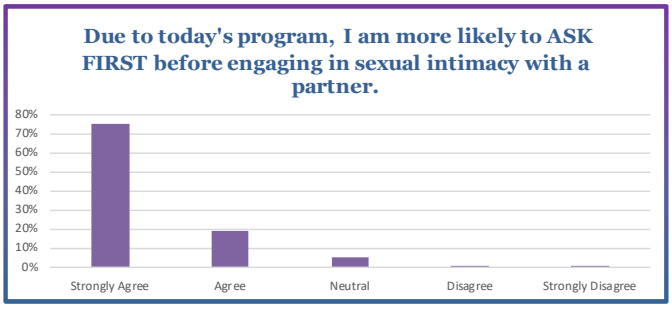
Military "Can I Kiss You?" Training presented by Mike Domitrz

Due to today's program, I am more likely to ASK FIRST before engaging in sexual intimacy with a partner.

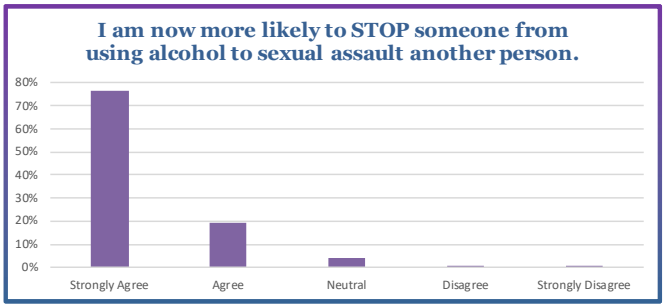
Strongly Agree	**75%**	**94%**	3970
Agree	**19%**		1022
Neutral	5%		260
Disagree	0%		20
Strongly Disagree	0%		17
			5289



the Center for Respect with Mike Domitrz

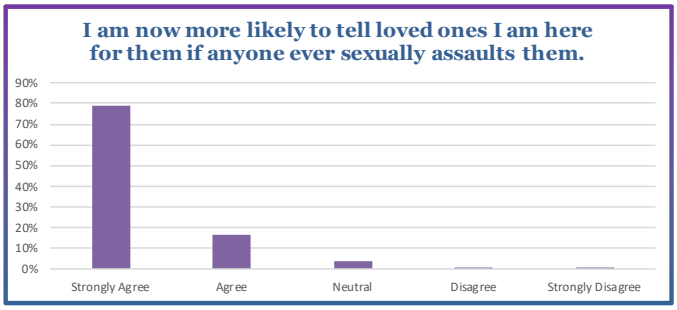
I am now more likely to STOP someone from using alcohol to sexual assault another person.

Strongly Agree	**76%**	**95%**	4029
Agree	**19%**		1016
Neutral	4%		213
Disagree	0%		15
Strongly Disagree	0%		17
			5290



I am now more likely to tell loved ones I am here for them if anyone ever sexually assaults them.

Strongly Agree	**79%**	**96%**	4189
Agree	**17%**		873
Neutral	4%		202
Disagree	0%		12
Strongly Disagree	0%		14
			5290



Military Members attending the "Can I Kiss You?" 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?**
Everything	Very informative about how to combat sexual assault and help survivors.
Better communication in my marriage	It was enthusiastic and interesting
Ask for consent.	Fantastic
Stepping in when people need help	Helpful for everyone
Making sure people know I'm there for them	Very good information and example of what to do in certain situations. Strongly recommend to attend a session like this one.
I'm going to use the ask a question first before trying to be intimate.	Super engaging and educational
Talk with my loved ones.	Interactive and engaging
Verbal communication	Educational
Oral communication	Very informative, logical and solutions to problems that may occur, but boring.
More verbal communication and letting the siblings now I'll always be there for them.	Best SAPR brief I've had
When in doubt make it awkward and ask	A very helpful well thought out brief
Communication skills	Very informative. Speaker was great and kept me engaged
Communication	Good information on how to step up and stop assault and also not to be a creep.
Communication, clear understanding of consent	Really straight forward and very no nonsense when it came to the topic yet still balanced with lighthearted quips.
Ask first about sexual intimacy	Was a great brief. Very up and moving and lively.
It was nice to see who in the crowd would be there for me by how loud they yelled answers.	Talks about how to get proper consent, and how to communicate intentions.
Verbal communication.	Interactive and relateable.
Educate others and myself more about Restricted and Unrestricted reporting	Energetic and engaging
Ask questions	Useful
Stopping sexual assaults	Judt ask for the intimacy
Everything if put in the situation.	Great
Asking beforehand.	Good solid information everyone should use.
Ask first	great
everything	Very useful, also a comfortable environment to remind others to be mindful.
Verbal communication	Very informative while also being entertaining.
Verbal communication	Very informative and engaged
Talking to people I care about	Very helpful and important, should be taught all over the world
Stepping in if I notice anything	Very helpful
Sparking questions to change up the bedroom	Very eye opening
Reach out to family	Very educational/modern take on the issue
Open communication	Reach out and provide a support system
It's okay to talk about it.	It was very useful and helpful in life events.
Intervention when I see an issue.	It was great.
Intervene if I see something	It was good, read the books
Facetime my siblings	It was fun and eventful. Very engaging
Everything	Inspiring
Everything	Impactful
Communication	Good session
Communicate with loved ones	Very informative about how to combat sexual assault and help survivors.
Communicate more	Engaging
Communicate	Different
Check in with loved ones	Be the smarter and kinder people that we can be
Call my siblings and tell them I'm there for them.	Ask first and stop bad situations
Ask questions.	Always ask and stuff.
Ask first	A very engaging presentation on sexual assault and how to prevent it from happening
All the advice.	Make sure you ask
All of it. Very informational	Informative and less hokey
30 second talk with my family.	Great
Verbal communication	Ask first, talk about things you want, intervene
Use consent	Not another boring SHARP Class
Talking to my sisters	Never be too careful for someone
Talk to my famil	That asking is ok
Intervene	Informative and interventive
I am going to let my family know I'm here for them	Interesting
Communications	Take a look at yourself in the mirror and decide who you are.
Communication	In full details to provide beater understanding.
Communication	Amazingly demonstrated.
Better communication	Scary... reason being is because there's so many Soldiers saying things against everything that we've been taught.
Knowledge of info presented	Insightful
Instead of assuming someone is feeling comfortable in a hostile situation , i will step in and ask . if they look at me weird or ask why do i care i will say , because "thatsnwho i am".	Open and Truthful
Always ask	Very intense but bery much needed
Ask first	Intense, kind of annoying, but helpful towards the individuals who oppose or are uncomfortable with the intervention of sexual harassment or sexual assault situations.
Intervene more	Informational
Intervene	Great real talk
Share the same information I learned today to my soldiers when I become a leader.	Excellent, i have had a similar situation as Mike. So I took the training to heart.

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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?**
The fact that every single life maters, Male or female.	It got real.
Asking my partner what they want.	Informally
Stop Soldiers from going off topic	Amazing Session should have been there
Let my friends and family know I am here for them	We talked about what is okay in relation to sex and language about sex.
Intervene	Very informative and educative
Stop ppl when even when no one else will	Intense and very different from other SHARP discussions
I'm going to make sure there is mutuality with my wife and I.	Idk
Intervene and help more often	Ground breaking, blunt, challenges your way of thinking.
Be more aware of surroundings so that I can see a situation like a potential rape unfolding, so I can intervene.	Eye opening experience for soldiers
im gonna be more willing to step in and help in situations	Very open and much more exciting then normal SHARP
Learn that i am stronger than i think , and being a survivor and can move past blockades no matter what happens in life	Very good session
Discrpion	Professional and truthful
Ask my wife what she'd like to do instead of assume.	Interesting and intense
Step in something that doesn't look right	Interesting
Looking out for any and everyone around me. Ask for back up if I feel frozen when it comes to intervening.	Intense
Intervene and not second guess.	Eventful.
I am going to start discussing mutuality in relation to consent.	Another class
Helping others understanding that SHARP isn't always what we can't do, but how we can prevent the violation of others by understanding what we can	Very useful and to apply this session through intervening the sexual assault
Always Step in to avoid a dangerous situation ie Intervene	Very informative and meaningful discussions from different point of views.
Rewording key words	Very heated and argumentative
Intervene	Situation wasn't well defined; different understanding bw what a real battle is and what a "battle buddy" is. I trust my life to my battle buddies, I'll damn sure drink with them.
Everything	Powerful and a great view point on the subject
Consent	Lively, emotion filled
Care a but hamen	It was very helpful, useful and effective training to keep our army and civilians safe and make our community rape free
Be more aware of my surroundings in situations where sexual assault or harassment can happen	It was very good and should have been there
Asking wife what she wants to do for sex	It was a good session with SHARP
To notice and intervene in these situations	It good session to help realize the importance of sharp
To ask for consent before anything and to have situation awareness	Interesting and all ovet the place but well rounded
Stop inappropriate activities	I would reference, or share topic discuss, how to intervene in an event involving potential sexual assault/harassment
Spread the knowledge learned with my subordinates.	Good
Safety	Eye opening
Protect my battle body	Explaining them
Partner Relationship	As a very great session and it opens your eyes to a lot of thoughts others have.
Not standing by	A roller coaster that was more informative than an entire SHARP course
Mutually consent and stop sexual assault	make sure they don't blame the victim
It just seemed like we were berated for an hour.	To always ask questions
Intervening in a possible rape.	The best sharp conversation I've had since being in the army
Intervene when someone needs it	It's was difficult which is what all SHARP class need to be. Breeds thought and self realization.
Identifying ways to intervene a possible sexual assault	It was very real, and informative.
How to overcome being frozen in a situation when one see someone planning on raping the opposite gender by giving them alcohol or drugs and i learned on how and when to intervene	It was good.
How to get out of the freeze stage	It was fun.
Having open discussions about sexual assault and abuse	It was eventful
Continue to intervine Before aware of surroundings	It was challenging and interesting
Trying garner help from others to help victims before a assault	It was a intense conversation about whether to intervene with someone being taking advantage of at a bar.
To stop and ask.	Intense but eye opening and really good conversations
To intervene more often even if I do not have enough evidence when I assume	Honest and alot of stuff people didn't want to hear.
Step in	Eye opening
Stand up when I see someone uncomfortable in a situation where it could go wrong	Enlightening.
Learning to ask permission instead of assuming.	Argument
Intervene, Ask Questions, Investigate	A very intense conversation
Intervene	A lot of real talk and great information. Also reaffirmed my understanding that consent is the start but mutuality is way more important.
If I get in a freeze mode grab my battle buddies and make sure everything is okay.	it was encouraging
I have been doing this already. But asking what my girl does not like.	eye opening, forces you to think
How to intervene.	Very open and repeatable strong speaker
Future references	Very motivating and strong advise to read his book
Definitely be more open about having a conversation with my partner about our sexual relationship.	Very intense, but only because everyone should be passionate about putting a stop to sexual assault or rape.
Being smart enough to ask a question instead jumping to conclusions.	Very engaging
Battle buddy system	Very beneficial and educated session
Battle Buddies	Very Interesting Program

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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?**
Asking my spouse what she don't want to do.	The best SHARP training I've been too.
"That's who I am"	Super energetic guy bashes soldiers on silence for not stepping in on a female purposely intoxicating guy. And then elaborating on how we should approach such situations
be more aware	Stand for the right thing.
Yes isnt always consent	SHARP training, reality talk
To be more aware of my surroundings	Pretty intense
The techniques	One sided but honest
The arguments that occurred during the brief.	More ways on how to approach people and take a situation
N/A	Kind of a shit show, having a discussion without having first hand knowledge of the actual life and culture of each other and caused miscommunication.
Mutual feelings goes along the way	Just look at your surroundings and just do what you know is right.
Intervening	It went down but it was informational and entertaining.
Intervene more	It was a great session.
Intervene and ask what going on	It was a great conversation had on certain situations
I.A.M.	It was a good session. Learned something new today.
I am going to use this training to improve relationships in my life with the opposite sex and treat them with more respect.	Intense and real
Help the ones that are determined to be incapacitated and are being used by others.	Intense
Help people stay safe from sexual predators	Inspiring
Focus on my surroundings	Informative and active
Everything	Informational about sexual prevention
Communication	I would say it was a moving and very necessary experience to hear some hard truths.
Check on battle buddies more	I thought it was an excellent session
Be more aware of whats going on around me in social gatherings	Good honest talk we need today
Be more aware of people who need help.	Funny and informative
Be more aware and intervine when I think something is wrong.	Engaging
Be more aware	Direct
Be less judgmental	Awesome
Be aware	Ask and care because everyone is a human being
Assessing certain situations that don't seem right by asking simple questions that don't cause problems	A big yes
Asking and listening	Worthwhile
Asking	We discussed consent and how to react in situations that may lead to rape or sexual assault
Ask your partner if they want to have sex	Very useful
Ask what she doesn't want	Very intense and informative brief on sexual assault
Ask my girlfriend first	Very informative, and interactive
Ask for mutual consent	Very helpful
Ask don't assume	That this course i learned would help people in situations
Ask but don't assume.	That they need to stand up for those who are not able to
Always ask for consent	Terrible
ask my wife what she doesn't want to do.	Strongly recommend
Using help from friends to investigate situations I'm uncomfortable with.	Step up when it's needed, when you see it
To check in on my battle buddies	Sharp
To be more aware of the situation	Real. Beyond the normal powerpoint and script. Talked about what we needed to and not what we were told to
Stop people from making mistakes	Pretty intense session but a real one
Step up in uncomfortable times to help someone who needs help	Passionate and aggressive, but very informative
Step up	Not bad - but didn't enjoy it much as I expected
Step in	NA
Stay alert	Mutuality is the key to consent
Speak up and not be a bystander.	Missed a good information
Skills one how to intervene without direct confrontation	Life changing
Say something just don't ignore anything	It widens your perspective on relationships.
NA	It was very interesting
My voice	It was very intense but needed and really appreciate it.
Mutuality is better than just consent.	It was very intense and a learning session
Mutual consent	It was very instructional and engaging
Mutual Respect	It was very informative
Look out for everyone around me	It was real.
Knowledge	It was beyond real.
Keep on making sure people are okay while drinking and never has sex with a women who is drunk.	It was a frank and honest conversation about the state of our military culture surrounding sexual harassment and assault and how to change it.
Intervene instead of being a bystander	It is real. One of the best speakers.
Intervene in a situation where someone is about to get sexually assaulted	It got off topic but I enjoyed there were a lot of valid points
Intervene	Interesting and engaging
Intervene	Interesting
Interrupt when it's needed	Intense. But necessary.
I will intervene	Intense but an overall honest conversation.
I will be more involved if I see an incident.	Intense
I am going to investigate rather than accuse	Intense
How to help others and stop sexual abuse and assault	Intense
Help become a better leader and creating that trust and letting individuals know I'm here for them .	Informative about today's new perception on rape culture
Going to ask my spouse what she wants to do when having sex.	I would describe it as educational.

