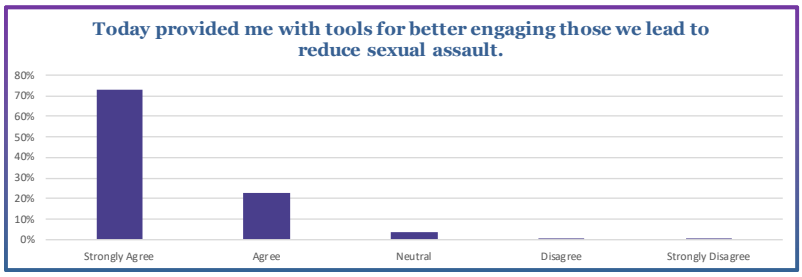
Military "Mission Is TRANSFORMATION" Training presented by Mike Domitrz

Today provided me with tools for better engaging those we lead to reduce sexual assault.

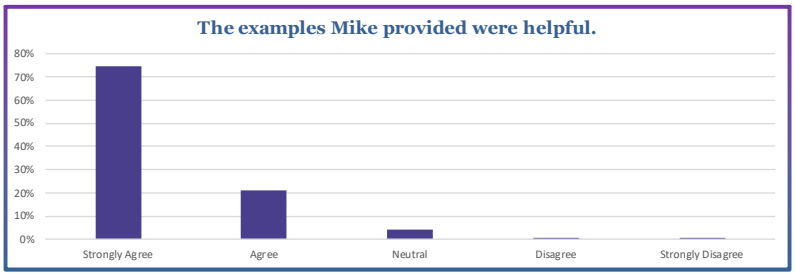
Strongly Agree	**73%**	**96%**	547
Agree	**23%**		173
Neutral	4%		27
Disagree	0%		3
Strongly Disagree	0%		1
			751



the Center for Respect with Mike Domitrz

The examples Mike provided were helpful.

Strongly Agree	**75%**	**96%**	561
Agree	**21%**		156
Neutral	4%		29
Disagree	1%		4
Strongly Disagree	0%		1
			751



Military attending the "Mission Is TRANSFORMATION" Training presented by Mike Domitrz.

What are you going to use from today's program?	How would you describe this session to someone who wasn't here?
- stop always talking about the negative referencing sex, but instead the positive.	A better conversation and way to look at sexual relationships
-Show, lead by example -Ask vs command -The steps of effective relationships -The chart of mutually amazing sexual relationships	A better, more realistic approach to sexual assault awareness
"Consent is the bare minimum"	A class to change the mentality of how the army views, trains, and implements SHARP program
"Do you Ask?" Respect is the base foundation	a comprehensive way to have leaders engage in a difficult topic
1) The Ladder 2) Consent not being the bare minimum	A current update of terminology and of another perspective / way of looking at the issues around sexual assault and its prevention.
7 steps	A different innovative take on talking about it.
7 steps Yes or no vs command	A different outlook on SA/SH prevention
7 steps of a relationship	A different take on sharp
A bunch, the stairway, the consent graph, maybe even showing but that is a bit intimidating to ensure we execute the scenario correctly.	A discussion not a brief
Active participation in sharp briefs	A good twist to a normal SAPR brief. More engaging and honest than what your are used to.
AI (GPT)	A great talk regarding respectful relationships.
Alcohol comments	A great tool to use in future classes to get a better understanding
Alcohol does not mix with sex	A guy from TV talked to us about how we can help prevent sexual assault and harassment with real scenarios
Alcohol lowers standards!	A healthier perspective to consent that be applied to all ages or creeds which highlights the necessary skills needed in our world!
Alcohol lowers standards. Question peoples responses to make them think and let other people know you're a safe person to talk to.	A helpful session you will learn a lot and how to grow your relationship
All information	A interactive experience both educational and entertaining
All of it	A lot of information.
All of it	A must attend session, very informative, and important for everyone to hear no matter what age they are.
All of it	A must see
All of it	A new and effective way to teach and understand consensual/safe relationships.
All of it great class from what we usually get.	A nice change of pace to the usual sharp training

