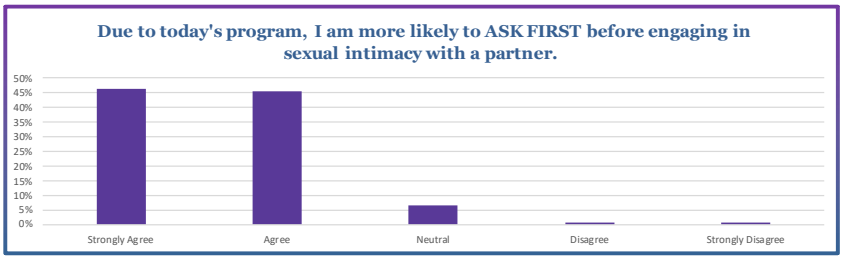
"RESPECT" Assembly presented by Mike Domitrz

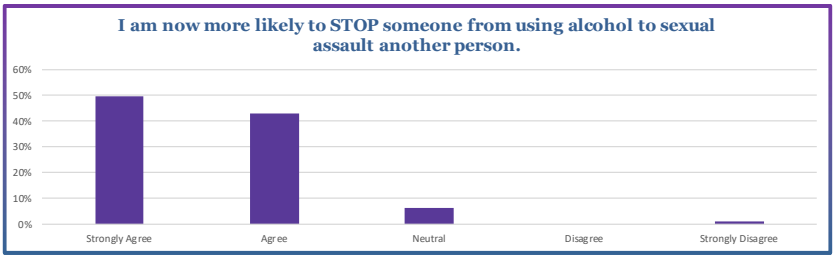
Demographics of Who Attended		
9th Grade	15%	49
10th Grade	23%	75
11th Grade	29%	95
12th Grade	30%	96
Staff / Faculty	2%	7
Other		1
		323

Due to today's program, I have more skills for treating others and myself with respect.			
Strongly Agree	**46%**	**92%**	149
Agree	**46%**		147
Neutral	7%		21
Disagree	1%		3
Strongly Disagree	1%		3
			323



the Center for Respect with Mike Domitrz

I am now ready to help build a stronger culture of respect throughout our school.			
Strongly Agree	**50%**	**93%**	161
Agree	**43%**		139
Neutral	6%		20
Disagree	0%		0
Strongly Disagree	1%		3
			323



Students attending the "RESPECT" Assembly 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?
Actively listening to make others around me feel heard	A discussion about how to respect people.
All the tips on how to be respectful and knowing when I am unknowingly disrespectful	A discussion were everyone could learn about how to respect people better.
Allowing people to process after I say something	A good lesson about respect and concent
ask before	A good lesson on respect for others
Ask first	A good session but entirely too brief
Ask for consent	A inspiring talk about respect and all the aspects of it
Ask to kiss someone.	A lesson about respect
Asking for time to process	A lesson on how to treat people properly
Be able to communicate better	a little rushed but helpful
Be aware of how the things you can say can disrespect others without me knowing.	A power statement to become better people
Be mindful of the little acts I may be doing everyday that are disrespectful!!! (Rolling eyes or ignoring)	A presentation on the importance of respect
Be more attentive to disrespect I may be presenting	A session about better respecting others and yourself
Be more respectful	A talk about day to day things we can do to respect others
Be more respectful	A way to make sure other feel respected
Be more respectful for my peers	About respect
Be more respectful.	All about respect
Be nice	All about respect
Being a good friend. :)	All about respecting yourself and respecting others.
Better respect	Always be kind
Building better friendships	always be who u are
consent	Always take the respectful approach and be yourself
Continue to respect	Always treat people with respect, even if you you do not like them. Respect is not earned it is given.
Do not interrupt	Amazing
Do not interrupt someone just because I think my opinion is more valued than theirs	Amazing

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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?
DO NOT INTERUPT	Amazing
Don't be mean to my friends	Amazing.
Don't interrupt	Amazinh
Don't interrupt my friends	An articulation of what should be basic knowledge of how to treat all humans with dignity and respect.