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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?**
Everything	I would basically tell them to have consent before trying to have sexual relations with someone else. And be aware if something doesn't seem right.
Everything	I disagree but it starts a conversation
Everything	He continously engaged into your conversations and hes telling you key points about being aware
Ensure there is mutuality in my relationship	Good
Educate others	Eye opening
Don't assume situations	Entertaining, eye opener.
Don't be afraid to intervene	Enlightening
Do the right thing, intervene and ask if something is suspicious	Don't be a bystander and ask others.
Calling people out and overcoming the "freeze"	Best SHARP training since I've been in (9 years)
Because that is who I am	Awesome
Be more aware of what's going on around me.	As informational with very open discussion
Awareness	An open conversation and good feedback. Nice to see a speaker call people out.
Asking friends for back up to intervene	Always jump to a conclusion
Ask questions	Active
Ask no matter what	A sexual education everyone needs
Ask my wife what she doesn't want to do. And start caring more for people	A SHARP brief
Ask my wife what she doesn't want to do	knowledgeable
Ask my significant other what she wants	amazing
Ask for before engaging	Very mind changing.
Ask first before a sexual engagement.	Very interesting
Ask first	Very intense and real
Ask first	Very informative
All of it	Very helpful and informative, led to productive discussion
Acknowledging the person decision	Very helpful
"Mutuality is key to consent"	Very Intense
be aware of my surroundings	Till them about it
all of it	That it was an information sharp brief that allowed me to learn more.
Yes	Talk to them
When asking for consent also ask what someone wants	Slightly one sided and intense.
Try to gain mutuality	Pretty engaging. Very open discussion.
Tools to intervene	Passionate but helpful
To be more aware of my situations of my battle buddies	Passionate
The ability to step up and intervene	Open book, discussions, etc.
Teaching	Obstrepous
Talk to my partner.	N/A
Stop a rape before it happens	More informative that past training
Stand up for those in need.	Make sure you intervene if someone was wrong
Noticing when something is happening in my surroundings	It was very transparent and very much needed. It was one of the topics everyone needs
Nothing, already understood this discussion and strongly believe in intervention and personal space.	It was very informatived
Not be afraid to intervene	It was the best sharp class i have ever sat in, very real and direct
Not be a bystander	It was stuff that needed to be talked about
Newly learned intervention techniques	It was great
N/A	It was good
Mutuality	It was a well heated argument with valid reasons
Mutual consent	Interesting
Let anyone and everyone possible know that "I am here for you."	Interactive speaker that engages the audience. Changes your outlook on how sex should be viewed
I'm going to ask what my partner want to do.	Interactive
Investigate situations	Interaction intensive
Intervention	Intense, informative
Intervention	Intense, but most definitely worth every minute.
Intervene Even more than I already do.	Intense
Intervene	Intense
Interven when it is needed	Intense
Internvening	Intense
In life	Informative
How to step in if I feel someone might be in danger	Informal
Good program	Honest
Going to intervene and be more aware now	Helps to open your perspective on relationships
Everything.	Heated, dynamic
Everything.	Great
Everything	Good program
Everything	Good
Everything	Good
Everything	Fun and engaging
Everything	Eye opener
Don't be a bystander	Direct
Consent is the minimum	Crazy
Bring battles as backup	Changes your perspective
Be upfront	By giving them key points
Be smart about what you are doing	Be real
Be more aware of sexual harassment and sexual assault situations. And take action	Basically just make sure you have consent.
Be more aware	Baseline Basic information in an intense conversation

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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?**
Be more aware	Awesome
Be more alert	Assume
Asking wat my wife doesn't like?	An eye opening opportunity that allows a person to define themselves and stand up for others
Asking my partner what the want	Amazing. Worth ever second.
Ask, before touching. Ask what they want.	Amazing.
Ask what dont want	A need to see.
Ask my wife what she doesn't want	...
Ask my partner what she doesnt want	useful
Ask first	strong
Ask first	Very good and verbal
Ask First	Riveting and explosive
Ask	Pretty good if you actually care.
Always step up	Intense/passionate
Always make sure those around you are okay	Intense but informative
Always ask to distract	Intense and meaningful
All of it	Intense and informative
...	Intense
mutuality	Informational
all of it	ITS GREAT
What to do in those situations	Eye opening
Speak out	Engaging
Probably nothing	Awesome
Open discussion	A waste of time
Nothing	Informational
Mutually	Insightful
Mutuality is the key to consent	Must have!!
Intervene	Very informative and interactive.
Help people	Interesting
Be more attentive	Great information. It shows the error in our cultures way of thinking gender bias.
Be more active in regards to peoples well being	Much better sharp training than typical
Be a battle buddy	Very great session, speaker was very energetic, entertaining and knowledgeable. Very easy to listen!
Ask my wife what she doesn't like	An interactive fun scenario based conversation about how to address sexual assault
Ask	This session was eye opening. Not your typical stressful training. I was very engaged in its content.
Observation	Not depressing like normal SHARP training
Everything	Informative and engaging
Have my wife to know that she doesn't have to apologize for not providing sex on any particular occasion	Great discussion on how to intervene in bars and clubs when you see a someone that's about to sexual assaulted.😂
Tell a loved one that I'm always there for them and intervene when I see a disastrous situation	It changes the perspective
Insuring my love ones know I'm here for them no matter what.	One of the better SHARP presentations in my career
The overall more mature approach to sexual intimacy. It seemed awkward and uncomfortable but was undeniably correct.	Extremely informative
Communicating with my daughters about fully supporting them if something ever happens to them	You need to make the session!
How to communicate with loved ones that I am here to support them in the event they are sexually assaulted	Typical
I am going to focus on equal education for both my children, regardless of their sexuality	Very powerful information.
Tell everyone in my family that I am there for them if they are ever assaulted	Very informative and persuasive. Mindsets and thoughts about certain interactions in the room definitely changed.
Talking to both my son and daughter about if they are ever taking advantage without their consent that I will always be there for them.	Informative and educational. Worth the time.
Speaking with Soldiers about sexual harassment and assault without gender bias	Highly reccomdend to spend some of their time to get the lession of this session
Let my daughter know I'm there for her if she's sexually herassed or assaulted	Good content, great expansion on the how too for intimate interaction between Soldiers and their partners. Better guidance on intervention of sexual assault.
Letting everyone know I will always be here for them regardless of what happens to them.	Eye opening
Ask first	Very informative and the information was awesome. Very useful tools to use.
Changing the conversation from fear and victimization to support so the victim doesn't fear reporting and knows support is always there.	Verbal confirmation on doing anything sexual with a partner
The bystander effect doesn't exist	This is the best SHARP session I have ever been.
Tell everything like it is and how it is and not use weak excuses to do the wrong thing	SHARP training
Talk with my children differently and be more conscious about how I discuss and interact with my spouse regarding our intimacy.	Really good instructor was charismatic very knowledgeable didnt read off the power point and could keep your attention
Making sure I won't be a bystander if the situation arises	Pretty good, actually. He's actually engaging and the session is non-attributional, doesn't be accusatory and turn into a "don't" session
I'm going to use the examples given on talking to my future children.	Just another sharp training.....
I will ensure I let my loved ones know that I'm always here for them if they ever need help, specially if it's sexually related.	It was very informative and talk about different techniques I learned and empower them to do the same thing
"I am always here for you"	Informative
Use the information.	Informative

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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?**
Treating my son the same as my daughter	Identifying alternative methods to address sexual assault
Treat men and women the same	Great training
The way things are talked about.	Great interactive session and informative for soldiers and leaders
The way I address my children	Great and informative
That I will be here for them.	Good
Talking to my children	Entertaining and informing
Talk to my son about being there for him if someone ever touches him without consent.	Entertaining and educational. He was very engaging.
Reducing Bystander acceptance Changing terminology in relation to victim blaming	Enlightening
Letting friends and family know I am here for them if they are sexually assaulted.	Educational
Intervention	the training was very eye opening and taught me so much
Intervene	Well spoken and passionate on the subject
Information	Very insightful
I will tell my children I am here for them no matter what happened to them instead of saying I will kill the person who assaulted them.	Very encouraging to recognize doing something and step in when you see something not right.
Expanding the discussion and context surrounding danger recognition so that wrong decisions don't imply that victims deserve what happened.	This program gets to the root of the issues with our culture.
Everything	That it was quite interesting and it talks about something that not a lot of people aren't comfortable with but it helps you grow because you don't get a chance to talk about this topic a lot.
Empowering victims	That it was an amazing class.
Ask first	SHARP training
teach my future kids about respecting their future partners and that i will always be there for them	Right to choose
To support victims	Really gotta be in the seat watching this
The teachings of how to speak with my kids	Re-wiring cultural norms
Tell daughter no one has the right to sexually touch you. You have the freedom to choose. Will tell both son and daughter that they need to ask to act.	Pretty standard SHARP training.
Talking to my kids together instead of individually instead of separate and that I'll be there for them	Powerful
Talk to my children to let them know im here for them.	Ok
Show I care to people	Not sure
Seeking active consent Making it clear to those around me that I will be there for them if they experience sexual assault	Not realistic how Army senior leaders deal with victims. I have watch 3 separate 1SGs tell victim they could have avoided the offense. The last one was last year.
Not to make the victims life worse when I am seeking to help	It was great. You should have been there
None	Informative
Monitor my surroundings and not be a bystander	Informative
Looking at the issue as the person who committed the crime is always and only in the wrong, never the victim.	How to approach intimate encounters
Looking at people as people	Good educational program
Let Soldiers know that it's not ok for someone to touch them sexually against their will	Good conversation about how you treat people
Kid talk	Excellent
I'm going to change the way I engage with my kids and just let them know that I will always be there for them.	Engaging perspective on SHARP
I like the words I will always be here for you.	Educational
Humanizing	Education for sexual encounters
How to talk to my children, also in powering them.	Amazing, fun, professional, and honest.
Focusing on being there for the victim of sexual assault	Active discussion about consent and what we currently believe about sexual assault
Encourage and empower my partner, children, family , and friends to know I am there for them and Noone has the right to touch them without consent.	A session to re-evaluate consent and how to look at it the proper way.
Empower vs Protection conversation	A positive speaker that brings up important consent topics.
Empower people with questioning	A modern take on sexual equality and intimacy.
Eliminate the bystander excuse	A good session
Educating on intervention	A different angle that makes sense once explained
Being there for survivors	good
Ask the question before intimacy.	Worthwhile. This is a human endeavor
Ask instead of being scared of rejection.	Very informative
Ask first	Very informative
Ask before intamacy	Very informational
Ask	Very good session and knowledgeable
Almost nothing.	Very good information, different from normal classes
A lot	Very empowering and knowledgable
Respect other's rights	Very effective
dont victimize victims	Unscripted
To stop sexual harassment	The best Sharp training I've been to.
To stop apologizing when I don't want to have sex.	That the session was inspiring
To rid of the bystander effect and have the courage to intervene	That it was very realistic and talked about things we don't usually talk about
To help others	Real and self-reflective
The thought of men and women can be both be whores and sluts	Powerful
The fact that I have a choice but so does my partner	Powerful
Telling my kids I'll be there for them	N/a
Telling loved ones that I will always be there for them, instead of I'll kill them	N/a

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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?**
Telling children that I am here for them not that I would hurt whoever hurts them	Mind opening! It will change the way you think by using common sense.
Tell victims I will ALWAYS be there for them	It's a class the opens your eyes
Talking to soldiers equally about what can happen.	It tried to break down our male-centered language and culture.
Talking to my kids about sexual harassment	Interesting and very knowledgeable
Talking to my kids	Interactive and innovative
Talk to soldiers and tell them to ask before assuming.	Informative.
Talk to both my kids	Informative
Stop saying "I'm going to kill them if they touch you" and "I'm here for you" instead	Informative
Stepping up when someone says or does something wrong	In detail
Spousal communication before intimate moments	I
Showing that you are there for survivors	Great class, audio was way too loud.
Setting an example of specific ways to intervene rather than just generically saying intervention is right	Fantastic learning experience
Not warning the victim, but confronting the perpetrator.	Eye opening
Not partake in the bystander effect	Extremely informative and realistic
Never use the Bystanders effect.	Extremely engaging
N/a	Excellent information
N/a	Excellent and very eye opening
Much of it, especially asking my spouse and telling my child in here for them versus killing the bad guys	Excellent
Let those who I care about if they got sexually assaulted that I would be there for them	Excellent
Let rape victims know I am here for them	Engaging
I'm going to share these topics with my son	Engaging
It changed my mind on how I continue to raise my children. I will tell them i will be there for them and support them.	Dynamic
Info	Be more verbal than physical
Incurage victims, don't be a by standards	Awesome educational
How to talk to my son about sex	Awesome a conversation we all NEED to have
How to talk to kids	An eye opening experience
Everything	An eye opener to realize that by standing is a really bad thing
Everyone is a human	Actually pretty good
Empowerment and Maturity	A well done program that is the best engagement regarding serial assault and rape.
Empower Soldiers to intervene	A interactive session that grabs everyone's attention.
Considering the victim not the perpetrators	insightful
Changing the paradigm from punishing the perpetrator to supporting the victim.	Very interactive. A much better brief on sexual assault than the standard SHARP brief.
Calling out what it is..."stop date raping or sexually assaulting "	Very interactive
Better communication with spouse.	Very informative.
Better communication and asking questions and not assuming	Very informative
Asking first	Very informative
Asking	Tune in
Ask first	The guy is kinda intense but it's good
Ask before physical contact	The best sharp brief I've received
Always being there vs victim blaming	Refreshing and eye-opening.
Always be there for you	Recommend
"I'm here for you"	Powerful and informative
ask consent	It's eye opening and real
Treat everyone as humans	It was ok
To talk to my son and daughter about sexual assault and not being gender specific	It was eye opening
Telling loved ones I'm here for them.	Interesting
Tell people I'm there for them	Interactive
Teaching my children the same ways.	Interactive
Talking to my daughters	Intense
Talk to the kids about it	Informative
Talk to my son more about sexual Situations	Informative
Talk to kids	Informative
Reading on 12 survivors	High energy
Raise my son better than I was	Great understanding of respect and consent for other people
Not use the bystander affect	Good tool to use
Not to blame the victim	Good information.
Never assume	Good
Let victims know I'm there for them.	Good
I'm always there for someone SA/SH	Fun
How to teach my daughter about these situations.	Eye opening and helpful for all
Everything	Eye opening
Everything	Extreme
Everything	Awesome
Empowering loved ones.	Ask questions
Empower vs protect	Ask first
Don't tell survivors we'll get vengence	Another Sharp Brief
Doing my part in getting rid of the Bystander affect.	Amazing
Continue to ask first even though married for many years now.	Very eye opening
Be proactive and talk to my soldier on consent	Inspirational and fun
Be more proactive	Engaging
Asking first	Very funny