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What are you going to use from today's program?	**How would you describe this session to someone who wasn't here?**
All of it was very informative and provided better ways to phrase and ask questions for awareness and in my personal life.	A positive spin on how we can work towards improving ourselves to avoid putting ourselves in negative sharp related situations.
All of it.	A realistic, raw conversation challenging outdated and harmful ideas about intimacy
All of it. Great training!	A session for being able to use tools to teach this or have a discussion
All of the materials and notes taken. Excellent briefer and informative.	A sessions that had difficult topics but brought up a good new perspective for leaders
All of the subjects, depending on topic.	A sharp brief that is more useful to the average person
All of them	A shotgun blast of culture changes that ought to occur at all levels of society that ultimately has some good takeaways for how individuals can engender change at their level
All teachings are applicable.	A simplified method of sexual assault prevention from a military outsider who has very acute insight to the specific problem the military has with sexual assault.
All the tools.	A speaker gave new perspective to how we train and talk about SHARP.
All will assist while in the military	A talk that healthy relationships don't stop at consent. That there is more beyond that.
Alot of the examples that were given.	A totally different approach to SAPR training that is useful
appreciated your response to "rape ruins lives"	A true open approach to training
As a parent of a preteen I will be using the question what are most kids doing your age? I will also look into the planned parenthood resources.	A very different perspective to the usual SHARP class that makes you rethink how you view your outlook
As much as I possibly can. I believe the biggest benefit and what I will most likely use is the creation of intervention amongst the masses.	A very informative and passionate class. Highly recommended.
Ask and respect the answer	A very powerful and realistic approach to beginning sexual conversations within the military and normalizing them
Ask first and respect the answer.	A whirlwind of information - highlights Commanders are not the experts and should not be teaching/training SHARP.
Ask first, respect the answer. Alcohol is a cop out for cowardice.	Actually engaging
Ask my partner if they would like to discuss our different power dynamics and how we can neutralize them.	Actually good SAPR brief
Ask my teen "what are kids at your school doing today?"	Actually useful and a focus on mentality / reasoning behind it
Ask myself and soldiers what is our WHY.	Allows you to look at SHARP in a different perspective. Gives you the tools to become a better and more effective leader.
Ask questions	Amazing
ask the why?	Amazing
Asking my wife what she likes and not except the answer "just keep doing what you're doing."	Amazing
Asking people the tools they'll use after the training	Amazing You should have been here Let's do better in this area
Asking questions genuinely and not in a command form.	Amazing applicable
Asking the question and using gender neutral names when using examples	Amazing and to listen to the books.
Asking vs telling commands & oral communication/feedback in my marriage.	Amazing, interesting, and different!
Audio of survivors and slope slide.	Amazing!
Avoid "YOU" statements! Keep it general when having discussions in my unit!	Amazing! Very deep and down to the point
Be comfortable with uncomfortable conversations	Amazing. I care about SHARP
Be confident in yourself and stand up for others	Amazingly interesting and interactive.
Be more deliberate with soldiers discussing the why for the SHARP program.	An alternative and positive approach to Sexual Assault Prevention.
Be more positive when talking about sharp	An amazing speaker that is well informed to talk about SHARP
Be more vigilant.	An atypical perspective at promoting healthy relationships rather than focusing on the "do not" our SHARP briefs are typically stereotyped as.
Be thoughtful about language Have the uncomfortable conversations about the positives of sex	An engaging, unique, and fresh perspective on positive sexual and platonic relationships
Be willing to have tough conversations with leaders and Soldiers	An informative session.
Be willing to have uncomfortable conversations.	An informative view on how to dispel the thought that Sharp is a hostile way to shame and consent is just the bare beginning of what it means to have a relationship with both professional and romantic
Being able to be more knowledgable about what is actually happen when In a situation	An open discussion that turns sensitive topics to healthy discussions on how best to approach sexual topics with those around us.
Being able to engage my subordinates in uncomfortable conversations	An open minded session that shows you a more positive way to teach SHARP to change the negative atmosphere surrounding the program
Being positive with spreading SHARP training and awareness. So survivors feel they can come to leadership	An overview of how we should teach and lead others to achieve a pinnacle of sexual and relationship health, that overall reduces harassment/assault
Being willing to have uncomfortable conversations	Animated
Better communication between my soldiers and I.	Another typical sharp class where he attempted to reframe the same points with a new energy.
Better communication with my SM	Awesome
better explains convent can be changed to a no. So confirm before you engage	Awesome
Better myself as a leader in order to be able to communicate effectively and build trust	Awesome class to attend I can regiment it to you
Better the Sharp program and my household	Awesome different way to look at SAPR and training on sexual violence.
Better wording when briefing the soldiers.	Awesome must see
Bettering SAPR training.	Awesome tool to gain new perspectives on some social norms.
Branding SHARP as a positive program rather than a negative term. Teaching my troops about victim blaming.	Awesome training, I wish we haf more time.
Briefing that victims need to be supported and offenders need to be held accountable instead of just saying the behavior is not tolerated	Awesome.
Building a strong relationship with everyone.	Awesome.
Building healthy and respectful relationships.	Be more mindful and helpful and be more engaged
c	Best interactivE training
Care and empathetic leadership. Use curiosity to try and understand people. This will help me learn and grow as an individual.	Best Sharp brief
Change the goal and past practice of meeting the minimum	Best SHARP brief
Changes in thought process on how to teach what to do and not want not to do	Best SHARP session I have got in my 22 years in the military.
Changing perceptions and knowledge	Best SHARP training ever
Changing the narrative from permission to "mutually desired" activities. I agree that is a healthier standard of behavior to communicate.	Best training
Changing the way I go about with training for my subordinates	Better than any other "death by PowerPoint"
Command and question aspect	Better then a powerpoint
Command vs question	Betty diffenrt outlook on SHARPs training
Commands vs questions Teach what they should do instead of what they shouldn't- mutually amazing consensual sexual intimacy.	Blunt about the hard sec topics
Communicate with my co-works	Building a framework and not just a baseline that you can use to improve any relationship

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What are you going to use from today's program?	**How would you describe this session to someone who wasn't here?**
Communication and engage with team members IRT sexual relations and mutual consent thereof	Civilian taught
Concent is removable.	Cognitively enlightening
Concent is the bare minimum	Consent is mutual both ways and can be revoked at any time
Concern is minimum	Consent is not the standard. Consent is the minimum the absolute minimum. The shared amazing intimacy is the goal! That's what we should strive for!
Connection model	Consent is the bare minimum
Connection vs attraction	Consent is the bare minimum.
Consent	Consent oriented training focused on teaching tools and techniques to eliminate assault and harassment
Consent	Cover hot topics with correct verbiage
Consent	Created an understanding of the effects words have on. The subject
Consent	Different
Consent	Different approach to sharp
Consent as the bare minimum on path to healthy sexual relationships, Ask First, Respect the Response, Stairway to mutually consensual sex. And a discussion on intervention and that it's a choice, just like assault, it's not the victim's.	Different but effective
Consent cal always be taken back and do not question someone when they say no	Different but provides a new way to think about SHARP and discussions around SHARP
Consent can be removable	Different from normal SHARP training
Consent can be removed	Different from other SHARP briefs, makes us think more and is more eye opening
Consent can be removed	Different from traditional sharp.
Consent can be removed not reversed. The stairway to mutual consenting sex	Different outlook on sexual assualt prevention.
Consent description	Different perspective
Consent is a bare minimum and the stair step model	Different than other army tainings
Consent is a baseline	Different then the usual sharp brief
Consent is a low standard.	Different way at discussing SHARP material.
Consent is a minimum standard.	Different way to view the sharp program
Consent is bare minimum	Different. Engaging
Consent is bare minimum	Discussion about prevention being helped by also teaching what the RIGHT thing to do is as opposed to just what the wrong thing is.
Consent is baseline. Messaging is important.	Discussion that is a need and you needed to hear it
Consent is bear minimum.	Don't go
Consent is just the base line you need to go further.	Dynamic and informative
Consent is mutually wanted, specific, in the moment, free to be removed	Educational
Consent is not a final answer always.	Educational
Consent is not the Gold standard!	Educational
Consent is not the opposite of sexual assault.	Educational and engaging.
Consent is not the standard.	Educational and interactive
Consent is only a baseline	Educational if you actually listen and participate
Consent is only a baseline	Educational interaction on SHARP
Consent is removable	Effective
Consent is removable	Email
Consent is removable	Empowering and positive way to approach the Sexual Intimacy and work towards prevention/education/mindset.
Consent is the bare minimum	Energetic
Consent is the bare minimum	Energetic
Consent is the bare minimum	Energetic
Consent is the bare minimum	Energetic
Consent is the bare minimum	Energetic and insightful
Consent is the bare minimum	Energetic and very informative
Consent is the bare minimum	Energetic sharp class
CONSENT IS THE BARE MINIMUM	Energetic.
Consent is the bare minimum	Engaged.
Consent is the bare minimum	Engaging
Consent is the bare minimum	Engaging
Consent is the bare minimum	Engaging
Consent is the bare minimum	Engaging
Consent is the bare minimum and the sharp portal for resources	Engaging
Consent is the bare minimum but sharp goes further than that	Engaging
Consent is the bare minimum for sexual intimacy	Engaging
Consent is the bare minimum standard or requirement.	Engaging and good speaker
Consent is the bare minimum when if comes to sex	Engaging and informative
Consent is the bare minimum, IF you are going to engage in sexual activities ensure that if is mutual enjoyable	Engaging and informative
Consent is the bare minimum; bystander effect being a crutch	Engaging and informative
Consent is the bare minimum!	Engaging and informative.
Consent is the bare minimum.	Engaging and revealing very useful tools for life and use in the work place and home.
Consent is the bare minimum.	Engaging and the start of a conversation
Consent is the bare minimum. Changing the perspective of normal thoughts.	Engaging and thought provoking.
Consent is the bare minimum. I'm going to teach how to focus on the positive and how to stay above the consent line	Engaging and was able to present the topic in a way that all ranks at all echelons can relate.
Consent is the bare minimum. Sharp is the Mission. Dont allow victim blaming	Engaging way to present content in a different form
Consent is the bare minimum. The 7 steps to a healthy relationship.	Engaging with relatable scenarios and conversations
Consent is the base line aim for mutual satisfaction	Engaging, different, refreshing
Consent is the baseline	Engery and positive vibes
Consent is the minimum	Enlightening
Consent is the minimum level	Enlightening
Consent is the minimum, not the standard	Enlightening and funny
Consent is the minimum.	Enlightening.
Consent is the minimum.	Entertaining and informative
Consent isnt the standard its bare minimum	Enthusiastic and should be watched again to get full effect and learn more
Consent not permission	Excellent
Consent should be the minimum standard; mutually amazing consensual sex should be the standard	Excellent and insightful, not your typical training
Consent thing	Excellent and very Educational
Continue practicing healthy amazing relationship or isexual intimacy in my marriage.	Excellent and very knowledgeable information
Continue with the positive side of this type of training within my unit. Not to focus on the "dont's"	Excellent leadership seminar
Develop a good teaching program.	Excellent.
Deweaponizing the acronym SHARP	Extremely engaging
Difference between command and question and how that relates to consent	Extremely helpful

