will not be involved in sexual assaults or any sort of negative experience.	A session to learn about consent and who to go to when you need help.
intervene if something seems iffy and ensure consent. Its okay to ask!	you need to be more proactive and less reactive to the situation.
I am going to talk to my parents more often, and stand up for people who are being exploited.	You should report everything you hear or see about sexual assault.
Everything, from the situations, enacted, and the wordings given.	We talked about how to intervene when someone is being intoxicated and we fear they might get raped. We also talked about how saying "No" harms no one, and that you should never feel bad saying it. And we also talked about consent.
I'm going to take extra steps to create a safe environment for all.	We learned that respect is more attractive than arrogance and that we can do a lot more to help avoid situations like this even if it means we will be looked down upon.
I am going to tell people that if they have been sexually assaulted, I am always going to be there for them. Additionally, I now have a more clear idea of what to do if I see a potential sexual assault case happening, and I will act on what we learned during this program.	Very educational, learned the real definition of many important aspects of relationships and assault, and how to react when you are a bystander.
Proper Consent	It was very informative about sexual assault
I am going to tell family and friends that I am here for them.	I would tell them about Mike's definition of consent (because that's the most important part in my opinion) and go through a few of the scenarios he mentioned. Like the party where one of the people is getting someone else drunk with the intention of sexually assaulting them.
I am going to use everything that I learned and what was discussed because it was all very important.	I would say that no means no and that consent goes both ways in a relationship.
I am going to use what I learned about intervening and new-found awareness to make sure the people around me are safe and happy.	don't go to parties
remember that you never owe intimacy to anyone	I would say that this was a very interactive session where we learned about consent, intervention, and healthy relationships in a memorable way. The session was in-depth and concise, and Mike made sure to address any and all concerns or questions that the attendees had.
I'm going to use newfound knowledge of intervening to make sure everyone is safe and happy.	Educational and helpful, providing different sources for people
I will ask for consent before going in for a kiss	Meaningful and encouraging.
I often have trouble finding the right words to say. Although I hope no one I know ever experiences sexual assault, I now have a better idea of how I might be able to support them and help them heal.	In this session we learned about sexual intimacy, bystander intervention, and sexual assault.
The knowledge I learned about relationships and consent.	I would describe it as a method of intervention when necessary without violence and how important it is to ask for consent.
I'm going to tell my friends, "If anyone ever has or ever does sexually touch you against your will or without your consent, I am ALWAYS going to be here for you. ALWAYS."	it was very eye-opening and helpful.
To be more aware of engaging in sexual activities and consent for myself or others around me.	it helps you learn about what to do in situations
If I see a friend trying to rape someone, then I will intervene.	gives reasons to not hesitate or worry about helping others when in a sexual assault situation or before it
I am going to use the strategies to prevent sexual assault	We learned about consent, victim blaming, advice on how to stop a sexual assault as well as the significance of doing so.
I will remember everything I have learned in this program and use the knowledge given if I ever encounter a situation that needs it.	The session was very informative and provided the tools needed to ask for consent and to intervene when I see misconduct.
I will now know how to intervene when someone is intoxicated and can't give consent without creating more or bigger problems by saying that "I want to make sure that my friend is doing well and make sure they get home alright."	The session taught us the importance of consent and speaking up by breaking down common myths or misconceptions about asking, interrupting, and acting.
I will intervene when I see situations instead of telling myself it's none of my business.	The seminar was empowering and informative.
I learned that sexual assault needs to be actively stopped and you can't just ignore it.	Session stressing the importance of consent and helping others when they are in dangerous situations.
I am going to use the assurance that saying "no" is my right and isn't mean if I ever feel the need to say it.	Powerful and eye-opening.
I am going to use more that I have learned about consent.	It was informative and it reinforced some of my previous beliefs.
How to stop someone from assaulting someone without violence	It was amazing.
Don't downplay rape.	I would say this session is informative and covers a very important topic.
the knowledge	I would give a summary of each part we covered, such as consent, age of consent, legality, and the situations and examples. Once they are told the examples, get their feedback on what they would do, and then tell them what they can/should do.
I'm going to intervene when I see someone in a position where they can't give consent and I will make sure my loved ones know that I'm here for them no matter what.	I would describe it as a very informative and important lesson on sexual assault and what we can do as moral citizens to help those who are victims, be safe for the future, and small actions that can make a big difference.
I will use the steps to intervene stop sexual assault and know that 'no' isn't mean and ask first before engaging in any contact	Educational
I will make sure to ask before engaging in intimacy.	Basically exactly what he said because I try being like this normally
The phrases that I learned to IMMEDIATELY interfere any situation that involves rape/sexual assault, knowing that this moment can be prevented.	Always be sure to ask for consent, and call out sexual assault when you see it no matter whomever it is.
I will use it in real situations.	very opening
I am going to use the method of intervening when necessary.	it's really helpful
everything	This session was about consent, no means no, and how to intervene during a situation where someone might get raped.
ask first	This session teaches us the steps required to ensure sexual assault does not happen.
The steps to intervene in sexual assault Mike talked about.	This session talks a lot about requirements for consent and how to someone else from intended rape or sexual assault. It's very important to do what you can in the moment when you see someone that is in danger of rape/sexual assault.
Saying "no" to someone is not mean.	This is a really informal session that teaches essential topics about sexual assault such as consent and other things as well as applying them into real life situations.

**High School Students attending the "SAFER Choices" Program presented by Mike Domitrz.**

<b>What are you going to use from today's program?</b>	<b>How would you describe this session to someone who wasn't here?</b>
Not too much I tend to be a very sexual respectful individual it just reinforced my beliefs	Sexual assault is never the victim's fault. Always intervene when you see something wrong, and make sure you get consent before making a move. Let survivors know that you're there for them.