Military Members attending the "Can I Kiss You?" 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?**
Asking	Very insightful
Ask for directions	Interesting and slightly entertaining
Ask first	A talk about sexual assault, and consent
Ask	By standard effect is an excuse to not care about another human being.
Always ask my wife for consent	Very good training… worth attending
Leading	Hey don't care if you feel awkward with your partner. Voice consent and ask for consent. Ensure you have friends to back you up to stop any advances on someone. Create a safe environment for survivors to come forward.
Asking and not going on the moment	Better than what we normally do
Ask first	It was fun and informative
Ask and always reflect their response	A lot of interaction with the audience and very informative.
How to be more verbal	Very informative fun and passionate style of training
Asking permission	attend it, very useful
Ask first	I would say "you'd have to be there to understand how great it was"
Ask before sexual intimacy	Fun and informal
Tell 3 people that I am available if they are ever sexually harrased or assaulted.	I would describe it as very informative and one of the best SHARP classes that I have been at
I am here for you.	A great session to help soldiers engage and understand what SHARP is. How to react to situations that need attention.
I am going to voice my interest more with someone to make sure I don't make them feel uncomfortable.	to help encourage survivors to be there for them by empowering them
Ask	The best and most applicable SHARP training I've ever been apart of.
Share the information gained from Mike to help spread awareness and knowledge that sexual assault intervention should be "who you are".	That it was energy, enlightened, I didn't find myself tired at all.
Getting consent before doing anything sexual.	Informational
Asking first	Very informative
Ask First	This sharp session was actually very nice to be apart of and hands on to help explain things then how they usually do sharp class.
intervening	Not a good things because they automatically make you fell like your a criminal
Probably ask my significant other for sexual intercourse and for a kiss.	More entraining
Always ask first	It's very important and will help you learn how to spot and intervene sexual assault.
I will ask my girlfriend before engaging in sexual intercourse	It's a great funny session everyone should take
avoid situations like sexual assault	It was a very informative and straight to the point brief
More open communication with my spouse	I would tell them about the ask first method and how to stand up in real life.
Make sure my wife knows she doesn't owe me sex and saying know is ok.	I would say communication is important whether it's awkward or not.
Communication with partner	Every human deserves a level of respect
The ask first method before becoming intimate with a partner.	Dont rape, ask for sex
Nothing it's not a fair program	Common sense
Make sure to tell someone or multiple people about someone who could be planning on setting up someone else to rape.	Ask first. Intervene in situations to help.
Information about restricted and unrestricted reporting	An interactive learning that's not just death by power point. You will walk away with a different outlook
Going to provide a safe space for anyone of my friends/family members	interesting
Everything I learned today from the presentation.	You just had to be there!
Asking before going to the action	You have go come check this out for yourself because its pretty amazing.
Ask my spouse for sex	Very informative and possess good comic relief during uncomfortable conversations
Ask for sex	Very informative
Ask first	Very informative
Ask before doing and help my battle buddies but I feel they are in danger.	This is by far the best SHARP training by far and I believe to be more effective to the audience.
Ask before I kiss	That body language is not reliable and it's safe to ask without ruining the moment and that it's better to be direct. You should help people that you don't know at clubs or wherever it may be to take action like they're a loved one and step in to help
Always ask before to make a move	It was very helpful
Always ask before intimacy even if it's awkward	It was powerful
Already ise them	It was great and well detailed
To ask for sexual intimacy.	It was entertaining and fun.
The 4 Steps to save a perpetrator making moves on a victim.	It was a safe space and a lot of knowledge
That you should always make sure to consent	I would describe it as a session to help you go over the ways you can ask for consent and many more ways to be there for eachother that are going through issues containing sharp
Make sure I properly ask for consent	I wish my husband could have attended. Not because we need it in our relationship but because what was said is extremely important for both partners to understand. Sometimes things get awkward, and that's okay. But I definitely wish he would have been here.
Looking out for people in need.	Great character and voice, very funny.
Just asking before anything.	Eye opening
I'm going to let my friends and family know I am here and I believe them and we can work through it together	Appropriate to tell others, the scenarios are real.
I'm going to ask before I conduct any intimate mannerisms with anyone.	Anything that you want from a person to be willing to ask and not be afraid of the outcome you may receive from them, to reassure a person that has went through anything regarding sexual assault and/or harrasment or anything else that you will always be there for them and that you can assure with anything they may need.
I'll put forth more effort in remembering to ask	very informative and eye opening

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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 no longer feel that I have to apologize to my husband for not wanting sex.	We learned a lot about interactions between people and intimacy and the complex situations that can be solved with a couple easy solutions
How they feel	Very helpful with understanding the concept of sexual assault and what to do when or if you see it potentially happening or going to happen.
Class six advocates sexual aasault	Very helpful for approaching someone correctly without messing it up
Asking questions because it's who I am	Very eye opening and engaging on topics that a lot of people are afraid to bring up
Ask questions	Very educational
Ask my husband if he wants sex rather than always waiting on him.	Useful lessons.
Ask frist	To the best of my ability
Ask for permission first.	To always ask for consent first when engaging with a person sexually
Ask for permission first	Thoughtful
Ask for a kiss?	That it was a class about how to intervene and to ask questions
Ask first	Sounding awkward is better than assuming
Ask before you act	Real way to teach consent
Ask	Pretty interesting and makes you think on yourself
asking the question first	Passionate active speaker with motivation and knowledge.
Stop back door bump	Not your typical Sharp brief and it's really good.
Step in when I recognize something going wrong	Necessary and Honest
Start interveneing	It's important to take other people's opinion into question.
Show affection	It's a must
Questions	It was the realist examples of what sharp should be
No particular one over the other.	It was the best SHARP training I've had, and give them a summary of all points.
More positive support for my guys regarding today's training.	It was really eye opening and Will more likely allow people to be more empathetic towards others
More open communication.	It was informative and constructive. It made myself and others look at sexual assault differently.
Making someone I care about feel safer by letting them know that I am here for them.	It was extremely informative and easy to pay attention and follow along
Make sure to step in using the more realistic examples. And calling it what it is	It was empowering
Let my wife know she does not owe me sexual or intimate favors	It was a very moving presentation, very convincing and agreeable.
Keep on helping others and keeping those army values strong!	It was a good and informative class
Just be a decent human being	Interesting points of view of sexual behavior.
I'm going to ask my girlfriend before sex	Interesting
I'll try to create safe spaces for victims to talk to me.	Informative.
Intervening in situations	Informative and uplifting for survivors of sexual assault.
Intervening	I'd give them the book and explain ways to ask the right way.
Intervene with a situation that deals with sexual assault.	I would say it's a great way to help prevent sexual assault and sexual awkwardness.
Intervene in a possible sharp situation	I would explain how morally important It is to ask for consent, sexual or not.
Intervene , Team Up, Check in, Stay Calm	How to come forth and intervene
I'll step into a scenario when a person is too intoxicated to make their own decisions	Great session, amazing speaker, awesome tips and examples.
I will make sure my loved ones know that I will be there for them in any way possible.	Great presentation, suggest the book
I can say and do the right things to create a safe environment for survivors to come forward.	Great learning and useful
I am going to use everything that was talked about and make sure I can provide a safer place and become a better person	Great information and great points.
I am going to ask for consent whether it be a kiss, or something more than that. I will tell my partner to not feel sorry if they reject me, and I will use the line "Just wanted to check on this person to see if they needed a ride."	Gives you practical ways to approach sex and someone who is in need.
Everything taught in the program will be used. I already exercise the lessons taught anytime.	Funny, real, and informative.
Everything preached I will use in this program; especially the intervening aspects of it.	Fun, engaging, and informative.
Everything	Eye opening
Definitely will ask first. It actually makes a lot more sense and will probably make the kiss actually more special.	Exciting, Fun, informative.
Creating a safe environment for survivors to come to me.	Every single human deserves the right to consent what's going to happen to their body. ASK!
Creating a safe environment for sexual assault survivors to come forward.	Entertaining
Communicating more effectively in confronting sexual related situations.	Engaging and well delivered
Call family members let them know I'm here for them	Consent is a very important word/thing you need on a daily basis
Being there for someone who has experienced sexual assault	Better than other sharp briefs
Asking rather than going on assumptions.	Best training iv ever had
Asking my spouse on what she would like yo do.	Best SHARP trainin
Asking more questions.	Awesome course. It gives you real tools you can use in the world.
Asking and making my spouse feel more comfortable	Awesome and informative.
Ask permission before making a move	Awesome and fun
Ask my wife to be open about her past if possible.	Awesome
Ask my wife permission and give her options	Asking and encouraging survivors to come forward
Ask my partner if she wants to have sex	Ask before you do Always intervein if you think somebody is gonna be raped or sexually assaulted Say what it is don't beat around the bush
Ask more about the opinion before the actions	Ask before you do
Ask for permission before I act upon.	Always ask for intimacy

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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?**
Ask first before you act	Actually pretty fun, the speaker included the audience which kept the session interesting and kept the audiences attention.
Ask first before anything.	A new look at solutions to a horrible and old problem
Ask first	A help group to prevent and help from sexual assault
Ask first	very engaging, grabbed my attention and was very informative and fun.
Ask first	powerful.
Ask first	it wasn't boring
Ask before taking the first step	Your missing out on a lot of information
Ask before do	You missed out on the best most informative sharp presentation
Ask before I do	You missed out bro……
Ask First	Worth attending even if you don't think so.
All the information and questions	Very to the point
All of it.	Very interesting
Aks my wife	Very interactive and useful
Activate communication with my spouse.	Very interactive and fun
"ASK"....dont assume my partner wants anything.	Very interactive and engaging
the ways to remove a victim from the situation.	Very interactive and educating
asking my wife for sex	Very inspirational and great knowledge on what to do
ask first	Very informative.
To use my words before using my body with a partner	Very informative with great examples of how to avoid sexually assaulting someone.
To step in during a situation I think is heading south	Very informative on ways and tactics on how to prevent sexual assault.
To step in	Very informative
To make sure my love ones are ok	Very informative
To better My relationship	Very fun and involving while putting across great tactics and knowledge on SHARP.
To ask first and step in as well	Very educational
The skills I was taught.	Very creative and informative thinking scenarios that make you rethink the cultural we have created
The root values learned. "It's who I am."	Very clear and powerful
The right verbiage/language has a more positive statement.	Very Informative and interactive
The distraction technique	Very Good.
The direct approach option	Useful and fun way to go over important and needed discussion about sex and intimacy
The back door hump	Useful
The ability to create a safe space for my friends/loved ones to come forward if they've been sexually assaulted/harassed.	This session provided real world, modern day solutions to a global crisis.
That's who I am	The best SHARP brief I've ever had.
Telling my loved ones that I am here as a safe space for them to talk if they ever have or ever will be sexually assaulted	That sexual assault isn't a joke and shouldn't be taken lightly
Techniques with spouse.	Stranger version of sharp training.
Team up and deconflict rather than aggravating the situation.	Stopping sexual assault and how to ask for intimacy
Talk and communicate more clearly with my spouse	See previous comment. Stick to statistics and make moral decisions personally.
Supporting survivors of sexual harassment/assault	SHARP training
Stop someone from being sexually assaulted	SHARP Brief
Stop someone else from getting hurt	Really good
Protect others that are vulnerable	Pretty good tools to use in life
Open Communication	Pretty fun to listen to for sharp training, had some really good tips
Not being a bystander to sexual assault	Powerful
Not back door bump	Not bad.
Na	Need to go, very interactive with the crowd.
More consent from partner.	Na
More asking for consent and permission with simpler things	More personal sharp brief
Make sure to create a safe space for sexual assault/ harassment survivors to share their story	Jit talk about it.
It's okay to be awkward	It's not like the same ole SHARP training we always receive. It's impactful not monotonous and boring.
Intervention strategies	It's was pretty ok
Intervention if the situation arrives	It was very informative and not boring
Intervention	It was very good and entertaining
Intervening if I see something	It was great
Intervene.	It was fun and truthful
Intervene when something is wrong	It was an eye opening session and is worth going too
Intervene	It was a very fun way to get knowedge
I am going to work to establish a more open and comfortable form of communication between my wife and I.	It was a great session about how to prevent sexual assault and how to ask for sexual intimacy rather than demanding it.
I am going to use the 4 steps to stop an assault from happening and I will aid more.	It good different.
How to stop it from happening	Intervene, ACT, motivate
Help people that struggle with people coming forward	Interesting and energetic, the best SHARP training I've done
Healthy conversations with my partner in a sexually mature relationship	Innovative and new way to see ourselves regarding SHARP
Gonna start asking	Informative and entertaining
Going to tell my wife not to be sorry when she says no. That was an eye opener	Informative
Focus more on victims well-being	Informative