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What are you going to use from today's program?	**How would you describe this session to someone who wasn't here?**
Different perspective on how to train Marines in regards to SA that isn't "don't do it"	Extremely helpful and informative on issues that are often avoided in most spaces and settings.
Differentiating between questions and commands, working on the 7 steps to a healthy relationship	Extremely informative and a new way to look at SHARP.
Discuss do's instead of don't	Extremely informative and one of the best SHARP classes I've been too.
discuss how consent is only a starting place towards a healthy relationship	Eye opener
Discussing how consent is the minimum requirement to engage in a sexual activity.	Eye opening
Discussion was realistic and the best discussion I have heard in 17 years in the Army. Combined with my unit doing the "escape room" really brings the training full circle.	Eye opening
Dismissing the bystander effect.	Eye opening
Do role playing scenarios	Eye opening
Doing better with my commands especially with my children.	Eye opening and comfortable environment
Doing follow on checks and touch points with my soldiers during the rest of the year outside of the training.	Eye opening and informative. A new way to look at SHARP
Don't confuse orders with options. Don't ask questions you either (a) don't want the answer to, or (b) can't handle the answer to. Check your ego, practice self-reflection and empower others to do the same.	Eye opening and insightful on a brand new way to engage our soldiers about preventing sexual assault and prevention
Educating others on the stairwell to consent and why its important.	Eye opening and provided a better perspective than previous sharp briefs
Educating others on the stairwell to consent and why its important.	Eye opening and very informative
Empathetic leadership and self reflection.	Eye opening, very different from any military training, helpful, thought provoking, empowering, and inspiring.
Empathy	Eye-opening
Encourage the goal of going out to find a healthy satisfying relationship. Opposed to searching for convent.	Fantastic
Encouraging the hard conversations and learning by example.	Fantastic
Engage with my Marines and Sailors during training, demonstration to help them get into a mindset of actually intervening. Provide more frequent training than just the 3hrs a year to make sure my Marines and Sailors know that I care about the topic. Make a better environment for my Marines and Sailors so they feel comfortable coming forward.	Fantastic knowledge
Engaging the Marines rather than just a PowerPoint presentation.	Find your why
Engaging with more training	Fun and engaging.
Ensure leaders understand their roles and responsibilities regarding response to sexual assault	Fun engaging and informative
Ensure to reiterate the importance of a SHARP positive environment & use short vignettes to reinforce the lessons not necessarily during annual SHARP training.	Fun, informative, and transformative
Ensuring that people understand that Bystander Effect exists but is not an excuse.	Funny and informative
Establishing a real standard for a healthy relationship	g
Everything	Gives new perspectives
Everything	Go to it
Everything	good
Everything	Good
Everything	Good
Everything	Good
Everything	Good
Everything	Good conversation on changing the thinking about sexual assault
Everything	Good discussion
Everything	Good info
Everything	Good information
Everything	Good interactive training.
Everything great class/summit	Good session. A lot better then the ones in the past
Everything I can remember.	Got explanation of how and why the conversation needs to shift from "preventing sexual assault/murder" to "mutually amazing consensual sexual intimacy"
Everything is was a great brief	Great
Everything!	great
Everything!	Great , informative
Everything!!	Great and informative
EVERYTHING!!! Especially the stair steps!	Great for providing tools to talk to your team.
Everything.	Great information
Examples on how to discuss SHARP and healthy relationships.	Great information glad that he talked about the root cause not just the problem.
Excellent examples and comebacks	Great information. Much needed
Expectation on how to better relate to SM about SHARP and it's importance.	Great knowledge
Figuring out why I will be more aware of the topic and act on what I've learned	Great learning opportunity
Finding the why and leading with curiosity.	Great program with lots of different perspectives to the sharp program
Focus more on positive interactions as opposed to what not to do.	Great resources on how to engage from a leadership standpoint.
Focus on changing the standard. Consent is the bare minimum. We need to do better for our Soldiers and promote positive relationships.	Great session
Focus on mutually amazing relationships rather than "don't rape"	Great session, learned a lot
Focus on the DO versus the DON'T	Great teaching.
Focus on the positive	Great tools for life
Focus on the wrong doer not the victim when teaching	Great training, fun and teachable.
Focus on what to do	Great training. Very engaging speaker.
Focus on what to do, not what not to do.	Great training. Very engaging speaker.
Focusing on the positive not just saying don't.	Great very informative
For training education discussions and facilitation	Great way to message and have conversations about SHARP.
Framing a better positive conversation rather than negative (with dont) using consent as a bare minimum, not the standard.	Great, very informative and educational
Get away from using negatives	Great! Helpful
Give commands not questions	Great! Not your usual death-by-power-point!
Give people a to do vs a don't. Differentiate questions and commands. The steps	Great. Interesting and a new take SHARP training. Applicable to not just for SHARP. Engaging.
Give respect to everyone.	Had very good perspective from both sides of a scenario.
Going to use the graph that was presented in the beginning of the course about what not to do versus the goal for everyone.	Having respect for others.
Gonna ask how you want me to touch you with women	He is Energetic and passionate about his work
Good info	He kept it interactive and entertaining while getting the message across
Grow personal relationships	He was very intentional and allowed you to see or witness where we can be better.
Having more conversations on how healthy dating looks like with our Soldiers, leaning more on what to do not, want not to do. Leveraging the courses, we have on post offered by FAP on healthy dating and health communication.	Helpful
Having the hard conversations with other soldiers	Helpful instruction on how to better improve relationships. Not just asking for consent.