I'm going to use the information I learned to prevent sexual assault I witness in the future.	It was very informative and engaging and we covered the basics of sexual assault and dating.
I will reflect on what he been said	It identified different ways you can support sexual assault survivors and help prevent it from happening in the future
I will be more aware, especially at parties.	I would say that this was a session about learning about the importance of consent and the importance of intervening in situations in which someone is being sexually assaulted or raped.
I like the quotes Mike gave us. Now I think I'll find it much easier to ask for consent because A) I'll be more confident and B) if it doesn't go my way then at least I tried and I can laugh it off because we've all heard it now.	I would describe this session as very informative and use examples to show the other person how to respond to any situations that involve rape or assault, as well as talking to them about the importance and necessity of consent.
I am going to use the information I learned.	I would describe this session as very informative and impactful.
I am going to use the consent questions in future situations, as I have never had a situation as such. Also, I will intervene when I see a dangerous situation, but I hope it doesn't ever happen because that means that there's a victim.	I would describe this lesson as very informational and helpful and am glad that the school provided it.
I am going to try to call out to people who were raped that they are strong.	Empowering and very educational/informative
I am going to make sure to ask first always instead of relying on body language.	Basically today we learned concrete meanings for consent and assault so that we could recognize it in the future and know how to intervene
I am going to feel more confident about saying no. I am going to not be hard on myself for hurting the other person's feelings.	An interesting session clarifying what consent is and how to intervene in the case of sexual assault, as well as resources to get help if needed.
From today's program I am really going to try to be more open minded on the topic of sexual assault and not be afraid to stop someone, whether they are friends or a random stranger, whenever I see them doing any form of harm to another person.	this was powerful and very helpful especially to those that wouldn't know what to do in that situation.
Asking "may I kiss you?" before kissing someone.	lesson on telling us the importance of consent and respect etc
ask for consent	it was very helpful to bring awareness to the realities of sexual assault.
Use the phrases that were given in order to encourage someone to make better choices or to let people know I am there for them.	i would say anything you do to anyone be sure to ask first
To help prevent sexual assaults	a discussion about sexual assault and ways to stop it
The quote/sentence guide to let someone know that I'm always there for them.	Very informative and a lot of essential information on the topic of sexual assault and consent.
I'll tell my sibling that I'd be here for them, and on the chance I see a sexual interaction I don't think involves explicit consent, I'll take action to stop it or at the very least ask someone else to do so	This session was to clear up any false assumptions and spread awareness about anyone causing any harm to any one else.
I will keep in mind of all the things required for consent in the future.	This session talks about consent and how important it is.
I will definitely intervene if I see anyone try to take advantage of another person, and I will let my family members know that I am here for them if someone ever hurts them.	This seminar was extremely realistic, which helped the audience comprehend circumstances regarding sexual assault as well as necessary actions to prevent it from happening to anyone.
I will definitely always make sure people know I am here for them and ready to support them. I will also always be sure to ask for consent from my partner before doing anything sexual with them.	The session was about how to prevent sexual harassment, what is consent and how you should ask for it, and how to talk to survivors, and let them know that you want to be there for that situation.
I will be more informed about stopping sexual assault	That it was very informative and fun.
I now understand ways to intervene in situations that deserve intervening.	Necessary advice on how to prevent sexual assaults, and how to support survivors.
I am going to use the knowledge to empower survivors.	It was interactive and very easy to understand. The way every topic is explained is eye-opening and can change people's perspectives.
I am going to use the information about identifying possible sexual assault to try to help others and will be more aware about asking first.	It was informative and made you think about consent.
I am going to make sure I ask before I do anything with someone.	It was a meeting describing how someone could be a better person and how someone can deal with things like rape and other topics
I am going to intervene when I see something bad, and I'll also make sure to always ask for consent.	It talks about very important stuff that can make you help others in the future
I am going to be there for others when they have sexually assaulted.	It outlined and cemented the idea of consent into our minds. It teaches how asking doesn't "ruin the moment," and how consent isn't there when you start something new you didn't originally consent to.
From today's program, I am going to use how to ask for consent.	Informative, talks about stopping sexual assault
to respect everyone and to ask for consent	Informative about basic rights and privileges.
to intervene when i notice something is wrong, not after the particular terrible event has happened	Informative
look out to see if anyone is getting assaulted in any way and stop them	I would tell them about all the ways to stop sexual assault, along with things to not say to those who have been assaulted.
To be more cautious of others' actions so that I can help to prevent sexual assault.	I would say that it was a session that gives students the resources to stop sexual assault from happening, learn what is or isn't sexual assault, and support survivors of sexual assault.
To ask before engaging in any sexual or romantic activity such as kissing.	I would explain them how to prevent sexual assault and how to help others
This program definitely inspired me to look out for possible sexual assault instances and intervene if necessary.	I would describe this session as one that clearly shows and tells people how to act in certain situations.
That saying no is a choice and is not mean.	I would describe this session as helpful and informative as it gave me information that can help me and others.
Make sure to intervene if I see someone who is about to be sexually assaulted or if something else bad is about to happen.	I would describe this session as empowering. It really emphasized the fact that every person has the right to consent.
Intervention techniques	I would describe this session as a session in which one knows what to do to prevent and stop sexual assault.
I'm going to use the phrasing that we were taught to support survivors of sexual assault and make sure to ask someone before I kiss them	I would describe it so they would understand it.
I'm going to use the agreement to think of someone whether I like them or not.	I would describe it as very helpful and eye opening. I would tell them that I was really glad that we got the opportunity to attend the webinar.
I'm going to be more aware of the people around me so I can intervene if needed.	I would describe it as an opportunity to get educated on how to help victims and survivors of sexual assault/harassment/rape.