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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?**
Fast talking, incoherent rambling, and talking about the Geneva Convention in sex education.	Informative
Everything	Informative
Everything	Informational
Everything	Informational
Every one is a human being	Increíble
Don't do the back door bump	Important information
Do a better job asking for permission	I would show them the book.
Defending those that are to intoxicated to fully consent	I would point them towards the book but i would just tell them too sum it up ask first
Create a safe place for people who have been effected by sexual assault.	How to stand up
Consent	Helps survivors to come forward and helps prevent sexual assault/rape.
Consent	Helpful
Being able to intervene in some bad situations	Groovy
Be more open with my spouse about wants and don't wants	Great session, very great source and great presentation
Be available to talk to if someone needs	Great
Asking to kiss first	Good listen
Asking permission	Good
Asking for permission before sexual contact	Good
Asking for a kiss, and intervening on high risk situations.	Fun an straight to the point class
Asking first	Fun
Asking first	Fun
Asking first	Fun
Asking before acting	Fantastic
Ask wife for sex	Eye-opening
Ask wife about sex	Eye opening, definitely attempt to become educated on sexual assault and consent.
Ask partner if they I can kiss them	Eye opening
Ask my wife for sex	Extremely informative, motivating, and fun.
Ask my wife before I kiss her.....	Excellent
Ask if I can kiss, instead of going for it.	Enlightening
Ask for sexual intimacy.	Engaging and entertaining SHARP training
Ask for sex	Educational and interactive, yet light and fun
Ask for permission	Don't go off body language. Use your words to see where you and your partner are at.
Ask first.	Don't be afraid to intervene Always get clear consent Create a safe space for survivors
Ask first not assume	Different from the same old death by power point
Ask first before anything, intervene as well.	Cool
Ask first	Breaks sharp down in a very simple way
Ask first	Better than a normal army sharp brief
Ask first	Best sharp training
Ask first	Best sharp brief I've ever been too
Ask first	Be there for people and be a good human being
Ask first	Bare bones talk on mature sexual interaction
Ask first	Awesome! A must see
Ask first	Attend if opportunity is presented
Ask first	Ask first, don't be afraid to be awkward,
Ask first	Ask first
Ask first	Ask
Ask first	Another sharp briefing
Ask first	Annual sharp training
Ask before making a move.	Amazing
Ask before kissing.	Always ask for consent no matter what
Ask before doing	Always ask before making a move
Ask before anything	Actually fun and good training
Ask before acting.	A very good session to help people understand how messed up some situations can get
Ask before act	A brief on consent and how to be intimate appropriately
Ask and not go in	10/10
Ask	very informative and engaging
Ask	very informative
Ask	really eye opening
Ask	it was good
Ask	Worth the sit
Always ask for consent	Worth it
Always ask	We talked about consent and how to engage with a potential partner
All tools	Very real, inspiring, and full of knowledge
All of it, very cool	Very informative and helpful
All of it	Very informative
All of it	Very informative
All of I learned	Very informative
not use backdoor bump	Very informational and incredibly important.
no more backdoor bump	Very immersive and fun
distraction tactic	Very good info
Watching the words I use when interfering or asking someone if they're ok.	Very effective
Understanding	Using the book and telling them a little emote about what mike was saying
To intervene	Thoughtful.
To help and ask somebody who may be intoxicated and trying to be used	Something actually useful compared to traditional 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?**
The process to intervene	Reall!!
The knowledge learned in today's training	Powerful
Tell my friends I'll support them.	No rape
Stop bumping	No PowerPoint, more interactive and fun with knowledge
Stepping up and intervening	Lots of asking for all sorts of consent.
Step in if anyone is close to sexually assaulting someone	Learned more then I ever have
Say it's ok if the answer is no	It's the best sharp training I've done
Realize it's okay to be awkward because in reality we all are	It was very informative
Permission	It was very informative
No more back door bump	It was very good
No back door bump	It was very enlightening
No back door bump	It was good
Never be afraid to ask for permission.	It was good
Make sure appropriate consent is asked.	It was detailed in all aspects both for singles and married couples
Just ask	It was about SHARP and how to intervene
I'm gonna respect my wife more	Interesting
I'm going to be there for loved ones or friends to come forward	Interactive
I'm going to ask questions	Informative, engaging, helpful
Intervening in bad situations	Informative, Comical, entertaining
Intervene in hazardous situations	Informative and they missed out
Intervene	Informative and interactive
Intervene	Informative
I will make sure to receive consent	Informative
How to step in and save someone.	Informative
Help someone being targeted	Informative
Everything	Informative
Everything	Informative
Everything	I would describe it as informative with good talking points.
Everything	Honestly mind blowing on SHARP. Not the cut and dry death by power point it normally is
Every piece of information	Helpful
Empathy	Great session with lots of great info
Educate others	Great informative session with easy ways to apply the training
Create a safer environment	Great information on sexual assault
Create a safe space for victims	Great info
Consent	Great and very informational
Communication with my wife	Great
Check in with my partner before making an advance	Great
Can I kiss you	Great
Better communication	Good info on asking permission and ways to intervene
Bar scene	Good
Back door bump	Good
Asking questions more and giving my family or significant other a safe place to talk	Good
Asking my significant other for sex.	Gave insight
Asking my partner before doing	Fun
Asking my loved one if somethings happened	Fun
Asking more questions about intimacy	Fun
Asking more questions	Fun
Asking if I can kiss	Frank and to the point conversation.
Asking for permission	Eye opening and helpful
Asking for consent	Eye opening
Asking before doing anything sexual.	Eye opening
Asking before action	Enthusiastic
Asking	Engaging and entertaining
Asking	Eccentric
Asking	Each teaches you how to express yourself
Ask to kiss	Discussion about sexual assault and consent
Ask to have sex with my wife	Different from the usual army sharp training.
Ask the question	Beat sharp brief I've ever been to
Ask instead of "making a move"	Awesome, informative, fun
Ask for sexual intimacy	Assure sexual assault victims it's okay to talk about their experience with someone they trust.
Ask for sex	Amazing, very outspoken and knowledgeable
Ask for sex	Amazing, and funny
Ask for kiss	Amazing and informative
Ask for a kiss	Amazing
Ask first, stop sexual assault	Amazing
Ask first for intamcy	A very informational brief
Ask first	A over view of asking first and how to be sexually mature.
Ask first	A lot more useful
Ask first	A great session.
Ask first	A different type of SHARP class
Ask first	very informative
Ask before kissing	Teach them
Ask before action	Life changing
Ask before acting	It was fun and I learned how to respect people
Ask before I act	Interactive
Ask	This session was an amazing upbeat sexual assault training that makes you think in different ways.

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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?**
Always stand up for those in need.	it was fun and interactive
Always ask	very informal and that this is how virtual training should be conducted. Very interactive and good use of media platform.
All of it	fun and entertaining and enlighten
All of it	Consent is not based on gender.
Adk wife for sex.	It really emphasizes the boundary when one is in a relationship. Not too assume that sex is always consensual. Really great training
4 steps	Good training to establish a baseline and good practices as an individual.
Words	Overall best training on this subject I have ever seen.
Ask for sex	Interesting educational
Ask first	Best training
Ask first	Good interactive training.
Ask consent	Fun but serious at the same time.
I will intervene if I see a situation getting out of hand.	Eye opener
call 3 people and let them know im here for them.	Amazing
Always ask, even if I am married.	inspiring
To step in when I see someone being influenced by alcohol but they seem uncomfortable	fun
Question something wrong, a person and be there for someone	excellent program.
The ideas and concepts.	It was amazing
No is not mean! And to always ask first!	Informative
Intervene	really great training about real life situations
Ask first	great training
Already used most of these but a good refresher.	great
always ask	Real talk
To tell someone who had ever been or ever does get sexually touched without their consent that I am always going to be here for them	It's a must see. You will relate to all elements.
The 4 Steps to asking before making a move	It was an interesting & relatable way to learn.
Going to ask first	Engaging and insightful.
ask first	Energetic
all the tools provided	Awesome
No is not mean	Really entertaining presentation about a very serious topic
Ask!!	It enables more engaging certificates thinking just beyond PowerPoint slides.
intervene	A brief on how to have safe sexual activities and how to protect people from assault.
no is not mean	Very fun, interesting and informative
home with my husband, out in social scene	Just simply ask first
always ask.	Very informative
Telling loved ones, especially my 3 daughters, that I am here for them.	An entertaining and educational presentation about consent and changing viewpoints.
Have conversations with my wife vice passive aggressive body language.	Great information and guidance!
Don't be afraid to intervene	Honest and good usable examples.
Ask first!!	Very energetic
Ask first	It gives you insight into what consent really is and how to be mature about being sexual in a mutually respectful way
Always ask	highly motivated, sex-positive, discussion on SHARP.
The utilization of gender neutral diction that supports a survivor-first approach.	very informative and relaxed
Be there for my family/friends.	Very good!
Let others know im hear for them	Revitalizing
Asking my wife first	Its all about showing respect and giving options
Ask first and let loved ones know I am there for them.	It was awesome, informative, relatable, and fun!
Ask first	Great advice and informative
Use the 4 Steps to Asking First	Very funny and good information
Share with my kids kissing and sex should be fun and respectful - asking doesn't take that away	This was a great reminder of how we all have a responsibility to act and prevent sexual assault
Tell my kids that "I will always be here for them" after asking them "the question"	Informative, entertaining, engaging
Ask first to get consent for any sexual activity	Valuable
Speak more with wife about her consent and desires, never want her to have sex to just not disappoint me.	Sexual Etiquette
Use more open communication with my partner	A new discussion on sexual assault. What you can do to help the problem rather than what not to do to add to the problem.
I'm gonna pass all of this great information to my formation.	Educational, liked hearing how important it is to ASK
Everything!	An easy communication with an open atmosphere
Consent can be withdraw.	Sexual etiquette with what people deem as uncomfortable topics
Be better at intervention during	It's so much more exciting and informative than any other training I've been in for this subject.
Ask first	Excellent and informative. Further builds the foundation of respecting others
Saying no and it's not mean	Eye opening
intervene, ask first, respect answers, reach out to loved ones	About boundaries, consent and their affects on relationships
Telling loved ones I am there for them ALWAYS.	Takes a typical annual training requirement, simplifies it, and relates to several aspects of our lives that can be beneficial to improving ourselves.
Talking to family about being there for them	A new way to look at respect
Be an advocate	Helpful
Always letting those around me they can come to me if someone inappropriately touched	Helpful in realizing what I should be more confident about and help others more.
Talk to three people to let them know I am always there for them	Very informative and a lot more engaging than normal SHARP training.
I am going to let a family member know I will always be here for her. I've always suspected they were a victim and is struggling with getting help.	Extremely informational

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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?**
Vocalize, I am here for you.	As enlightening and entertaining and shared the right points
The simple phrases to help educate others	I would say that the session gave me great insight regarding my past relationship and possible future ones as well.
Ask	It was unique from the normal way of teaching about SHARP, and more engaging with enthusiasm.
Asking consent from my partner	I think it was very misleading and pushes misinformation that is likely to cause further problems. There was some good information and the
Interruptions	Very useful
Be more respectful of others and try to better understand each other's differences.	It basically proved my theory: maturity is everything.
Focus on what TO DO, rather than NOT to do	clear and to the point
surveymonkey.com oiotugorvygivbjfguefiugehiwjfeoswifehgidjwifhge	Informative, deeply emotionally, triggering and eye opening.
Keep awareness	SHARP but more representative of real world situations.
Stepping in if I see someone getting forcibly intoxicated in a semifriendly manner.	It's very educational and helpful
To read body language, but not let it give an answer.	Informative and very interactive
Tips on how to stop predators.	I was fun and engaging while also being super informative
Consent is the bare minimum and it's okay to say just no	Entertaining and helpful.
I am going to tell all of my family members that if they EVER need to talk I am here for them at all times.	Educational
Intervention	A place you had to be and the standard for respect and loving and or being someone who is respectful
The fact that maturity is important.	A fun and interactive approach to the program.
The ability to speak up	You can learn more about the ways to talk with people and helping your friends
education	Very different from other sharp training. Mike made us thing one way and let us know that's the stereotypical way of thing. Very fun and informative.
Ask first	Sexual interactions call for more sexual & emotional intelligence and more communication than commonly thought.
"No" is not mean.	Sad and kinda funny
To not be afraid to ask	Learn much from this
The informative sections on hoe to actively stop possible rape situations	It was kinda fun
See the bigger picture in a public environment when some maybe in trouble.	It was eye opening
I'm going to call my sister and tell her I'm there for her and she can tell me anything	It was a much better approach than the usual SHARP classes.
I'm most likely to approach those close to me first and tell them they can tell me if they have or will be sexually taken advantage of.	It was a interactive SHARP training.
I will continue to ask for what I want regardless of the answer.	It covers all situations and gives great tools
I honestly have been doing this my entire life I am lucky enough to have a family to show me what right looks like	Interesting better than regular sharp classes.
How to more confidently intervene.	Inspiring and informative
The way to treat with other	I would describe with the key points that was shown in the powerpoints.
The way to talk to someone	Eye opening, and beneficial.
The asking method before going for a kiss	Asking for consent and intervention for possible SA/SH
Tell my husband about how knowledgeable the training meeting was	An eye opener
Talk to my family and let them know I'm there for them	10. They should all know.
Spread the knowledge and recommend the program to my Soldiers that DO go out and party. Me myself I don't go out often.	tell them that its important to ask for sexual interaction regardless the situation
Make sure mutuality is there as far as constant goes.	Worthy!
Letting my loved ones know that I'm here for them always.	Way better than an actual sharp brief. Not only tells you what's wrong but tells you what's right
Intervine& listen to whoever needs someone to listen	Very informational
Consent and honesty	Provides more information on how to be consensual and help stop people who are potentially a rapist
Call my siblings and tell them I'm hear for them.	Powerful and very informative.
Being aware, and addressing a potential dangerous situation.	N/a
Asking my wife	It's very knowledgeable
Ask my wife what I can do in bed for her	It makes you realize the stuff seen as typical and harmless is actually dangerous
Ask for mutual consent with my significant other	I would let them know that saying no doesn't make you a mean person and that don't be a bystander when something you know is wrong is happening
Ask for consent everytime from my wife	Fascinating
Ask first and if you see something say something.	Eye opening
techniques to intervine	Energetic and attention grabbing.
The suggested way to intervene, while also using the way to be the safe place for my friends or family	Call them and tell I'm always here for them
Telling family members they can confide in me.	Ask first and be respectful
Talk about it more often with my friends	A good session
Remind my siblings that I will be there for them for anything	very informative
Pay more attention at bar, parties etc and helping battles in situations	always ask first
N/a	Very interactive and informative. Best class I've taken in the army.
Make sure my partner has a voice.	Very inspiring and realistic. I would highly recommend them the resources I've received during the session to look into it for themselves
Letting people know I'm here for them	Very helpful on ways to intervene
Knowledge to pass to my battle buddies	Very good when talking about SHARP issues
I'm going to use my social media platform to reach out to survivors of sexual assault	Very clear and great.
I'm going to make sure that my siblings know that I'm here for them always.	Valuable information
Everything	To always ask first and not to assume anything from someones body language because it is unreliable