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What are you going to use from today's program?	**How would you describe this session to someone who wasn't here?**
Having those uncomfortable conversations about mutually amazing consensual relationships	Helpful. I was surprised at how effective Mike was at changing hidebound perspectives and breaking through resistance to achieve discussion. I appreciated the way he took our stagnant, bare minimum oriented SHARP culture and gave us something truly excellent to strive for.
Healthy communication between partners	Helps you understand why sharp is important
Help others to stop using Consent as the bare minimum	Highly informative with a refreshing perspective
Help soldiers understand more	Highly recommend it
Helpful tools to stay vigilant against assault and harassment.	How we need to talk more about how to have healthy sexual content and not just "don't do this or that"
Higher standard of mutually amazing consensual relationships	I can share the knowledge to my family
His method of focusing more on healthy sexual discussion rather than the negative.	I describe it as incredibly powerful, and highly encourage anyone able to attend. It was an incredibly powerful experience.
How the top of the slope (mutually amazing sex life for lack of better words) was different from what we're accustomed to (consent) and how we should strive for the positive instead of the bare minimum or even worse, the bottom of the slope.	I don't know
How to address the positives rather then negatives	I have learned a lot about educating teens and people about sexual education but this was different. It opened my eyes to information I never connected together.
How to approach training and incorporate the human aspect	I think it's great
How to ask instead of assuming	I think this should be the new standard for sharp briefs it was very good for connecting with the crowd
How to be a better leader when teaching SHARP	I totally different/positive way of looking at this training, and to discuss in a more productive way.
How to better educate my soldiers	I would describe it as a training for leaders to provide insightful information to the people they lead regarding sexual assault and how to prevent it.
How to better focus on the positive.	I would describe it as the conversations we need to be having about teaching what a mutually amazing consensual sexual relationship looks like and why it needs to be the standard in dating/relationships.
How to correctly go about difficult conversations. Instead of shying away from them, be vulnerable and let them know that this will be uncomfortable but is very necessary.	I would describe the session as an event leaders can use to better their people.
How to discuss the slope with my folks and to speak positively vs negatively about SAPR.	I would describe what was talked about
How to effectively discuss sexual awareness topics and situations.	I would say it was a conversation that was centered around uncomfortable ltc with topics and increasing the standard from just "consent"
How to empower my Soldiers to say No!	I would say it was a good presentation, because it was an open dialogue
How to explain an amazingly consensual healthy relationship.	I would tell them to understand the importance of preventing soldiers from committing any crazy mistakes regarding to SHARP.
How to have a better conversation with my subordinates	I would try, but dont have the knowledge and verbage he had. But i would definitely do my best.
How to not ask what not to do and ask what it means to them	I'd promote this class
How to talk about having healthy mutual amazing sexual experiences	I've see this three times and love it more each one
How to teach No is not a bad answer.	Idkidk
How to teach our children no is not mean!	Impactful
How to teach the Marines on why's right versus saying what not to do all the time.	Impactful
I am going to ask the question and respect the answer.	Impactful
I am going to start having those difficult conversations and change how I speak about sexual relationships from consent is required to the goal should be having a mutually amazing consensual sexual intimacy.	Impactful
I am going to use the consent does not mean its okay. It is the bare minimum	Impactful and informative
I am going to use the slope example that was brought up.	Impactful. It teaches how to create social norms rather than what not to do.
I am going to use the step module to grow my future relationship and not have any problems	In depth and eye opening to past Army SHARP briefs.
I can picture the graphs used throughout the presentation and like that he used them to reiterate his message.	In depth covered things yoy normally don't
I enjoyed the ladder and the discussion.	Inactive
I know know how to explain my "so what" reason about why sexual assault and prevention is important to my Soldiers	Inciteful
I like the idea of teaching what to do vs. what not to do	Incredibly engaging and interesting.
I liked the step model of a healthy relationship.	Information, done quickly, but thoroughly covered a wide range of topics
I really appreciated the stairway of standards.	Informational
I want to build a better relationship with my soldiers with sharp. I want them to better understand their why and I also owe them my why.	Informational
I will approach the conversation as he laid it out. I could see that it was useful	Informational
I will be using the steps to a healthy, consensual sexual relationship	Informational and educational
I will have more open dialogues with my Soldiers about Sharp	Informative
I will hold every predator responsible and every victim will be supported.	Informative
I will keep an eye out for opportunities to promote an environment free of sexual assault.	Informative
I will teach and ask my soldiers more about sharp and sexual harassment in a way that is not personal	Informative
I will use it with my job and co-workers.	Informative
I will use the consent is revocable and the spouse/other shouldn't be sorry for not wanting to be sexually active at the time	Informative
I will use the stair step diagram	Informative
I would like to sit down with my Soldiers and do a roll play on how to react to sharp related incidents (before they happen) and also address current events (Soldier at Fort Hood)	Informative
I'm going to paint SHARP in a better light and have my soldiers come up with the why they care and what they learned	Informative & educational
I'm going to quit using sexual assault as a baseline for my training, and instead focus on the RIGHT thing to do.	Informative and a great lesson for leaders
I'm going to tell my soldiers that consent is a baseline.	Informative and eye-opening.
I'm sharing the website	Informative and insightful, a new way of looking at the problem
Idk	Informative and knowledgeable
Importance of verbally reinforcing what To Do instead of what not to do.	Informative and providing of alternate language.
Improve my SAPR classes	Informative and realistic that illustrates a new way to tackle the problem
Intent is important	Informative and thought provoking
Interactive classss	Informative aspects and no insight to give Senior and Leaders at all levels proper ways of finding a way to better understanding
Intervention	Informative, passionate, memorable
It doesn't stop at consent	informative, uncomfortable but good information, shifts in awareness
It was a nothing for me.im a survivor and didn't enjoy it	Informative.
It's not about just consent	Innovative and entertaining
It's not always a he said she said	Insightful
It's okay to say no. Use statements/commands for soldiers when things need to be done. Encourage active participation	Insightful