Don't interrupt others	An assembly on pointers of how to improve respect within our daily choices and on our campus.
Don't roll my eyes	An easy to understand demonstration of what respect is and isn't, and how to improve your respect for others.
Don't roll my eyes	An experience
Don't roll my eyes at friends	Ask first
Even small things are considered disrespect and can hurt someone.	Ask first
Everyone deserves respect	Ask first respect the answer
Everything	Awesome and eye opening
Everything	Awesome and i learned a lot
everything!!	Awsome
For my friends	AWSOME AND ENTERTAINING
Give time to respond	Be nice!
Going to start standing up more for myself and others.	be respectful
How to be nice to friends	Be respectful and never be mean
How to identify disrespect	be respectful.
How to identify disrespect	Beneficial to help understand others feelings
How to identify disrespect and call it out	Daily things we can fix
How to not disrespect people	Discussed guidelines of respect
I am going to ask people to tell me more	Don't Interrupt people
I am going to be more respectful and re think the way I act	Educational
I am going to be more respectful of others and I will speak up if I see someone disrespecting someone else.	Educational and
I am going to do a better job of listening rather than interrupting when others speak to me.	Educational and cool
I am going to focus on patience and needing to listen to others when they need to be heard.	Empowering
I am going to give people time to respond to what I say.	Empowering
I am going to help people being disrespected	Empowering
I am going to implement respect techniques in my day to day life	Encouraging
I am going to keep standing up for what I know is right and treating everyone with respect.	Energetic
I am going to keep the daily choices for respect in mind so I can improve my relationships.	Enlightening respect in multiple facets of life.
I am going to learn how to listen people to better respect them.	Everything about respect.
I am going to listen to people more and be less close minded	eye opening
I am going to reflect more on how I treat others through my words and actions.	Eye opening
I am going to remember how to treat people who think differently	Focus on respecting others in different ways.
I am going to respect everybody.	Fun
i am going to respect everyone equally	Gave/taught us lots of information to help respect others more
I am going to respect everyone's opinions.	Good
I am going to respect my friend s opinions	Great learning opportunity
I am going to respect others and try and make more healthy relationships.	Great. I learned a lot it was very engaging.
I am going to respect people I don't like!	He helped explain how to be more respectful
I am going to stand up for others	Help improve there respect
i am going to starting thinking about what i say before i say it.	Helped define respect and ways to call out disrespect
I am going to step in when I see disrespect.	Helpful
I am going to stop interrupting people.	helpful
I am going to tell my friends and family I need time to process.	Helpful
I am going to think before I speak and respect everyone even if they don't respect me.	Helpful
I am going to try to not interrupt people and treat everyone with respect	Helpful
I am going to use the information I learned to have better relationships with people I care about.	helpful
I am going to use those intervention methods to help with the problems that are thrown at myself and any situations involved with the AIR council.	Helpful
I am going to use what was said about being a processor so that I can avoid disrespecting others who feel comfortable telling me important matters.	Helpful
I am not very confident, but I will use Mark's description of true confidence in my life.	Helpful
i can be nice and respectful to my family and freinds	hood
I know that I am not alone when it comes to being disrespected. I know how to stand up for myself or fix an issue I accidently did.	how important it is to respect people, and how respect is not earned its given no matter the circumstances
I will always be respectful.	How not to show disrespect.
I will be a better person	How to respect someone
I will be more concious of interrupting my peers.	I could emphasize respect and asking first
I will focus on being patience as I listen to stop interrupting from excitement or frustration.	I learned consent and respect.
I will intervene with other who need help if someone is disrespecting them.	I learned what respect is and to be conscious of disrespectful actions.
I will listen more and interrupt less	I would describe it as a really great session that talked about all the forms of disrespect and how we can avoid it in the future!
I will listen more patiently	I would describe it as a teaching on how to respect not only others but also yourself.
I will listen to others and refrain from interrupting.	I would describe it as enlightening.
I will no longer interrupt.	I would describe it as useful in learning how to treat others in a way that can make them feel comfortable.
I will not interrupt my friends and family	I would describe this session as a way to learn skills to respect others and know what's crossing others limits or not.