Military Members attending the "Can I Kiss You?" 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?**
Can I kiss you question.	To ALWAYS ASK CONSENT DUDE.
Awareness of sexual assault	That consent is the bare minimum in every encounter
Ask first	Skills to prevent sexual assault/harassment
All of it	Should've been there but ask before anything.
i'm going to be more firm in saying no when i don't want to engage	SHARP training
Use the word always	Powerful
Try to build a healthy sexual relationship	More interactive than a normal boring powerpoint
To be more engaging.	Lot of hard questions
To always intervene because that is who i am	It's Definitely essential to attend on your free time.
The skills provided to prevent sexual harassment/assault	It's eye opening.
Telling my family and friends I am always there for them.	It's an amazing and eye opening session.
Talk to my family	It was very powerful
Quotes	It was something useful that can apply to anyone .
Letting 3 people know I'm always here for them	It was great to take a different approach to SHARP training
Learned intervention skills.	It was good.
It's okay to intervene than not intervene at all.	It was entertaining and will keep you thinking of what to do.
Intervention	It was amazing, you will learn so much
Intervene	Hmmmm~
Intervene	Great class to explain sharp and prevention
I will let my brother know I am here for them.	Great
I always asked	Good
Everything it was a very powerful show.	Empowering and opens your mind to how things should actually be
Everything	Educational
Courage	Definitely worth the time spent. I've learned a lot of useful things
Communication over body language	Amazing and educational
Being more aware of situations at parties or events	A lot of information, and better approach to this problem
Be the person that looks out for other people	informative
Asking before	Very interactive and informative
Ask the question first to keep my sexual relationship and relationships healthy and amazing.	It was a pretty great and eye opening experience
Ask first	Great
Ask first	Great
Ask before making move	Breathtaking
Ask before doing	You're going to be uncomfortable and it's okay, but you need to talk about sex and what right looks like. Social norms are not the norms you think they are.
Ask before	Great entertaining way to change your mindset about sexual assault and rape.
Ask	It was great and that you should go
Always ask for permission no matter what.	Entertaining
Always ask	Positive, entertaining, discussion.
Act first	A great class to attend that goes way above nd beyond the average classes we get that should b attended by all of us
call my family	I would start with consent is the basic/ first step.
Use more oral communication	I would recommend them the book Can I kiss you because I feel like I wouldn't be able to explain it as well as Mike could.
Tell family members that I'm here for them	Don't be an asshole
Everything	Thought provoking and very poignant.
Ask	Floor panel that opens up our mind about what we should do
Ask	Eye opening
There are no short cuts to excellence.	Educational and semi entertaining
Make sure friends know I am there for them if they are ever the victim of sexual assault or rape.	A viable learning lesson.
Call family ask them tell them	You've got to respect everyone. Whether they are a victim or someone you intend on doing things with.
I will pay more attention to peoples intentions when at parties or clubs and prevent sexual assault from happening	You will learn something new
Reach out and make sure people know they can come to me for problems that have arose in their life	You have to be here and listen with an open mind to understand and there is no shame in asking questions
Points to open discussion.	Very real and eye opening, can relate to this discussion.
Treat everyone with Dignity and Respect	Very informative
To help people show that I care	Very detailed and very productive
Tell family, friends and partner I am here for them with if they want to talk about sexual assault.	Verry energetic
Consent is mandatory	Tells you ways to respond and act to various happenings in a relationship.
Who am I	It was very great and learned lots.
The steps to oral communication.	It was a good talk about sex. It made it plain to understand.
The steps to excellence	It opens new ideas to opening in a relationship and communicating.
It is my biss	Informative and process of thought changer
Everything	I would tell them that it would help with their sex life if they followed the steps to a mutual consent
Consent is the minimum	Echo was overwhelming
To intervene when I see wrong	Ask for consent no matter how dumb you think you'll look
The scripted sentence instead of I'm here for you	Ask first, intervene and don't say I'm here for you.
The dating advice	As a very in depth discussion about rape prevention and how to establish consent
That no is a full sentence	Very relatable
Steps to mutual respect	Very informative
Steps table	Very good presentation, well spoken, wise words

Military Members attending the "Can I Kiss You?" 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?**
Saying no isn't being mean	It was the best sharp training I've had.
No. Is a complete sentence	It is good to learn and teach different ways of sexual assault
No is a complete sentence	I learned a lot a lot. And will definitely use it.
Make sure I ask for consent and respond appropriately to whatever the answer is.	Good
Look out for those who may need it especially when alcohol is around.	Extremely useful information
Everything	Enlighten
Everything	Awesome
Consent is bare minimum	A paradigm shift in what culture has taught about sex.
Call my brothers and Sisters in arms to let them know that they can talk to me if they have been sexual molested	A great lesson
Be there for people that have been sexually assaulted.	Awesome presentation. Very interactive as a virtual presentation. Great speaker. Everything was on point. Great information to share and to think through.
Ask first, and there are no short cuts to excellence	Very educational
Ways to help people out.	very interactive session that felt like a debate.
The steps	I learned that changing the vocabulary can influence the bystander response.
That's who I am	It was unique class and the speaker pointed out several good/strong points about sexual assault.
Respect	Good session with real answers to sexual assault.
No is a complete sentence	Eye-opening and real.
Mine and my Fiancé's relationship	If you see something, say something. It doesn't matter how wrong it is; it does not require a justification from protecting one another.
Make sure people know they can come to me.	It was blunt and up front. But honeslty, I learned a lot and my hesitations and presumptions about the issue where addressed. And I hope everyone who was there took as much as I will from the session.
It is my business	Very interactive and different from the standard SHARP training. Very engaging.
I will let my family members or friends know i am always there for them.	Realistic
Help people that been have victims of sexual assault	Good for development of emotional intelligence.
Everything	This session opened my eyes to sexual intimacy.
Consent is bare minimum	Amazing
Ask more often	Honest
See something, say something. Ask first. Be vigilant. Be aware. Respect the answer.	Very engaged and very profound
Everything	It offers options on what to do for these situations.
Can I kiss you and being more sexually mature about asking.	Enlightening
I will intervene!	Eye opening
Will say no if I do not want it and accept my partner's no as well	Inspirational
Intervene	That it's very useful and holds sharable knowledge
Explaining to my siblings and other young adults what they should and shouldn't expect from sexual encounters with others.	It was great at teaching new information and very interactive.
Intervention	Very engaging, interactive, and dealing with relevant real world concerns/ misconceptions
I'm going to have more difficult conversations about sex with my wife so that we both can grow.	Session encourages to intervene and prevent future or ongoing sexual assaults. The session also talks about setting yourself up in a better situation in regards to having a healthy sexual relationship/connection.
Being able to let people know I'm here for them.	Powerful, informative, educational an eye opener experience.
Share information	Really great training.
Understanding how the things I say and the things I do, might effect survivors of sexual assault	Enlightening and engaging. It really made me rethink my life.
Stop an assault before it occurs	Awesome
Ask first everytime	Great experience and that there support and right ways to help others and ourselves to stay safe
Enthusiasm and maturity	Comfortable
I will not stop the potential victim but rather deal with the predator and call it what is is.	You missed a great interactive learning experience.
Expect knowledge and oral communication for mutually amazing consensual sexual intimacy	Very real and useable. All the important subjects were touched on.
Ask the question	This session provided another insight how leaders can speak to their Soldiers about SHARP and make them feel comfortable talking about. It also gave us leadership an opportunity for the Soldiers to see we will intervene.
Make mutually amazing continual sex the standard	Most useful SHARP brief so far
Helping others before sexual assault happens and having people talk to me if they have been assaulted.	It was more than just "how to prevent it". It included scenarios that people wouldn't always consider to be sexual assault.
Ask for consent first	Inspirational
Ask first	I would stress the importance of treating everyone with dignity and respect as well as challenge them to intervene when faced with a situation.
The steps to having "mutually amazing consensual sexual relationship/connection"	A very interactive brief. A different perspective that really focuses on the flaws of people who feel they are entitled when they are not.
I am a VA for the army, this lecture gave me new tools and ways to approach this topic and relate to the Soldiers. Thank you	This was the BEST session of SHARP that i have ever experienced in my 19yrs of service.
Ask my wife, What would you LOVE me to do for you tonight?	Mind opening and interactive
No means no	It's a clear and honest communication
I'm going to work on my own sexual maturity.	It was very educational, although basic, you will realize people need to hear this. They may have forgotten or never understood what consent means. You own your body, you are your body's boss, not your partner regardless whether you are dating or married.
Intervene when I see a situation.	It was informational.

Military Members attending the "Can I Kiss You?" 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?**
Intervention and how to ask properly	Incredibly affirming
Ensure to empower my soldiers to be comfortable I. Saying no	Great training that everyone should attend.
“No” is not mean.	Great
“No” is not mean	Best Sharp class ive had hands down.
Teach my children how the opposite sex should approach them and know what to look.	Awesome
Support anyone who wants to come forward with their story	Amazon, the more accurate SHARP training.
Share what I learned	Amazing and encouraging
Reach out to friends and family to reinforce my support.	an excellent talk about things that go wrong and how to prevent it
Help my children understand and overcome social norms surrounding sex.	Very real and interactive.
Ask first	Very open and professional
All of it	Understand what makes up consent.
Use this to mentor my soldiers	Treat everyone with dignity and respect. If you see something wrong, intervene.
Respect my wife's answers to my questions of sex	To look up can I kiss you on YouTube
Intervene steps	Talks about a better way to teach sexual assault prevention.
I will ask for consent and intervene more	Sexual intimacy: New paradigms on old thinking.
Four things to do before kissing	Original
Consent is the bare minimum	OMG, you missed a GREAT session It was AMAZING
Communication	It was different from every other sharp training. It was better
Can I kiss you statement	Interesting and eye-opening
Be the strength and support for everyone who needs to reach out to someone.	Hard things to hear, but necessary to delve deep into the psychology of self reflection and our ideas of the beginning stages of intimacy with a new partner
Ask the questions. Everyone has rights and saying No is not mean.	Excellent!
Ask first. Raise awareness among young/new soldiers about mutual consent.	Dynamic, interactive, and engaging. Upends the common myths around sexual assault and sexual harassment.
All the information, get courage and stop every potential Sexual assault.	Amazing and a must see.
i will always tell my friends and peers that they are always allowed to talk to me about anything that happens to them	You miss a wealth of knowledge from Mike, it was live
Will intervene if it is even slightly questionable.	Very interactive and informative. I liked this training compared to regular training.
What would you like me to do in bed for you tonight?	Very insightful
The pervasiveness of sexual assault	Very informative and interesting
Not sit on the information and knowledge received.	Very informative and engaging without being preachy, dry or boring
No means no	Very good information, engaging, keeps people involved
Mutually Amazing Consent	Very good
Intervene when you see this happening because very human deserves to be treated with dignity and respect.	Very engaging and interesting.
I will emphasis that asking and communicating is important	That it’s a great conversation starter to stop and prevent sexual assault and rape.
I will ask my wife what I can do for her in bed.	Not the standard 'death by PowerPoint'. More down to earth that addresses issues in a different perspective
Encourage Soldiers to make better decisions, e.g. not drinking in order to get laid.	N/a
Educate others. I don’t have children now but someday I want to prepare them for this situation. In order to protect my daughter(s) and for my son(s) to understand consent and to protect others.	Meaningful way to check the perspective on sharp issues
Definitions	It’s was a well designed session about sexual assault prevention
Definition pf consent. Talk about what to do instead of what not to do.	It was informative and interactive
Be a person Soldiers can talk too	It was helpful and I learn new way to approach the situation. Also there are more people out there had experienced this situations.
Use the word ‘no’ without feeling guilty.	It was better than the normal PowerPoint slides
Use of words	Interesting information
Tools	Interactive
To intervene	Informative and reinforcing core concepts
The stair way to mutually amazing relations.	Informative
The conflict tactics given to intervene in the best possible way.	Informative
Telling survives that they are strong, I am here for them.	Helpful
Tell family that i am here for them	Great seminar, much more informative than the routine SHARP classes
Teach my children	Great I can't wait to do this training more and more in daily life
Stop inappropriate and degrading comments in my immediate workplace.	Good questions to reflect and challenge beliefs about sex
Stairway to consensual amazing sex.	Eye opening
Nothing	Empowered
No is not mean	Don’t know
No is not mean	Best SHARP brief ever attended
Make mutually amazing consensual sex the standard	Beneficial and engaging
Intervention	Amazing
Intervene right away	Actually pretty good
I am going to ask first (regardless of my relationship)	A relevant and practical training on sexual assault..
Everything	A interactive and honest discussion about navigating consent and sex.
Everything	A SHARP session I haven't experienced before
Ensure that I always get consent from my loved one.	.
Each lesson from the instructor and the hands on examples	eye-opening
Discussion	Why culture creates incorrect views on sex and relationships
Consent is the bare minimum	Way better than expected!
Communicate and use mutually amazing sex as the standard	Very interesting and engaging
Be more proactive in preventing sexual harassment/assault	Very interactive. He said all the things we wish we could say as victim advocates

Military Members attending the "Can I Kiss You?" 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?**
Be more forward about letting my friends and family know I am here for them.	Very informative and interactive
Be a better person	Very informative and NOT BORING.
Asking what my partner wants me to do for them sexually	Very helpful
Asking questions even when it comes to your spouse	Very engaging and informative
Asking my friend to back me up when intervene a situation	Useful
Asking first!	This was an amazing session that I recommend everyone attend.
Ask my partner first	Real. Raw. I enjoy it.
Ask first in my marriage	Productive.
Ask and intervene	Postive
Ask and intervene	Not the usual SHARP training
Ask 1st	It was OK.
Always ask for consent cause it's not awkward	It is great in hitting difficult conversations in a safe space
intervene	It is a new way to approach what to do, and not just what not to do with regards to sex and sexual relations
Work to establish more sexual intimacy w my husband.	Interactive and enjoyable teaching
Understanding that No is not mean	Inspirational
The intervene scenario	Informative. Engaging, eye opening.
Say no	Informative
Respect her answer	Informational
Respect everyone as a human being.	Incredible
Open communication with those I work with.	I would describe this session as very informative and engaging.
No.	Helpful
No isnt mean	Eye opening
No is not mean	Excellent
No is not mean	Engangeful
No is not mean	Different training
No is not mean	Different
More focus on what to do while maintaining focus on what not to do when it comes to sexual acts	Amazing and informative
Make sure that all feelings are mutual	Amazing and informative
Make sure people stop drinking too much and get them out of a sexual harassment situation when they are drunk or feel forced to drink.	A lot better then other sharp training
I'm going to talk to my wife about having sex	Great
Intervention techniques	Eye opening
Intervene	It shifted my thinking to change preconceived biases/judgement.
I will let my friends and family know that they can turn to me if they needs support or want to share.	Eye opening and informative
I will intervene.	Awesome
I will ensure to intervene in any situation that appears inappropriate.	Energetic and realistic
I am going to use talk more with my battle buddies about consent.	This session to me was about changing behaviors and ensuring we are effectively communicating.
I am going to day something when I see something.	Powerful
Great information on false reports.	Mike is awesome.
Encouraging practice of these traits in the plt so they are more comfortable	Thought provoking and eye opening.
Communication	They missed an enlightened way of talking very positive.
Being a resource for those who need help	It's opens your eyes and helps leaders relate at a personal level
Ask properly for consent	Great information. I wish we can all be there.
Ask first and encourage others to Ask first	Amazing
Ask first	Powerful
All	Empowering
No is not mean	Powerful and insightful
Ask every time	Leaders oriented sharp training
The positive reinforcement of words to BOTH men/women, boy/girl.	It was an engaging talk to remind leaders that prevention is where we need to be. Relaying to soldiers that we are always here for them.
Better word choice, like standards instead of inhibitions.	Informative and enlightening.
The No is not rejection	Great focus on how leaders can present SHARP discussion to their Soldiers.
Intervening is to be HUMAN, not a HERO.	Excellent learning experience
Empowering my seniors, peers, and subordinates to use the words rape, grooming, and sexual assault/ harassment.	Must need to attend, engaging.
The awareness and perspectives.	Educational beyond the standard the military has set for this topic
Making sure I keep the focus of the conversation with a victim about them, until they choose to talk about the perpetrator.	It was good
Everything.	Informative and inspirational
Using the terms and asking the questions.	Engaging, informative and gain straight forward skills that make a difference.
Survivor I will thank them for being brave and coming forward	Most see!
No is not mean	Don't be afraid to ask for consent
Bystander intervention techniques.	Consent is a powerful word
Ask spouse for consent	Very informative...
I am here for you always.	Very helpful in today's relationships
All of that	Informational and enjoyable