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What are you going to use from today's program?	**How would you describe this session to someone who wasn't here?**
Just not allowing a "don't do" statement as a leader but to not be afraid to have an uncomfortable conversation with my sailors/marines	Insightful
Know the why.	Insightful and interactive
Know the Why.	Interactive
Know your why	Interactive
Know your why	Interactive
Know your why.	Interactive
Know your why.	Interactive and a real conversation soldiers should hear
Knowing whether juniors think you respect them if they never tell you no	Interactive and different from older training sessions for SAPR of old
Knowing your why	Interactive and funny
knowledge of what TO do	Interactive and informative
Ladder to a healthy relationship and consent is only the bare minimum for a sexual relationship.	Interactive discussion in what to do and how to do it effectively
Lead by example	Interactive real discussion
Lead with curiosity	Interactive, engaging and insightful.
Lead with respect	Interactive, enthusiastic and able to quickly breakdown the awkwardness of the conservations good leaders must have.
Leaders have courage to have difficult conversations and the separation between a command and a question.	Interactive, good points to focus on, focus on positives
Leading by showing	Interactive, insightful, engaginh
Leading with respect	Interactive, unique perspective on uncomfortable issues.
Leading with respect and talking about consent	Interactive. New look on SHARP information.
Learn to say "No"	Interactivity and challenging status quo.
Letting my soldiers know that consent is the minimum.	Interesting and more effective SAPR perspective awesome
Litteraly everything, this was a very to the point transparent class with open dialogue that all leaders should use with their soldiers	Interesting becuase it's a different way of tring to get the message across in a positive way
Make difficult conversations relatable but not personal	Invaluable
Make efforts to remove the negative connotations associated with SHARP	Involved, relatable, relevant.
Make sure consent is amazingly mutual	It approached SHARP in a more positive lens.
Make sure my partner never feels they have to say sorry if they do not want intimacy.	It brought to light the way we are perceived by sexual partners through our communication and actions.
Make sure questions are questions are commands are commands. Teach about what to do instead of what not to do.	It changed the conversation from "how not to rape" to "how to have amazing, mutually consensual, intimacy".
Make sure questions are questions are commands are commands. Teach about what to do instead of what not to do.	It Changed the culture of how we teach SHARP
Make sure that I'm communicating clearly. When talk about sensitive topic.	It describes what to do and how to prevent sexual assault versus solely focusing on the negative.
Make sure that soldiers do not continue to blame the survivors but start to look at the perpetrators actions.	It engaged the topic with out addressing continuously what not to do.
Making sure people understand consent is the bare minimum and we need to raise our standards.	It has a different way to look at the conversion of sex.
Means and methods to prevent sexual assault and harassment.	It helps changes our way of thinking and approach, it gives the tools to teach with compassion and more emotion than to have the parent tone of "don't do this…"
Most of it.	It is a great seminar and opens up perspectives.
Mutual Amazing Sex	It is not much different than a sharp class
Mutual Amazing Sex	It is not your average SAPR training. It's a conversation that is needed in work centers.
Mutual respect and empathy for others. Great information concerning marriages to use personally.	It opens up on different perspectives about responsibility and personal responsibility.
Mutually amazing consensual sex	It provided a different approach to effective programs and leadership.
Mutually amazing consensual sexual intimacy. Consent is part of the slope.	It really helped me understand more about sexual assault and the key points in a relationship
Mutually amazing consensual sexual relationships	It taught more than just the negative about sex
Mutually Amazing relationships	It was a good presentation and stayed away from the stereotypical sharp briefs.
Mutually amazing sexual relationships	It was a great training and I recommend you take it.
My passionate WHY	It was a lot of information, presented concisely and in an innovative way to get people thinking.
N/a	It was absolutely knowledgeable
N/A	It was actually really fun and easy going. Great class to be a part of.
N/A	It was amazing I learned a lot about myself and others
No is not a mean word	it was amazing, More than expected.
No is not mean. Also consent is the bare minimum.	It was an eye opener on different ways to look at the situation.
No isn't mean.	It was an eye opening experience that made me see the difference that a few words will impact how your soldiers open up to you about certain situations.
Not accepting the bare minimum but aiming for the peak of the slope.	It was an informative discussion about how to discuss SHARP outside SHARP training
Not asking questions for commands	It was an intellectual and fun way of describing the unfortunate situations that may have happened to individuals.
Not sure	It was an interesting conversation with a new approach to SAPR
Not to let people use sharp as a verb. I will also speak with my Soldiers and family about the importance of asking	It was comprehensive and thorough.
Not using sharp as a verb.	It was fun, informative, and provocative!
Not weaponizing and focusing on negatives	It was good
Nothing	It was good and engaging
Nothing	It was good and informative different new twist
Nothing	It was great and I think everyone should hear this training.
Nothing	It was interesting and informative.
Nothing	It was intriguing
Nothing	It was not SAPR training nor was it something you have seen in normal SAPR training.
Nuanced scenario discussion	It was phenomenal and enlightening.
Old myth that alcohol provides liquid courage and how you can turn that around	It was refreshing and informative
Open ended questions to my soldiers	It was relative to everyone as a human being and not just centered around the military. It provided some great insight into the human body.
Personal growth and knowledge to be a better leader.	It was something new and better than the regular training
Personal responsibility vs blame - but suggest relating to operational risk management in the military... we don't plan a mission and choose risks to take and then *blame the convoy* if it gets attacked	It was the most informative Sharp training i have recieved.
Planned parenthood for my kids	It was thought provoking and took an approach that was different from typical sharp trainings.
Positivity not negativity	It was very entertaining and knowledgeable.
Promote consent amounts all my professional and romantic relationships.	It was very eye opening and made me think in a different way.
Promoting HAVING the discussion about what "mutually amazing intercourse" is, instead of getting uncomfortable with the specifics	It was very Good to look at SAPR in a positive light.
Question vs command	It was very informative and inclusive on the subject of sexual assault and how the culture of an organization can impact the occurrence of sexual assault.