I will not roll my eyes at my parents	I would describe this session as good source to learn how people disrespect others and ways to avoid and fix that.
I will respect others' opinions.	I would explain the value of respect and the different techniques we can use to not be disrespectful.
I will stand up for people.	I would probably talk about the ways we can respect each other.
I will stop tolling my eyes	I would say that respect IS deserved and consent matter in every situation.
I will try not to get distracted when people are speaking to me.	I would tell them how to respect those around them and respecting others is important.
I won't interrupt my friends and family.	I would tell them that we learned about treating everyone with respect even with things we don't think about like rolling your eyes or interrupting
I won't interrupt my friends.	Impactful and helpful in dealing with high school.
I won't interrupt people or predict what they're going to say.	Impactful in the way you think about treating others and how others treat you.
I won't roll my eyes at my mom.	important
i wont interrupt and i will tell people when i an processing	Informational
i wont roll my eyes at my parents	informative
I'll let my parents talk more and also not role my eyes at people even people my age.	Informative
I'm going to be patient and understanding as well as interrupt less.	Informative
I'm going to help people that are being disrespected	Informative
I'm going to identify disrespect around campus	Informative
I'm going to learn how to have better relationships and respect people in general more.	Informative
I'm going to let my peers know that I need to process things, but sometimes I interrupt people.	Informative
I'm going to respect and be more reserved towards others	Informative and interesting!
I'm going to slow down my thinking and conversing.	Insightful
I'm going to stand up to my friends when I feel not seen	Inspiring
I'm going to start listening people with intention.	Inspiring
I'm going to stop interrupting people	Inspiring
I'm going to treat everyone with respect	Interesting

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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?
I'm going to use all of the points of respect to respect others.	Involved, informative, and captivating.
I'm going to use the "go on" and "I'm listening" methods when confronted with argumentative situations.	It talked about respect
I'm going to use the information to better respond to criticism and the word "no," and ensure that what I say may not hurt people	It talks about how we should respect the self being of others and everyone is great.
I'm going to use to always be respectful and treat others right.	It talks about the ways we can disrespect without knowing.
I'm going to work on saying no without guilt and not interrupting people.	It taught me ways and strategies to make sure that I respect everyone and how to not disrespect them
I'm not going to disrespect my parents by rolling my eyes.	It was a good opportunity to get everyone on the same page about certain topics.
I'm not going to roll my eyes at my loved ones.	It was a good reality chrck
I'm not gonna roll my eyes at my mom and friends	It was a good way to learn more about respecting others.
Identify disrespect	It was a great learning experience for how to respect others
Identify disrespect and treat everyone with respect.	It was a great representation of everything about respect
Identify respect and intervene	It was a great way to define respect and the importance of it.
If anyone is ever being disrespected I will do the four rules to help.	It was a rich talk about how people are disrespectful in ways they may not understand.
Im going to be able indicate disrespect	It was a session of respect and knowledge, learning and differentiating signs of respect from signs of disrespect.
Im going to not talk back to my parents.	It was a talk about all the ways people show disrespect and how problematic it is.
Instead of cutting people off, I will listen to their side fully.	It was a very efficient and important lesson about respect. Used real life issues and taught us how to stop them.
Interrupt less	It was a very powerful speech which taught me a lot.
Interrupt less. Stand up for others when they are disrespected.	It was about identifying disrespect and how to avoid disrespecting others
Interrupting	It was about respect
Interveneing	It was about respect.
It taught me a better way to respect myself.	It was all about what is considered disrespectful and how to fix it
Keep doing what I do.	It was an eye opener
Know the signs of disrespect and make sure my friends know when I need to process things/that I am willing to listen to their problems and help.	It was an opportunity to revisit and question my assumptions about physical and emotional intimacy
Knowing to listen to people more and explore their ideas.	It was awesome I got a T-shirt
Learn how to be myself in tough situations	It was awsome
Learn to listen to others more.	It was delightful
Learned how to respect others	It was educational.