Military Members attending the "Can I Kiss You?" 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?**
Discussed phrases	Your reputation and business are at stake! We on your behalf in the message your website address surveymonkey.com and your contact information (including in social. Networks and messengers) will send: + on 15,897,318 sites, threats with insults to site owners, US residents, Europeans, LGBT and BLM. + 790,000 messages to bloggers with threats and insults + 2 367 896 public figures and politicians (from the USA and Europe) with threats and insults + 70,000 negative reviews about you and your website surveymonkey.com + 23 467 849 contact forms of sites with threats and insults + 150,000 emails messages to people with disabilities with threats and insults, many of them will definitely sue you + 57000 emails of messages to veterans with threats and insults, FOR THIS YOU WILL BE EXACTLY SITTED Following from all of the above, you will get a lot of losses: + an abuse from spam house, amazon and many webmasters (for spam, insults and threats) will come to your site surveymonkey.com, as a result
Be a human	This was a very fun session. It wasnt boring and you got so much information in a short amount of time.
Saying no is never about rejection	same as last response.
Stress that consent is fluid and it is their right to change their mind.	A refresher on obvious things in healthy relationships or a lesson for juveniles uncomfortable with the communication that happens within healthy relationships.
Find ways to better support previous survivors and to engage my Soldiers more often on what I am doing, and what they are doing to support SHARP.	Outstanding
Everything	it was a good class
Be a human being not a hero	I have already messaged my friends to take this class. I thought this was amazing, and very thorough.
“Grooming”	very informative on consent
Several of the comments, specifically saying no is not about rejection.	Profound! Something they need to listen to, even if they feel they already know...so much to learn
Let people know consent slips and apps don’t work	Learning about sexual assault , how to prevent it, recognize it and help a survivor.
Be a human being not a hero	A fun way to learn about how to become a better person.
A deeper understanding of consent and the conversations that surround it. Talk to people in my life about it, including my child.	Very interactive way of discussing these issues with a new perspective.
Being more understanding, supportive and non judmental	That its amazing and they should log in whenever Mike is presenting
Tell the survivor that I'm there for them, and ask them what I can do to help.	A great discussion on consent and how there needs to be more education about consent itself and how to ask for it. I always tell people that I think a lot of sexual assaults could be avoided if we spent more time teaching about the concept of consent. Many assaults are not committed by predators but by people who did not understand what they were doing was actually assault because of our cultures ignorance on consent. I think it is especially important for younger people in high school and college.
To remember other people have choices	Very informative
The need for communication...	Real and HONEST
Learn how to say NO, when I need to	It's about consent and the right way to approach intimate situations that makes you both feel comfortable,
All the tips and tricks I learned about Zoom Conferencing. I will LIVE in the chat. I'm looking forward to all the engagement that is possible for the peers I work with!!	it was amazing.one of the better SAPR trainings I have seen\been to.
I am going to use everything. I am going to be more vigilant and understand that it is my business to intervene.	Teaching me to care and intervene. Empower others to do the right thing.
Same as last response	Great session to learn about sexual assault intervention and good verbal sexual consent.
I feel the most important part was healthy communication. However today program is not why. I only wrote 'neither agree or disagree' above because the nature of the questions implying everything was learned only today, while many of us are in our 30s or above and already have learned healthy boundaries and communication.	Fun and informative
Everyone is with it! Every time.	Consent is important and always necessary. Also that it's everyone's business to look out for people.
all of it	Awesome training that isn't passive. Provides information that all ages is able to use.
I am always here for you, rather than telling someone what they need to do.	Amazing!
I am always here for you, always.	Very much needed
"If anyone ever has or ever does sexually touch you against your will or without your consent, I am ALWAYS going to be here for you. ALWAYS."	Very informative; great techniques provided.
Letting a survivor know I am here for them.	Intervention for sexual harassment and protecting yourself and others
Communicate with my children about consent.	Entertaining, enlightening, and engaging

Military Members attending the "Can I Kiss You?" 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?**
I'm going to reach out to my grown kids and let them know if ever they need to tell me something about sexual assault/abuse I'm here for them.	Awesome and enlightening
I really liked the discussion on how to encourage people to intervene in situations they normally would not like the bar scenario. Its good to explain to people that everyone is important and deserve to have someone check in on them to make sure they are ok. I will use it in small group sessions. I also really liked the Always statement and will use it with my family and friends.	A better use of sexual communication and intervention.
Be direct!	THIS SESSION IS AMAZING
Using these tools when briefing and being honest with some of our younger Airman about these questions is key to developing our SAPR program	Informative about consent and how to ask for it
How to intervene and how to let a survivor know they are courageous and strong and ask "how can I help" instead of "this is what you need to do"	I would explain that it was very engaging and fulfilling for good information.
All the interactions and the don't be afraid to step in when you see something going wrong.	Excellent course
Use the ask the question. Saw this on an Amazon show "Uploaded" where they had to give consent into body cams	Breaking bad habits to make the right changes.
Since I am married, I'm going to use the communication during intimacy protion.	Awesome information
If you think asking for consent is awkward, it's way more awkward to go for it when you don't have consent	this is a session about asking for consent and treating each individual with dignity
I will be asking my Nephews and other younger family members if they have thought about asking for consent for their 1st kiss.	great interactive session
I am going to use this material information with my Soldiers.	Refreshing new perspective!
Discussing the information with my teen-aged grandchildren. Ask and honestly give an answer.	It was great and informative
Always ask, even if you're married and don't think you have to	It was amazing and I wish they recorded it so you could see it
The asking before you...(kiss)	Interactive/fun, and how to break the awkward boundaries
Tell family friends I am always here for them	Insightful, engaging
Supporting survivors by asking what they need	Informative, energetic, straight-forward
Reach out, let them know I'm ALWAYS here for you.	Great session for understanding verbal communication is essential for consent
My favorite response from this training is when discussing asking permission before kissing someone. If they say no I don't want to be rejected, saying back to them why wouldn't you give them the choice?	Great concepts to use to teach consent
Ask may I	Fun and informative
What would you love for me to do in bed tonight.	Excellent
I will use asking first and trying to help those I know how to feel comfortable with asking first.	Communication and consent
I am here for you.	Awesome ..very informative!!
I WILL COMMUNICATE MORE WITH MY PARTNER. ALSO, I WILL NOT FEEL AKWARD ABOUT INTERVIENING.	Amazeballs! Seriously though, I love all of Mike's presentations!
Bystander intervention	A lively and super awesome event with so much good info
All aspects	A great tool for better understanding consent.
tell others I am always there for them!	See something, say something. Ask verbally for consent
The risk of using nonverbal. Ego	It was Ok
The proper way to ask for intimacy	Eye opening
The Always	Amazing
Telling people I'm there for them, and talking about consent	A valuable and knowledgeable class about consent , trust and respect
Love the part about "If anyone ever has or ever does touch you sexually without your consent or against your will, I am always here for you. Always."	More engaging than the traditional army model
Inject myself into seemingly awkward conversations I feel may lead to sexual assault.	Informative on what to ask and what to know.
If confronting someone, ask for backup	A reminder in how to treat others with Respect, and to be mindful to ask for and give consent to a sexual partner
I'm here with you always	N/A
I like asking a partner, 'want to have fun' versus just waiting and getting frustrated	Far more thought provoking than I initially assumed would be
I am always here for you always	Very informative
Directly asking the question, sharing that with others	excellent
Communicating with my partner	Great source of information
Communicating more with my spouse	Interactive
Asking someone "Can I Kiss You?"	To prevent sexual assault ask before you do anything and stand up for people if you see it happening
Ask the question!	That it opens your mind to make sure you stop someone from trying to take advantage of someone else and to make sure you ask before you do
Ask the question	Get consent
The intervention help	Amazing
Supporting friends	Powerful and moving
Be there	Informative
Asking questions up front	Consent and asking the questions.
Respect	Must be heard
Ask for consent.	Good
I will get the consent of my partner when it comes to sexual intimacy.	Awesome class
Engage with known survivor who're my friends and thank them for trust them for talking to me about it.	Amazing and helpful
Approaching my partner in a mature way, respecting their answer, and empowering them to make positive choices	Amazing
N/A	Tell them they need to get the session, ASAP.

Military Members attending the "Can I Kiss You?" 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?**
Speaking more opening about sexual intentions and more open communication with spouse about sex	Inspirational
restricted and unrestricted	Entertaining
quit back door bump	Good
Trying to creat more passion between me and my wife.	It was very helpful on when you get older or wanna spice up later on in a relationship
Stop sexual assault and rape. Stop using the words taking advantage and call it how it is.	its a great experience overall.
Ask first	Informative
To make sure I'm there for the person of being a victim of sexual assault	Fun and interactive
Stop sexual assualt	It was helpful and informative
I'm going to use the info I learned today to teach others about sexual assault	A good motivating session,creating awareness.
Ask first	Inspiring and a bundle of knowledge that can help themselves or others around them in the future.
Tips on how to speak to survivors	N/A
Being able to help my soldier's	Very enthusiastic
Ask my partner questions.	Great
make sure look around and help people if they're in danger situation.	Very informative on how to handle sexual assault
Respect people	It was great and eye opening session.
Don't say sorry after hearing a survivor story	A powerful message to show the results of ask before actions.
Ask for consent	Make sure u have consent or ask before assuming u can have sexual relations with anyone
Ask first	It was great
Talk more openly about sex and consent	Ask first, talk about it, don't be silent, also protect and do whatever you can for others around you including survivors
I will continue to ask before acting	It was very informative
Ask questions first and not assume someone wants something.	Always communicate don't expect anything
All of it	informative
The asking before sleeping	Very informative
To ask	Paradigm shift in seeing other perspectives.
Communication	Informative
Everything	Informational
the advice and tips that were given to me about consent and sexual assault prevention and stoppage	Go through how to talk to your partner.
To help people who are sexually assaulted.	Eye opening.
Help others get comfortable to speak out when in need of assistance.	Completely necessary
N/A	it was refreshing and eye opening
Ask first	Well informed
Asking	Very knowledgeable
What to say if someone has experienced sexual assault	Very Informative
More likely to tell someone I'm here for them	Very Entertaining, well engage
Asking first and developing a sexual voice with my partner.	To ask
My voice	That you always have a voice and there are people there to help you. As well that mutually agreement is okay.
Being more active in accountability of my friends actions and actions within my presence	Learning about how to intervene in sexual assault situations where people typically remain silent.
Ask more questions about my sex life with my partner	Just ask. No consent does not mean yes.
Nothing	Just ask the question. They might not want it. Respect them enough to ask.
Communicate more after sex on what we liked and did not	It's just to attend and a lot has open my mind and gave me ideas how to interact.
to ask before making a move	It's a great program and it's worth coming to it and listening. You will learn great things that can help someone in need.
Use your mouth to ask question	It was very inspirational
Talking to my partner of likes and dislikes and what we agree is mutual and to ensure we are both comfortable and wanting.	It was great and educational
Letting love ones know I am here for them	It was great
Ensuring the gaining of consent with my spouse by asking and not relying on body language	It was good
Asking my husband about our sexual toolboxes.	Informative points that give you things to think about.
Ask first	Informative
Advise on better communication with my spouse	Informative
to start asking before assuming	I would tell the how to ask and how to be open about sexual behaviors
Try to make myself available for anyone that needs to talk.	I would describe the training and how to intervien and ask the question your thinking.
The toolboxes	Great
The speech you have given, question, and be able to be comfortable when you ask.	Fun and engaging
The information	Enlightening and promoted sexual communication normalcy.
That my loved ones and. Oldest friends are always able to come to me and talk to me about there experience with sexual assault.	Educational and important
Stop others from using alcohol to sexually harm them	Ask
Sexual voice with my spouse. No more assuming they want or accepting assumptions from them.	Amazing
Look after my family and friends.	Alot of information to discuss. Educate them on more effective techniques. ASK
Letting my family know i am here for them	To always ask first before anything sexual happens.
Learning how to ask	Must take
Knowledge to spread to other soldier and hopefully make a difference in today army	Involved, relatable.
I'm going to ask before initiating anything sexual.	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?**
For my wife	Important .
Everything	How to be understanding when it comes to sexual assault and sexual harassment.
Communication	Helpful
Can I kiss u question	Great session
Better communication. Be open to talking about what I am comfortable with.	Great learning experience
Being more aware of my partners wants and learn things that I've overlooked.	Good
Be more active in stopping preditorial behavior and choosing my words carefully when Talking to survivors.	Extremely informative and very knowledgeable guest speaker
Asking before engaging in intimacy	Engaging and different
Aske to kiss or do anything sexual	Amazingly educational
Ask first.	Recommend attending
Ask first even in relationship	Not many notes and is very interactive. Important information being put out!!
Ask first	Good training
Ask first	Awesome
Ask First and mutually agreement	informative
Ask	It was very out going
To ask first and respect their answer.	Knowledgeable
The book	Very good class to attend.
Talking with my partner more	It was good
Talking	Informative
Respect	Ask before performing sexual advances
Open communication	It was useful & very knowledgeable.
Everything	Ask First
Everything	Ask
Establishing training around consent	Make sure you ask first it's better that way and if you see something wrong step in
Can i kiss you book.	In depth, detailed
Ask first.	Great fun and very meaningful
Ask first	Amazingly helpful
Ask a question before anything	to ask
Ask	Very educational
Everything and apply it on and off duty	They missed out
Ask first and allow choices!	Simplistic
Ask first	Powerful
ask first	It was very informative
To help others that I know who have been hurt	Informative
Helping prevent someone taking advantage of another person	Good.
I will ask if I can do something before I act.	Good training
Asking	Good
Ask first	Quite interactive for having to be via electronic means!
Asking before sex	This session was very informative. Even if aware of the information that was presented, it's a beneficial refresher.
Safety	Eye-opening. Thought I was well informed on this topic, but I learned a few things. New insights.
Ask before taking actions.	Best class.
Ask a Question	The presentation addressed intervention, consent and culture in way that was a realistic and accessible
Ask	I would tell them you are a very entertaining and engaging presenter and it was actually fun being in this training.
Stopping someone from sexually assaulting	Debunk myths we've bought into preventing intervention and honest conversations
Be aware of other people about taken advantage of	talking about consent and what is and isn't consent.
Ask first	I'm not sure. There was a lot to unpack.
ask for concent	Great
ask	This training was very good. If I had the session I would use it as a teaching tool for my children.
Everything	VERY INFORMATIVE
Consent	Responsibility to intervene and not blame the victim.
Asking questions	Very informative and fun
Ask first	Very good! The instructor engaged the audience to participate and made it very enjoyable.
Ask first	I would describe the session as an engaging training session about consent and sexual assault.
Always ask first	informative
Already applying it, no change	Acknowledge people about the program
A lot	Understandable
Look for ever more ways to seek consent.	Beautiful and enlightening experience
Consent between partners in a mutual, romantic relationship.	Candid, engaging and enlightening, also fun.
Take courage to intervene when necessary. Use non-confrontational strategies if possible.	Great information about SHARP that I was not aware I can do.
Make the soldier to feel safe.	How inform and details are to help prevent sexual harassment
There are things about healthy relationships I want to teach my children	It was a great interactive session that allowed for responses from the participants and feedback from the facilitator. Loved the ability to write response that Mike provided great comments..
Why consent matters	A must see; informative, relaxed, upfront, interactive learning. I learned a lot.