Military attending the "Mission Is TRANSFORMATION" Training presented by Mike Domitrz.	
What are you going to use from today's program?	**How would you describe this session to someone who wasn't here?**
Question vs command Pillars of the relationship	It was very informative and inclusive on the subject of sexual assault and how the culture of an organization can impact the occurrence of sexual assault.
Questions	It was very informative and kept your attention.
Raising awareness to my children about the prevalence of sexual assault within their age group.	It was very informative with a great perspective on some of the things we don't talk about.
Raising the bar of how we teach about healthy relationships. Being proactive not reactive.	It was very thought provoking and was explained in a perspective that is not often talked about.
Raising the standards if what is consent.	It was very useful to engage with different perspectives.
Really appreciated the step ladder. Recently divorced a fellow service member because he couldn't respect those exact lessons.	It was well informed and engaging. Opens mind to new point of views
Really like how no is never mean	It was worthwhile.
Recording personal responsibility. Share that our juniors should be personally responsible, but they are NOT personally responsible or held accountable for a wrongful action someone does to them.	It will be mostly be by the examples
Reengagement	It's a new spin on instructing our annual SHARP training.
Refining my language and the language my subordinate leaders use regarding relationships and consent	It's a paradigm shift for topics about consent, sex, and how to broach the topic.
Reflection and engagement tools for both marines and family	It's about giving your soldiers the hard talk because you care
Reframing comments/questions	It's an informative class on sexual harassment that will help us understand on being careful with words and having good useful information.
Reframing the conversation to get people to engage and interact.	It's not the normal (boring) sapr session. It's very engaging!
Reinforce the training	It's really enlightening. A lot different from previous SHARP training
Remove "Bystanders" from my leader's engagement	Its a unique way to interpret a better higher standard for consent.
Rephrasing conversations, using the mentality of mutual satisfying amazing intercourse.	Its insightful
Resources for support	Lead with respect, showing matters , have the conversation
Respect	Lengthy and informative
Respect	Less death by PowerPoint and more interactive
Respect	Let's you look at sexual conversations from a different point of view
Respect and ask before you do it	Life changing in terms of the way we look at SHARP and consensual relationships.
Respect is a baseline expectation up and down the commamd	Lively and engaging
Respect the answer	Lively, sex positive discussion
Respect the NO!!	Lots of great information, everyone needs to here this.
Safe to say no and talk about what to do vs not.	Mike answers questions about sexual assault awareness.
Saying what is a command and what is a question.	Mike is a wonderful inclusive speaker
See something say something, be helpful to preventing a rape or crime , make positive choices	Mike is an extremely dynamic, engaging speaker who facilitated a courageous conversation in a very candid way. His expertise and knowledge was a powerful demonstration of how we can change our culture.
Seven step model	Mike was good about self promotion and inserted his good deeds where applicable. Good information to build a base of conversation from by focusing on some real cultural ideal failures.
Seven steps and how to use it for both personal relationships and work relationships.	Mike was very passionate about SHARP and he gives a good perspective to the topic.
Several of the teaching tips and styles will be useful in framing conversations with subordinate leaders	Mike's session was engaging and informative! You missed a great learning opportunity.
Sex education not common	Missing the steps of respect to mutually
Sexual assault briefs shouldn't be viewed as just a dreadful requirement. It is important to be educated on so we are knowledgeable on preventative measures	More efficient than our annual sharp training
Share	More thought provoking and articulate
Share information with others in my life.	Motivating
Sharing and utilizing the answer: "No, that's not who I am," is such a good reply in a peer pressure situation. Thank you for that	Mr. Mike was amazing and put the perspective of SHARP training in a positive light.
Sharp portal website	Mutual respect
Show greater empathy and compassion towards perpetrators... Shame and guilt don't help or heal the perpetrator...	N/a
Showing empathy towards the soldiers when engaging in an activity of attending and learning about sharp	N/A
Showing Matters	N/A
Skill sets to get Soldiers to buy in to SHARP	Na
Slope	Need to participate
Slope	New perspective
Slope Intervention counter Battle buddy No means no	New ways to think about and humanize sexual assault / harassment
Slope of Sexual Activity, putting the responsibility on the person wanting to do not the victim	Non standard SHARP training
So much. Such a useful presentation. The entire base, 100% of the population, needs to see this.	Not death by PowerPoint. Engaging.
Some of the language was great and what to do instead of what not to do.	Not just about sexual assault but also covers good leadership strategies
Specifically the sexual activity spectrum with a redefined end state, and the 7 steps to reach that end state.	Not sure I can explain it. People have to be there to understand.
Staircase	Nothing
Staircase	Nothing
Staircase	Of the 95 different SHARP training events that I have had in career, this was the best training. The interaction and levity made the training more enjoyable, even with the uncomfortable conversations.
Staircase imagery and concept to healthy relationships.	One of the best sharp training sessions I have attended in 12 years. Much different approach.
Stairs	One of the most enlightening training sessions I have experienced
Stairs	Open and honest conversation about what to do to help change the culture.
Stairway	Open and transparent
Stairway	Outstanding!
Stairway	Packed with information
Stairway and consent is the baseline	Phenomenal, very knowledgeable, wasnt death by power point and also used participation as a tool.
Stairway for sexual intimacy and relationships	Pointless
Stairway to mutually amazing consensual sexual relationships	Positive
Stairway to mutually consensual understanding	Positive and engaging
Stairway!	Positive rather than negative
Start being more proactive in soldiers life.	Positive spin on the SHARP program that is worthwhile.
Steps and leading with respect	Powerful
Steps to a healthy relationship	Powerful
Steps to healthy relationships	Practical and understandable
Steps to mutually consensual relationships	Prepare to get uncomfortable about an important topic.