Learned to respect everyone and how to notice and stop from doing so. Also how to respond politely.	it was enlightening
leaving room for change after my judgement	It was entertaining and informative
Listen and not interrupt	It was entertaining and informative, with an engaging speaker
Listen more	It was explaining good strategies for respecting others.
listen more interrupt less	It was eye opening
Listening	It was eye-opening and insightful.
listening to people and respecting their opinion	It was fun
Make sure that I respect everyone that I see	It was good
Match the enthusiasm of my peers on topics they're interested	It was great
My new skills for respecting others.	It was helpful to understand what respect is.
My new tshirt!!!	it was helpful when understanding the other perspectives of a situation
N/A	It was really fun
n/a	It was teaching us how to respect other in a school setting
New knowledge on how to respect others.	It was unforgettable
no eye roll	It was very beneficial.
No ingore	It was very educational and uplifting.
no interrupt	It was very eye opening and helpful
No is never a mean answer.	It was very informational and taught me a lot.
Not disrespect my parents	it was very informative
Not ignore or dismiss others.	jolly
Not ignore people, and not rolling my eyes at my mom when she tells me to do my math instead of watching the Steelers win.	Learn respect
Not ignoring people	learned about respect and love
Not ignoring people	Learned how to respect others
Not interrupt	Learning about what respect and disrespect are and how to be more respectful.
Not interrupt	Learning how to respect
Not interrupt	Learning how to respect people in your community
Not interrupt	Life changing
Not interrupt and listen to people especially my sister	Life changing
Not interrupt my friends and family.	life changing
Not interrupt my friends as much and hold my ideas	Life changing
not interrupt my friends!	Life changing
Not interrupt my mom	Mike talked about how to respect people and how to spit disrespect.
Not interrupt people	n/a
Not interrupting	no need to disrespect anyone.all give people respect that you would want
Not interrupting	not just educational but super engaging and fun
Not interrupting people	Not sure
Not interrupting people.	Open-mindedness to others' opinions.
Not intterupt	People disrespect each other everyday and the skills to fix that.
Not pressure my mom for an answer while she processes.	POWERFUL
NOT ROLL EYES	Powerful
Not roll my eyes	Pretty chill but quick.
not roll my eyes	Productive
not roll my eyes	Quick but efficient, how to show respect and care
Not roll my eyes at my mom	Repetitive
Not roll my eyes at my parents	Resect everyone even if u don't like them
Not rolling eyes at parents	respect
Not rolling my eyes at much.	Respect
Not rolling my eyes at my friends when they say something I think is wrong	Respect and how to use it
Not stay silent when people are disrespecting others	Respect everyone
Not to interrupt people.	respect everyone!!!!!!!!
Not to interrupt so often	Respect for others is important, and remember to think of others feelings
Nothing	Respect is given to everyone no matter what and disrespect can hide in everyday actions that you may not even realize.
Paying attention to everyone	Respect is given until abused
Processing time	Respect is key to everything
Processing, language on disagree	Respect is not earned, it is given to everyone
Rather than assuming where a conversation is going, I am going to listen for better understanding, and to make whomever feel appreciated .	Respect is standing up for those being harmed and not being the one to cause harm.
Realizing what i do that is disrespectful and counteracting that behavior with respect	respect other poepl
Remember to make sure to respect everyone.	Respect others always and stand up for people
Resoect	Respect others for who they are today and not who they are going to be.
Respect	Respect others how you want to be respected and ask first respect the answer.
respect	Respect others, listen and be patient
Respect	Respect others.

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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?
respect	respect people
Respect	Respect people no matter who they are. RESPECT EVERYONE!
Respect	RESPECT should be given to everyone.
Respect	Respect towards each other
respect	Respectful
Respect choices	Respecting yourself enables you to respect others.
Respect everyone	Show respect
Respect everyone's opinion	Signs of disrespect and how to respect each others dignity
Respect more	Skills on how to respect somone
Respect my dear parents	Smart, relevant
Respect my friends	Taught us about how to identify disrespect and how to react to certain instances of it as well as learn how to communicate boundaries
Respect my parents and friends when they are talking.	Teaches a lot of important things about respect.
