the Center for Respect

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Outline for Mike Domitrz's "Let's Talk" sessions:

The "**Let's Talk**" student assembly is presented by Hall-of-Fame Speaker, author, and subject matter expert, Mike Domitrz. In this high energy and interactive experience, students gain insights and skills for building healthy relationships, establishing boundaries, raising their personal standards, overcoming harmful societal pressures and influences, and for how to help others in unhealthy situations. For each school, **the discussion can be tailored to fit the culture of the school and the community**. Here is the outline of topics frequently covered in this student assembly:

1. **Societal and Sexual Pressures:** Mike answers the most common questions students ask across the country concerning sexual and relationship pressures/expectations. If your school would like, one option is Mike will provide you with a survey link for your students to submit their own questions for Mike to answer.

2. **Peer Pressure:** Mike dives into Peer Pressure and empowers students a new mindset shift to free themselves from Peer Pressure, especially in realistic situations they face.

3. **The Influence of Alcohol/Drugs in Sexual Decision-Making.** Students consistently share that many unwanted and pressured sexual experiences begin at parties where alcohol, marijuana, and other drugs are intentionally used to facilitate sexual situations. In this segment, students gain new tools for looking out for each other and themselves.

4. **Harm and Dangers of Pornography:** While some students believe porn is realistic, many students fail to recognize the harmful impact of watching porn, including with how they view their own bodies, peers' bodies (body shaming), how they treat themselves and partners sexually, and damaging assumptions they make based on watching porn.

5. **Sexting/Nudes and What To Do:** Students gain a new outlook on the dangers and realities of requesting and/or sending nudes (including how a person being predatorial will choose WHO they ask to send nudes and WHY they might choose you. One key lesson is you were not chosen because of your looks or how special you are. The real reason is much less positive. In fact, the real reason is insulting.

6. **Slope of Sexual Activity:** Students raise their standards of excellence for themselves and their peers when facing sexual situations and pressures – shifting from a "Get some" societal standard to instead now building healthy, consensual relationships.

7. **Stairway to Mutually Amazing Consensual Sexual Relationships:** The students learn the elements required between two people to build a Mutually Amazing Relationship. Students frequently realize how patience and slowing down can be a key to building such steps with a partner.

8. **Abstinence and Peer Pressure:** Mike discusses abstinence and the importance of valuing each person's choices for the standards they set for themselves.

For more information, visit https://www.centerforrespect.com/k12/