Military attending the "Mission Is TRANSFORMATION" Training presented by Mike Domitrz.	
What are you going to use from today's program?	**How would you describe this session to someone who wasn't here?**
Stop looking at the negatives and use the positives	Pretty fun not a death by PowerPoint
Stop using SHARP as a verb.	Pretty informative. Reframed some of the problems with SHARP
Stop using the word sharp and say sexual harassment	Pretty interesting
Switching to the affirmative and avoiding me/ you stories.	Probably the best SHARP/Sexual activity brief I've had.
Talk about the "awkward stuff" more	Productive.
Talk about the Dos versus the dont	Productive. Made you think. Not basic death by power point
Talk about the positive side and not just the negative.	Question bringing, thought provoking
Talk more positively about sex in the workplace	Raise the bar!!
Talk to airmen about what to do instead of the obvious what not to do.	Realistic, uncomfortable, propelling, motivating.
Talk to soldiers and get feedback on what they learnt	Really good
Talk to your spouse about sex	Really helpful. Religiously respectful. Didn't push sex for those who are waiting to get marriage unlike most DoD talks.
Talk/train outside of schedule training.	Reframing discussions of sex
Talking about intervention because it is who you are and what you do	Refreshing
Talking about things in a different way not just don't	Relevant and engaging
Talking in the positive and making consent the bare minimum and fostering a better work environment	Remarkable. Very helpful and informative. Would recommend everyone to hear this,
Talking points	Required for all middle school, high school, universities, corporations and military units. Both for leadership and subordinates.
Talking to my spouse about saying no is ok and you don't have to be sorry	Safe mutual sex
Talking to your spouse	Sharp discussion more focused on the positives and what to do.
Teach consent as the minimum standard and focus on what to do rather than what not to do.	Sharp training
Teach consent is the bare minimum.	Should be mandatory to join the military, boot camp, Class A school's, OCS, Acad... etc.
Teach future leaders about the awareness of SHARP.	Should be open to the lowest level
Teach soldiers no means no and Consent is very important.	Showing you what to do instead of what not to do.
Teaching lessons	Smarter than usual.
Teaching materials	So much we have learned
Teaching people to focus on the positivity of situations, instead of the negative and "dont do's"	Something that you should listen to especially if you are a leader or have children.
Teaching that consent is the BARE MINIMUM	Steps to an effective relationship. Alcohol effects decision making.
Teaching that consent is the bare minimum.	Stop teaching the negative about SHARP and teach the positives
Teaching what to do instead of what not to do.	Straight to the point and truly direct
Techniques for addressing topics outside of scheduled training	Talk about positive sexual actions over negative.
Tell me wife she doesn't have to be sorry	That it provided great tips and even brought a source of Comfort knowing others can understand and help other survivors as myself in small ways that make big impacts
Tell my Soldiers, peers and leaders the the why when they have to act and not just the act itself.	That SHARP isn't a weapon, and to do the positive thing first.
Telling my soldiers my why for training	That they truly missed out on a great event thank you for the great class and discussion.
Telling soldiers they can honestly answer questions.	The best
Terminology used along with the knowledge of the "end-game" goal provided in the presentation.	The Best in 26 years in DoF
That 'No" is not inherently bad. Differentiate between a command and a rhetorical question.	The best way to handle a SAPR discussion
That consent is only the bare minimum, and people should strive for amazing.	The guest speaker wanted to talk primarily about consent and cultural change.
That consent is removable	The most influential and rememberable SHARP training I've been apart of
That consent isn't the end state.	The most informative SHARP brief I've been given.
That the bystander effect is not an excuse. There's a lot of other awesome information and discussion points from this session.	The opposite of what our normal SHARP class is. Learned so much in a different perspective.
That the CG is the one putting command teams as the individual that is in charge	The real conversation we should be having about sex in relationships.
That the goal is mutually amazing consensual sexual intimacy…consent is the bare minimum	The session was a engaging speaker that effectively communicated his lessons.
That we must focus should focus more on what soldiers should do in order to create a positive environment vs what they shouldn't do and it creating a negative environment.	The session were taught to enlighten on different perspective about sexual awareness.
The "why"	There's a lot you might be doing the you didn't no was wrong
The "why" is a vital aspect of my mentorship when accomplishing tasks within the organization. I'm going to utilize the same principles when educating SHARP within our communities.	There's more information that is out there that the army doesn't always cover
The 2 way communication was awesome. I will use some of the examples and discuss how to have mutually amazing relationships.	There's some really useful information that you can use on your day to day life and helps better and mature your relationship not just with yourself but your partner
The 3 toolboxes Not using the the don't do it method The stepladder	They missed a great SHARP class. The speaker was energetic and wise.
The 7 steps	They missed an important info but would love to share it with them.
The 7 steps to get to a healthy relationship whether it is sexual or not.	They missed out on important discussions and education
The alternate definition of the bystander effect.	They should be here! Very interactive and informative
The analogy of what if you were related to the victim, would that change your willingness to intervene	They should read the book
The better use of communication with partner and better techniques to have conversations on this topic at work.	This session was an energizing experience compared to traditional training. It offered a unique perspective in strengthening positive behaviors and encouraged thought-provoking dialogue for all leaders and soldiers.
The bystander affect	This session was very informative, and more positive than most sharp briefs.
The bystander effect does not exist	This was not your typical SHARP class.
The consent is the minimum	this was the best SHARP Trng. i have attended so far.
The consent slope	this was the best SHARP Trng. i have attended so far.
The coozy from my water bottle! But really I think I'll be better at having conversations about this topic.	This will give you tools to use and is different than your typical sharp training
The definitions and applications of consent. Very insightful.	Thorough but brief
The difference between a command and a question. Too frequently I stay "polite" and ask Marines to do tasks instead of telling them. They always do what I say because they respect me, but this concept will help in the future.	Thought provoking by dissecting common ideas/comments on sexual assault.
The difference between a command and question.	Thought provoking.
The difference between inhibitions and standards	Thought-provoking
The different way of thinking and providing guidance	Thoughtful and helpful
The exact verbiage and audio book	Tips to improve
The example of openness that is needed for leaders to have.	To ask
The examples he used in his presentation	To was great eye opener
The facts that consent can be removed, not reversed.	Topics that make others uncomfortable to talk about and ways to approach them.
The focus on healthy relationships as the base with intervention and reporting as secondary	Totally different concept for sexual harassment.
The goal for positive sexual relationships goes beyond consent	Transforms your way of thinking and providing sexual assault training.