Respect others	Teaches about consent
Respect those who are different than me by respecting their morals and ideologies.	Tell them what is respect & what isn't respect. Everyone deserves respect, it isn't earned.
Respect towards others	That is was very helpful on the topic of respect.
Respecting everyone	That it talked about how everyone deserves respect
Respecting others	that respect is the key to success
Respecting people	That this really hit my soul and I can relate to some of it
Rolling eyes	the fundamentals of respect
say tell me more	The lesson was very helpful and full of good info that can help me become a better person.
Say that I need more time to process things.	The session was about respecting others.
Say this is who I am	The session was like having a school wide therapy session that taught students to both grow and heal.
Say when I'm processing instead of silence	The speaker spoke about how to avoid disrespecting others and how everyone should be treated with respect.
Saying who I am to help others	The value of respect
show ppp who i am	There are signs of disrespect and everyone deserves to be respected
some people need to learn consent	There is no human being that doesn't deserve respect. Consent is key.
speaking up more	There were demonstrations of the possible ways to disrespect and ways to resolve those problems that are helpful to the community.
STAND UP FOR MY FRIENDS	This session was an important session if you want to be friends with lots of people.
Stand up for people	This was a very helpful discussion that taught me how people see me when I disrespect them
Stand up to bully's	To respect people because everyone is human
Standing up for others.	To was about respect and it was really impactful
Stop ignoring when I don't care	Use your common sense and be kind.
Stop interrupting	Useful
Stop interrupting when i want to voice my opinion. let other speak so i can understand them.	Value
Stop myself from interrupting and take in what the other person is saying.	Very helpful
Support my friends while they are being disrespected	Very helpful and formative
Take a moment to process	Very helpful in how to treat a person correctly.
Take away how to respect others on a deeper level.	Very impactful and important to be aware of this.
Teachings of respect	Very informational
Tell people I'm a processor	Very informational
Tell people I'm a processor	Very informational and useful to a high school environment.
That you should not stay quiet when someone is getting bullied	Very informative
The 9 acts of respect	Very informative and truthful.
The chart	Very informative on little problems we don't really notice
The fact that even if you're uncomfortable you're not in danger.	Very insightful
the idea of consent	Very inspiring, funny, entertaining
The idea that the feelings and issues kids experience now are not really that different from the ones I experienced	Very intriguing
The knowledge of interrupting being disrespectful.	very knowledgeable
The processer thing	very powerful
The processing and how to show listening	Very respectful
The right to respect everyone's opinion.	Very useful.
The skills Mike taught on how to not be disrespectful.	Was chill and informative
The stuff said	Was great on why and how to respect others
the tips to be better to your friends	We discussed forms of respect
The ways to show respect to people	We leaned about what is means to respect people
This is who i am	we learned ab respect
To be gracious with my friends	We learned about how to respect others.
To be more gracious when it comes to listening. I have a problem with interrupting so after today i'm going to practice patience.	We learned about respect and disrespect
To call people out when they disrespect someone!	We learned about respect and how our words affect others.
To learn how to listen before speaking	We learned about respect and learned ways to not be disrespectful.
To listen closer to what people are saying	We learned about respecting others and how our words/actions matter.
To make everyone comfortable	we learned about the power of respect to everyone.
To not interrupt people.	We learned common signs of disrespect.
To not roll my eyes	We learned how to deal with disrespect
To relize when I am disrespecting people or when people are disrespecting me.	We learned that we should treat each other with respect no matter who they are.
To stop interrupting	We learned ways that people often show disrespect and how to remedy those to show respect to every human being.
To tell others I'm processing what they may have said	We talked about respect in detail
Treat everyone with respect and respect their opinions.	We talked about respect towards others and yourself
treat everyone with respect.	We talked about what respect is and how we can foster a community of respect!
Treat others with respect	You need to respect the dignity of every human being.
Treat others with respect all day every day	
Treating others with respect.	
Try not to interrupt others	
Value respect more	
When processing someone's thought I will tell them that I will get back to them.	
Will not ignore people	