Military Members attending the "Can I Kiss You?" 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?**
I'm going to remember to ask before approaching my partner, and let him know I expect the same from him. I'm not going to be pressured to say, "yes" all the time.	Helpfull
That verbal isn't always accurate	Excellent
Being more explicit about asking for consent.	I would tell to make sure they see it and understand that no means NO!
Talk about it	Something that they should definitely take.
Ask before taking.	informative AND EASY
INTERVENE	amazing
Explaining who the problem is in the situation. That was clear in the program.	Well, we can actually act out the scenes, It's simply respect for others.
Discuss with my kids and family	If it makes you feel bad it's not the right choice
All what I heard from the instructor and all the participants	Awesome!
I will use some of the intervention methods.	Must take
nothing, i don't socialize	Lively, over before you know it, and a great approach to getting the conversations started!
Helping this people like he does	Great presentation
I'll support the program 100 percent	U need to watch it
How reduce the sexual harassment protocol	Informative.
Ask First, and encourage others to do the same.	Information
Make sure to intervene when needed.	Do'a and dont's, how to properly get consent
Help prevent sexual assault.	Short n' Sweet
Words give you clear answers	Great info.
No is not mean; not rejection.	It will give you a different point of view
Better Communication	great
intervene	I would tell them that the training was very direct/ interesting and would recommend that they review it.
I have leaned to ask prior to any sexual encounters of any kind.I	That it alerted me of what is happening all around when someone meets someone at a bar and they are intoxicated. A lot of people are doing this especially our younger generation.
Awareness and not be a bystander.	They need to definitely watch it.
Be AWARE	Very useful
Everything	They missed a very good class.
All of its content.	This was by far the best training I have received since the start of the SHARP program.
The knowledge that it is my choice.	Same as other classes
Everything, there was not one topic that can not be used in our day to day lives.	Watch out for predators
Ask questions and Communicate more	Very enlightening to the unknown
I liked the idea of clear, open communication when it comes to any relationship.	Good class, more interesting than I expected
Ask don't assume.	Very informative
Sexual assault/ harrassement	Educational
Sexual assault/ harassment conversation with loved ones.	Connected to the facilitator
Discus any issue with family and friend to help them better understand SHARP	It's about consent and establishing a line of communication. What's acceptable and what's not.
Everything great knowledge	Important information to pass on to your children to prevent any misunderstandings between them & a partner.
Ask first	Interactive
Ask consent	Info to help others to know how to prevent sexual assault.
Everything	How important it is to be aware of others and their situations as well as the importance's of asking
all the information was learning tools.	very enlightening
To ensure my friends are doing the right thing when they go out to have a drink.	Informative
Common sense	This session is gives insightful information to prevent sexual misconduct from others and yourself.
Be there when needed and ensure people know they have an out	This is a seminar that will enlighten you concerning interpersonal relationships.
I'm going to start asking my husband for kisses and sex.	Very valuable; provides a new perspective.
Intervention in situations where a possible sexual assault might occur.	Excellent, the best one
Nothing	This was a great program
Better judgement	This session will introduce you to what is reasonable and acceptable to your mate or spouse.
The ability to talk to someone if they have been assaulted.	It's a must, very informative.
Caution	Excellent learning tool. Mike is professional in conveying the message with a sense of humor.
My value and its importance of knowing it	Different and Uniquely the same.
Communication	AWSOME/VERY INFORMATIVE
Ask my wife "What would you LOVE for me to do in bed for you tonight?"	Very informative.
Keep an eye out on your buddies.	Very informative.
COMMUNICATION IS KEY	Very informative and engaging
Trust and understanding	Very informative
Communication	Not your typical Sharp Class
Communication and awareness	Open log with instructor with good information
Respect one's space.	Well done
Ensure to verbally speak up, to say NO for unwanted sexual actions, and to respect and help others.	Very informative and easy to follow, must see
Ask First!	Very good

Military Members attending the "Can I Kiss You?" 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?**
Discuss intimacy with my partner.	Very enlighten
Always talk to your partner and get a good understanding from that person.	Realistic to what our Trainees would have to deal with after 22 weeks of limited intimacy and interaction with same or opposite sex that they're attracted to.
Just because you ask doesn't mean that you get.	It was great information and the instructors motivation was awesome.
Communicating and knowing that I have a choice to say no. Without filling bad.	Facilitator used audience's comments to make the training more meaningful
All of it	Very informative, interactive, and different from our normal SHARP training
A lot of great teaching points to share with my teenage daughter.	Informative
I will use everything.	SHORT AND SWEET
AWARENESS/EDUCATION	Only you can share the details. But I will say very informative.
How do you want me to please you tonight	Great training
Ask my wife "What would you LOVE for me to do in bed for you tonight?"	Great Speaker
Ask before acting	Awesome! Mike is fun even thought this issue is serious. For sure not boring!
All the information provided.	awesome/informative
All information that could help make a better impact on my home and work life.	an abundance of opinions about situations where people willfully degrade their decision making capability
Look for warning signs and know that I have the choice to say yes or no at any time.	Waste of government money
the knowledge learned concerning, being there for someone who comes to me about an event that has taken place in their life	Very organized and motivational
That it is ok to say no, that is a freedom	The session was very informative and concise.
Keep in mind that sexual assault can happen even in relationships	Interesting and different
Encouragement	Informative
Definition of consent	Great info. Reminder for all to step in
Always be ready to lend a helping hand.	Exciting and Informative
All the information	Able to transition to comments seamlessly. .
All information presented	You missed the best SHARP TRAINING EVER
pass the knowledge down to our Soldiers within our ranks	Very good info
Ask what you want or like	It was very informative
That I have a voice, that i can say no, or yes, that I can and will look out for others.	Informative
Teach Grandchildren how to respect others.	I would tell them it was very informative, and that they should participate in the program as well.
SAY NO	Have ear and eyes open
Pay attention to signs	very informative and great interaction, was easy to watch and never a dull moment.
..Share what I learned that has been helpful.	Very informative discussion on sexual assault
information for future students to think about	Very informative
awareness/education	Very good
What do you want to do in bed tonight?	Useful in many ways and will help boost people confidence to speak up
The body is a temple.	Powerful and understanding
That its all about respect and common courtesy	I would tell them this is excellent training and well worth the time. It has lessons for everyone.
Nothing	Great training
Intervene	Great information on what it means to have mutual understanding/respect in all aspects of a relationship.
I will use my voice to continue to empower my children and their friends from experiencing what I've experienced	Awesome training
I will share it with my daughter.	A high- energy, informative training. Good parts for singles, married, children. Included some important faith- based points. My only disappointment is that it focused only on assault and sometimes people don'trealize they are hurting others if they don't actually commit assault. However, there was only one hour available, and this speaker has MORE info available on other platforms that is worth seeking out.
To be more focus	informative from a good point of view
Talking to the youth at my church	good training!!
Stop look and lesson	Very interactive
I will use communication and respect.	Valuable information
Have my wife watch the 130 class	There was new information, not the repeated information from previous years, some old, some new
All information	It was very informative and touched on a subject that is very much real and it happens more than the think.
Open communication about the meaning of consent with all of my family members.	It was very good training every day life lessons
It's ok to intervene	Great session...very informative
I will use this training as a tool to teach others especially my youth church. i gave great information on what is and is not acceptable and what we can do to help others	Give them the tips that was discussed.
I will intervene if I see something that looks like a situation that might get out of control. I will talk to people about choices. We have freedom to choose to have or not have sex.	Best SHARP training I have had in a long time. Different and engaging
How to speak up when stuff gets serious	A lot better than watching the same sharp videos year after year
Everything	unique unlike other training before...
Communication	straight forward explanation of right and wrong in terms of the subject matter
Communication	its very packed with information on what is right and whats not right.
Asking first is important	great information and interaction.
All of it	Very informative should've been there to watch it
"No is not mean!"	Very informative

Military Members attending the "Can I Kiss You?" 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?**
speak up when needed.	Very educational and forward information.
show my daughter	Provides self awareness and personal responsibility in regards to appropriate behavior and common respect.
educate my grand daughters	Please take the class, Mike is awesome
Not use alcohol so much to lead to sex	It was very informative
No is not mean	Informative
Mike is a great resource and have my teenage kids watch the one later.	Great talk, easy to watch and listen and excellent content
Intervene if I think someone might be in trouble	Great Training
I will use what I learned about asking for consent by doing it myself and teaching it to my children.	Great
Educating everyone to say it is everyone's business, if you see it, you have an obligation to do something. Maybe make it a criminal offense (2nd degree), if you witness the incident and do nothing. You are part of the problem.	Good discussion on the subject
Communication is the key	Fast paced. Informative
the ability so say no and knowing that saying no is not mean.	Excellent
make good decisions	Excellent
Work	Cheap/waste of government money
Sharing with teens in our program.	Awesome and informative
Respect and listen	Adequate training
Remembering that the act is not the victims fault it is the aggressors. If they hadn't committed the crime it wouldn't have happened.	A very informative session.
Nothing	very informative
No means no	Very valuable, provides a new perspective.
Make sure that if I feel that a person is intoxicated and about to be taken advantage of I will intervene to help the person.	Very interactive and keeps your attention.
Make better decisions on helping folks when in danger	Very informative interaction is great
I had no idea so many people were uneducated on these topics, I will use this to be more obvious to those around me.	Very detailed but I form
How taking revenge for a loved one who is a victim of sexual assault won't help the victim	Not your standard training. More interesting and interactive.
Everything especially the consent information	More valuable than I was expecting
Communication and step in if see something wrong	Instructive and engaging
Communication	Informative
Communication	Good
Communication	Fun and full of information
Be more alerted	Detailed information
Ask what they want	Awesome
Always ask	very interactive
All of it to educate my children	very informative
The dialogue to discuss this with my children when they reach that age.	interesting
Tell them yes or no	a good outside perspective that is helpful
Teach my children to get a few friends and intervene if they see a potential situation.	Very good and fun
Respect a d freedom	Treat everyone with respect
Na	To watch this video.
My choice to say no	Life learning
More openly discuss the topic with my kids	Informative
Discuss intimacy with my partner.	Great training and good information a must see
Awareness of other's actions.	Good information. Awesome training
Asking for consent no matter how weird	Good information
Ask first	Explain that you have the right to say yes or no in a sexual event!
Ask first	Dumb, useless, huge waste of time.
talking to my partner more.	Very eye opening and interactive
show my teenage daughter	It's motivating and captivating.
ask first	It was fun, informative.
Saying no is not mean. I have a choice.	The speaker knows what he is talking about, and all of your questions that you didn't know you had going into this will be answered for you!
Say No!	This class is a really different way to understand "consent" for sex.
It's not mean to intervene	Engaging and informative. A lot less boring than a sharp brief.
How wonderful it is to have to use my personal computer or phone to watch an hour long program that doesnt count as the SHARP training that I was told.	It was like marriage counseling
How to communicate	Informative and valuable
Evertything	Engaging and informative.
Empowered other to say NO	Interactive and lively
Better socialize my children to respond and ask questions	Very informative about things people don't think about involving consent
Ask first	It was very enlightening to everyday actions taken in a relationship and around groups.
Ask before doing	Inspiring and a learning experience
Ask before I kiss someone	Educational
Bring further awareness to my command especially newly trainees.	life changing and informal.
Awarness	A fun educational training
All of it especially with my children.	Always get consent from someone before advancing and if you see something say something
I'm definitely going to use the graph that outlines what is needed for a healthy interpersonal relationship.	funny yet informative