Military attending the "Mission Is TRANSFORMATION" Training presented by Mike Domitrz.	
What are you going to use from today's program?	**How would you describe this session to someone who wasn't here?**
The healthy relationships stair step	Uncomfortable conversations that need to happen. Greatly changes thought process on SHARP
The information about alcohol and consent and of chaplains - battling misinformation. Also the different perspectives that made it clear how some situations can be viewed very differently to make it clear how bad a situation can really be.	Understanding about not using DONT's
The ladder	Understanding the true meaning behind consent and how words mean something
The ladder and slope are great tools.	Understanding the values of human life and how to empower people to prevent any future case
The ladder example use for both marriage and work	Unexpectedly transforming
The language	Up front and real
The messaging platform of what to do rather than only simply not what to do. Additionally the SHARP leader portal on army.mil. Lastly the messaging was much better in regards to creating open dialogue.	Useful
The mutually amazing consensual sex as the peak of performance	Useful and critical
The out of box view of the topic	Valuable
The parenting technique of being intentional with the questions they ask.	Valuable information
The power behind words, how to use certain words	Very different from a normal Sharp class. it's very engaging and makes you think about thinks you normally wouldn't differently
The presentation presented a new way to think about the problems revolving around the Army's SHARP program	Very different from a standard sapr brief
The reverse psychology on my soldiers	Very digestible and actually talks about what needs to be talked about.
the scale upwards	Very educational
the scale upwards	Very educational
The scale with consent being the bare minimum, not the goal. Also the red flag steps.	Very educational and engaging
The self reflection.	Very educational and inspiring
The seven steps model	Very educational on a different way to approach situations
The sharp portal and also the steps, and the definition of a leader	Very educational training
The SHARP program website with our annual training on it.	Very engaging and informative
The skills I've learned to build mutually amazing relationships.	Very engaging and thought provoking.
The slides	Very engaging.
The slope	Very eye opening.
The slope & using a firm no	Very feedback fed, on the spot questions that make you think
The slope and steps to explain not just sexual relationships but all relationships for my soldiers	Very good and informative. Good way to break the stereo type.
The slope method. Teach to respect a NO and that consent is the bare minimum.	Very good class
The slope of consent activity was helpful with the scope of sexual assault and healthy sexual relations	Very good info and thought provoking
The slope of sexual activity along side the stairway	Very good, good different spin on sharp
The slope of what makes mutual awesome intimacy.	Very helpful and beneficial
The slope was very helpful	Very helpful and knowledgeable.
The stair step method to start a conversation with our staff and students.	Very helpful dispelled a lot of old training
The stair step model	Very helpful information.
The stair steps	Very helpful need more of this kind of training
The staircase	Very helpful on how to address soldiers on a traditionally complex topics
The staircase that listed the steeps to mutually amazing relationships.	Very impactful.
The stairs	Very important get into the weeds of why sharp is important
The stairs, by replacing attraction and teaching relationships to my teenage daughter	Very informal and a good way to train soldiers about sharp in a different aspect
The stairstep, consent is the foundation, convo about nudes	Very informal on different aspects on how we teach sharp
The Stairway	Very Informational
The stairway	Very informational with eye opening statements
The stairway and slope	Very informative
The stairway model. I would like to use this for my NCOICs but also for my teenage son.	Very informative
The stairway to amazing mutual relationships	Very informative
The stairway to help breakdown to the Marines that it's more than just asking for consent not just sexually but in a relationship.	Very informative
The stairway was the most impactful for me due to learning that it works both on relationships and work place.	Very informative
The stairway. Teaching amazing mutually consensual sexual relationships	Very informative
The standard is the standard until you involve alcohol.	Very informative
The statement "Leaders care".	Very informative
The step diagram for building amazing relationships.	Very informative
The step ladder	Very informative
The step latter will work really good for a visualization.	Very Informative
The step list, and command vs. question	Very informative
The step portions of the training	Very informative You will learns things about yourself
The step program	Very informative and changing your thought process.
The step program to better relationships	Very informative and different approaches to briefing Sharp
The steps	Very informative and engaging for the leader.
The steps	Very informative and engaging.
The Steps	Very informative and eye opening.
The steps	Very informative and I wish I had something to take notes with
The steps	Very informative and new
The steps	Very informative and positive discussion
The steps and sharing my reason why	Very informative and provides a different perspective to consent education
The steps for healthy relationship.	Very informative and provides a new perspective
The steps for relationships were helpful.	Very informative and provides skills to use.
The steps in training people that look for guidance	Very informative and straight forward
The steps provided to help others reach mutually amazing consent for sexual intimacy	Very informative and teaches a different perspective to focus on
The steps to improve all relationships	Very informative and thought provoking.
The thought process that consent is bare minimum standard to reach.	Very informative in providing a different outlook in preparing leaders to engage with SAPR and welcome tough discussions. Tackling those normal "idioms" people use or come to understand as defenses why assault occurred was very useful.
The topic of mutually amazing relationships	Very informative with many takeaways.
The two slopes to help aid in the awkward conversations. Bystander effect is an excuse.	Very informative, fun someone who made talking about uncomfortable subjects comfortable
The use of a different mentality and direction for leaders to connect and teach Soldiers how we can be a better organization and make better Citizens.	Very informative, interactive and current information being presented.
The way to show my soldiers	Very informative, sessions trying to change a couture.
Thinking about what to talk about beyond just consent.	Very informative; unusual in the sense of the fact that he is a 30 year professional so he could use dialogue that others would struggle with. Definitely did a great job pushing out information in a fun way

Military attending the "Mission Is TRANSFORMATION" Training presented by Mike Domitrz.	
What are you going to use from today's program?	**How would you describe this session to someone who wasn't here?**
This is who I am.	Very informative.
To all questions	Very insightful
To continue to educate people & family	Very insightful information and thought provoking
To inform the how to achieve mutually amazing sexual activities.	Very insightful.
To make my relationship with my kids and wife stronger	Very interactive and helpful in reframing SHARP in people's minds.
To make sure you and your partner are full understanding when going to do sex	Very interactive and thought provoking.
To not let consent be the baseline for sexual activity	Very positive and eye opening
To share with my family and my coworkers	Very professional and quick
To teach on working towards a healthy sex experience not telling them not to assault.	Very refreshing, relatable, changing the culture.
Topics of conversation with my team	Very useful
Training	Very useful. Changed the way I think about this issue.
Training becomes important to the audience once leadership shows it's important to them. Providing a why for training.	Very vital to leaders because it's interactive training and opens up your mind more to what we as Marines aren't used to hearing.
Treat others as they would want to be treated.	Vital for future AF leaders.
Trust yourself and your partner	Was not boring. Good presenter.
Trust yourself first, then others. Doing the right thing should be who you are.	We need to have a different mindset about sexual assault. It just something we shouldn't do, it's something we should actively try to prevent.
Two areas not to get SHARP'ED.	Well explained
Understand the framework of your intent, and give your formation the understanding of what you are aiming for.	Well thought out, very digestible version of SAPR topics
Understanding the key points of the slope.	What should be common sense but is lost too often
Use better intervention skills	What to do in regards to Sexual Assault rather than what not to do.
Use more direct communication as apposed to yes/no questions.	What to do vs what not to do
Use positivity not negativity	Why weren't you there?
Use the full steps of relationship building for all relationships not just sexual.	Wonderful and real session.
Using more inclusive language.	Worked the sexual harassment/assault problem from a human perspective
Using more positive language	Worth hearing. Good information
Using more positive tools and techniques to more effectively train soldiers	Yes
Using the consent is removable and that consent is only the bare minimum	yes, it's very i formational and more explained then the regular sharp class I've gotten
Using the positive sides of consent instead of only talking about sexual assault/ rape	You don't know as much as you think you do
Using these items not just for leadership at work but for family and my kids	You missed great stuff and am disappointed with 1ID leadership not being more supportive
Watch closer to things around me.	You missed the good session. Make sure you attend the next trg.
We need to use more civilians for sharp presentations. It's more interesting and there are more to learn.	You must attend a briefing which changes our perspective on changing how we conduct training.
What "to do" rather than just the SHARP what "NOT to do."	You should've came to get some good knowledge from Mike.
What are the kids your age doing, not what are they doing specifically.	
What does a positive conversation look like vs a negative conversation? Positive reinforcement.	
What is my why.	
What to do with my relationships and professional life.	
What You Can Do SAPR Assignment SAPR Role Play	
Whats your why	
When giving a safety brief, refrain from using verbiage that is negative. I will focus on the positives and ask my soldiers to strive for mutual consent.	
When soldiers go to sharp briefs give a tool you'd use in your life	
When talking about consent that it is the baseline, not the goal.	
Who I am statement.	
Why asking certain questions are important and when not to ask	
wonderful to watch leaders engage and learn	
Wording things positively	
Words and phrasing matter	
Work better at communicates my needs and asking the needs of my coworkers and partner.	
You can remove consent	
You don't have to apologize for not wanting to have sex… Stop saying Don't..	
You have to believe in the right answer, not just know it.	
You need to respect everyone's answers and not try to coerce them into saying yes. Consent should be the bare minimum and we should strive for a higher standard. Also we should focus on the steps we can take to achieve the higher standard instead of just telling people not commit sexual assault, which is less effective.	