Military Members attending the "Can I Kiss You?" 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 Steps for a consensual sex for my Airmen. I think that's good.	It's always good to ask first, never assume anything. Make sure that people know they can count on you
It never occurred to me how many people in the army felt it wasn't their responsibility to step in and interfere.	Insightful
Everything	Great
All info	A better type of training, better than PowerPoint by miles.
Ask first.	Missed good training
Rainn.org	I would tell them it was an incredible learning experience
Consent	Explain to them what you learned
Create a safe place for three loved ones.	Great
To ask	Ask first before any sexual advances and know when to intervene
Preventing sexual abuse	Great
i am not going to be arrogant or selfish in intimate acts.	Something that ended up being very powerful
Prevent	Interesting very interacting
Ask first	Slowly
Ask before sexual advances begin	It's like I wasn't there
ask before i do	Enlightenment into our societal beliefs.
I'm always going to make sure people know that they can come to me about anything.	A quick briefing on what to do and what not to do.
How to stop sexual assault	It was really helpful
Clarifying my wants with my partner	Think of people who are generally invading your personal space to get to you. Now think of people who will help you out.
Ask the question and respect the answer.	Really easy to understand, the message is clear. Consent is key in relationships.
Ask first	Best Sharp training. Informative and real. It's my second time attending this training and I'm always learn something different
The hotlines if need be.	Audience participation
Intervention	Asking always
Treat everyone as a human being	Ask first don't assume Care for another human
Asking	Very informative
Watch what I say, and do around others and ask someone before I perfor	Tell them to go to website to see for themselves
Ask for a kiss	My battles
I now know how to talk to someone who was sexually assaulted	It's all about consent and looking out for others whether you know them or not.
Asking my wife what can I do for you tonight? To improve communication	It was useful information
Everything	It was an ok session. Sometimes everyone needs a reminder
Be braver when it comes to protecting my friends and family from such assaults	Informational
Ask first	How to ask before doing something and to have a better way to intervene
Ask first	Helpful
N/A	Entertaining
Ask for permission	Eh.
The asking portion with my wife	Educational
Promise my sister that I am there for her	Educational
I would use a different wording for possible sexual assault.	Don't be a bystander
Consent	A great look at the greatest issue in the US.
Checking in on people.	Very informative, and life changing.
Asking	Very educational
Ask first Give my partner a choice	That be smart and be there for people that need it and respect their opinions
The parents approach for my children	It's okay to ask someone to be intimate with them.
The intervention style more	It's a great way to learn about sex positivity without all the studying and research normally involved.
Talk to my partner	It was very insightful and learned more about how to act
Probably nothing.	It was informative and eye opening and definitely made me think.
Letting people know I am there for them.	It was funny and serious
How to be a safe space for people	It shows the importance of intervening if you see an unwanted sexual act and it explains the importance of consent
Everything that was mentioned. It is already a practice of mine	Instructor does good job on keeping everyone paying attention
Everything I learned	Informative while keeping everything entertaining
Everything	Informative
Ebook	Entertaining but informative
Consent	Being Aware of the people around you
Can I kiss you?	As an interesting way to have sexual harassment and sexual assault training
Asking permission to kiss	A very helpful way to get consent
Ask my wife what she wants to do in bed👌😎	A great insight into things we normally dont recognize or think about
All of it	You can learn a lot from hit
Treat everyone as a human	Very knowledgeable.
Tell family I'm here for them.	Very interactive and recommend to attend.
Talking instead of using the booty bump	Very interactive and educational without being dry
Stepping in on bad situations	Tik tok
Quite a bit, since I heard a lot at this program that I've been doing for years.	Respect your partners sexual decision
No such thing as a bystander	Real talk
It's better to ask than to make someone feel uncomfortable.	Pretty useful for not making consent rules draconian.
I am going to intervene when someone needs help or when in a situation where they may be sexually assaulted.	Outstanding.
Help people more than I already do for situation like this	N/A
Everything that Mike taught me today	It was worth it

Military Members attending the "Can I Kiss You?" 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?**
Everything	It was very informative
Everything	It was a new perspective on sexual assault prevention that I appreciated
Choosing to care for other people I dont know	Inspiring
Asking question first	I would tell them to read the book
Asking for consent from my partner and communicate more	Great program
Ask my wife for her consent before I act	Great
All I've learned	Go
.	Fun and interactive
Tell loved ones im here for them	Eye opening
Survivor resources.	Energetic and interactive
Resources to help victims	Don't let anyone be a victim
Promote intervention to my soldiers	Dont be a bystander
N/A	Cool
I'd like to help others with the knowledge I've learned.	Awesome
I will ask more and be comfortable being awkward	Amazing
I already used these things before	very informational and knowledgeable
How to stop a creeper	You always need need to ask first beforE you do some thing and get an answer
Guidance	Very informative on sexual assault and a good time while speaking about very important things, to have to do with sexual assault.
Going to two my partner what I want.	Very informative and let them know what I learned
Going to ask first	Very eye opening and informational.
Expand on the specifity of my question when asking my wife when interested in engaging in sexual activitiea	Very brief open conversation
Everything	Teaching someone to ask for what they want to make everyone around them more comfortable
Everything	Super fun
Everything	Quite dry, but very important
Asking before assuming.	One of the best sessions I ever had
Ask what they want	Learning how to be a man
Ask my husband for consent and respect his answer	Knowledgeable
Ask more	It was fun and informative
Ask for concent	It was about how to respect another's choice
Ask first and not use the back bump.	It was a normal sharp brief with more points and invalid statistics.
Ask first	It really pulls people out of their comfort zones and makes you think about things that you dont but should be thinking about.
Ask first	It opens your mind up to how to get your partners in the mood without taking advantage
Ask first	Inspiring in one word.
Ask first	Informative and eye opening.
Ask before kissing	Informative
Ask "Can I kiss you"	Informational
Always ask	Important
ask first	How to ask a partner about having sex
To intervene in a bad or could be a bad situation.	Helpful for sharp
To create comfortable space for survivors.	Helpful
To communicate with my spouse more si I know how she is feeling and what she wants.	Great, and informative class about respect.
Tell others I'm here for them	Great learning experience
Tell a loved one I got their 6	Great interactive program.
Respect for others	Great information and learned a little something out of it
Respect	Great experience
Reference	Great
Nothing	Funny
Not to be afraid of asking	Fun, interactive and mature.
Not sure yet	Fun and educational
No more back door bump	Fun
Intervine if someone is sexually assaulting someone	Fun
Intervening and asking first	Full of useful information
Intervene	Full of information
I will step in for anyone who is likely to be sexually harassed/assaulted	Ask permission
I will make sure to ask my partner for consent	Ask before doing
Gender neutrality	Amazing and informative
Everything	Always ask
Everything	A skit with tools that allows you to communicate with the opposite sex more effectively.
Don't back door bump my wife	A 90 minute speech on asking for consent
Don't back door bump	very informative
Consent	it was funny and actually very educational.
Communication	Very important for Today's generation
Cfr website	Very funny but serious
Call it what it is if someone is being coaxed into any sexual harrassment or assault.	Useful
Be respectful	That it's a great learning experience
Asking what she wants done to her	Powerful
Asking my wife for permission	Powerful
Asking my wife for Sexual Intercourse.	No means no!
Ask what they want before doing anything	Knowledgeable
Ask my wife what she'd like me to do more often.	It's sex and consent made fun, yet informative.

Military Members attending the "Can I Kiss You?" 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?**
Ask my partner what they want and what they don't want.	It's great!
Ask more questions, and respect the answer givin.	It's explained thing that should be common sense
Ask first	It was a class on how to be more mature about sex
Ask first	Insight look on editions great
Ask first	Informative
Ask first	Idk
Ask can i kiss you	I would say it's very informational, the information is useful
Ask before doing	I would describe that everyone deserves a choice out of respect
Ask before I kiss	Great, fun and informative
Ask	Great Information
Ask	Great
Always ask	Good
Always ask	Good
the resources	Fun way to learn about consent
better communication with my husband	Fun and strongly recommended to others
To talk to family	Fun and informative
To ask first	Explain to tell them what you can prevent from happening
To always ask before trying anything	Engaging
Nothing	Educational
Not be sacred to ask	Educational
No bumping	Cool
My brain	Cool
Knowledge	Consent=important
I'm gonna stop rape	Consent
Intervine	Asking
Intervine	Ask
Intervention	A session that they should have went to it was informative.
Intervene	A fun interactive session with great points and information
Im going to ask the Can I kiss you question	Very informative
Idk	That ask before doing anything
How to intervene.	Tell them to ask for consent
How to ask my wife the right questions during relations	Inspiring
Help someone	Helpful
Get consent, even if you're a female, married or in a same sex relationship.	Cool
Become verbal first	Ask first
Be more active	The session showed the importance of getting consent and how to prevent and fight against sexual assault and its affects
Asking questions	Relationships need mutual understanding and respect between people involved.
Asking my partners if they would like to have sex instead of just doing it.	Great go see it
Asking first	Very informative session
Asking	A course on how to properly ask for consent in a respectful manner and how to identify predators among our peers in a social or private setting
Ask questions	An eye opener
Ask permission	Engaging, easy for the younger soldiers to understand and relate to.
Ask first	Inspirational
Ask first	It was interesting and easy to understand. It was funny to see how comments and situations you don't think about can be looked at different.
Ask first	Worth it
Ask first	Speaker holds your attention, the true definition of the situations saw eye opening and made me feel like I color coat everything to make it more acceptable
Ask before I attempt to have intercourse	Insightful and heartfelt.
Ask First	Very helpful and will make you feel welcome
Ask	It was an excellent training session where we learned realistic ways to apply in our life.
Ask	Fun and educational
Alot	Consent is key
Make sure people know I'm there for them 100% regarding sexual trauma	Ask before and get a consent before going in for any sexual activity. Prevent rape by intervening it doesn't matter who is involved
Intervene more	It was an entertaining and informative Training session.
Everything	I would tell them they need to go to it because it's real life
Asking questions	Just the way it was put
Asking	Its beneficial
Ask for consent	Impactful
Always ask first instead of " just going for it"	Fun and engaging
All stuff	Confusing
I am going to make sure to always get consent and to stop or help prevent sexual assault or harassment from happening	Awesome. It has a little bit of everything including a fantastic speaker.
Ask my partner what she wants. And let others no it's not embarrassing orawmm awkward to ask permission first	A very good insight on healthy relationships
Ask before touching	The inspiration is there, but not many will listen.
The confidence to utilize the skills presented today in future endeavors	It was very important and definitely relevant.
Discussion techniques	In general we want people to stop neglecting their partner's decision and choice
Many of these behavior I already implement.	tell them about the importance of ask first
Ask first	Starts with many false narratives and assumptions. However, once past the attempt to be funny and into the material the presentation is great

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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?**
Asking for consent from my husband so it normalizes consent for my daughter.	It's about asking your partner before going for it
Always ask	Interactive, fun, and informative.
the Marriage portion of the training	Encouraging
I'm going to apply the information provided in the presentation to both my personal and professional life. I am currently working as an advocate for survivors of sexual assault and domestic violence.	Awesome training, they really need to attend it.
Teach others that Consent is okay	This was truly an awesome session.
Learn from my mistakes	This makes understanding SHARP important
I'm going to use a more romantic approach whenever I ask my husband for sex. And won't just wait for him to ask first.	That's a tough question I guess I would explain the highlights of the event I guess.
Ask first!	Learning to be more respectful
Ask first	Just ask! Be confident and not arrogant. Dont confuse the two terms.
The information to inform others.	It's a great lesson on the way to deal with intimate interpersonal relationships.
Intervening	It was a great program
Ask better questions	It was a good program that offered a different perspective on intervening. Different than most army mandatory trainings. Highly suggest we do more training like this.
Well I'm surprised but I've been asking	It is a life changing experience that everyone should see whether they're in the military or not.
The thought process	Informative
Pro activity isn't universally better than reactivity in all situations especially in relationships	Great speech. Lessons everyone can take from speech
Nothin. I base my actions on the partner of my choosing I listen and ask for there input	Great and interactive
I am going to ask before doing sexual acts	Educational
Help more people	Better understanding of how to be in healthy relationship/marriage
All the tips on how to have a healthy sexual relationship.	ask first
asking before acting	We went over simply asking if someone is ok with it or not. Don't be a bystander and not help someone in need of it
Talk about wants from my partner instead of assuming what I do works.	Very informative and eye opening
Ask first	Very important class that people need to attend
Understand how I can be there better for my wife that is a victim of sexual assault.	Very different from the normal sharp training. I was engaged the entire training.
Literature on n conjunction with counseling	They have to go to one it's fun and knowledgeable
Fortbliss Texas	Raw ,real eye opener
Asking my partner what she wants or if she wants to do anything.	Learning how to be more respectful
Ask first	It's was more fun then my last training
Ask first	Its a great training
Take a different approach for sex	It was very informative and inspirational I would highly recommend others to attend this session.
Make my partner ask me first instead of getting what she want.	It was good
I'm gonna ask what my partner wants more	It was an amazing class that I've opened allot of eyes
Intervene, ask first	Informative and mind opening.
I'm going to talk to some people and let them know I care and I am there for them. I'm also going to use some of the phrasing about calling assault what it is.	Informative
I'm going to ask first every time and will always ask my partner what they like/dislike.	Informative
I am going to be more attentive to my wife's needs.	I would highly recommend it to others
How to handle sexual assault	How when we ask can be a difference
Everything	Great way to explain the epidemic of ignorance in our society towards sexual assault and rape.
Asking my wife sexual activities she likes more.	Good, entertaining training
Asking first	Funny to keep the attention, and informative to keep the seriousness.
Ask first	Fun and interactive training that had lots of good information
Ask before acting	Effective communication is key to partnership
ASK and INTERVENE	A good class that pulls the crowd into pertisapateing.
To step up for the ones that can't help themselves	it was fun and actually learn something
To ask first before acting	Very interactive and fun
The back door bump	Very informative and engaging
Talk to my loved one and give her encouragement	Training on becoming a better person
Read his sisters story	The greatest Sharp training.
Paying more attention	Sharp training
More effective communication between partners	Powerful
More communication	Life changing
Making sure to ask my partner about their likes and dislikes and what they want and don't want.	It was alot better then a sharp brief.
I'm going to start asking my wife	Interesting
Intervene	Informative
Im going to ask first more often rather than assume.	Informative
If I'm able to intervene I will	Informational but also funny and entertaining
I already engage in asking before intimacy and will continue to do it	Informational
I already ask for my wifes consent. But never asked for feedback.	Helpful and informative
How to stay in a healthy sexual relationship	Great. Very informative
How to intervene and be there for my loved ones who have experienced sexual assault.	Great learning experience
Have my eyes more open especially at clubs and bars	Great advise to grow on

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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?**
Good training I already do this	Give a brief
Going to ask first	Fun, interactive and informative.
Everything	Fun & engaging
Be there for others when in help	Eye opening
Avoid using no verbal queuing	Eye opening
Asking my partner before just assuming they'll be ok with being intimate	Engaging amd funny
Asking first	By giving them a full summary.
The new skills	Always ask first
Telling family and friends I'm here for them	Always ask and use your words
Stand up for people	A quick speech on common behavioral issues related to SHARP and simple solutions to them.
Partner intimacy	A must see
Opening up to loved ones	A great, informative in depth conversation
More likely to tell loved ones	sharp class that was fun
Intervintin and I will first	Very powerful and informative
Intervention	Very interactive with the crowd
Intervention	Very informational
I will intervene	The beat sharp class ever
Everything.	That it was very informative on how to deal with loved ones
Everything	That it was one of the better sharp briefs out there made you feel like what would happen in so many different views etc
Dont be a bystander	Proper consistent
Consent & asking	Just ask before you do any sexual stuff
Careful choice of words when offering to be available for support/whatever a survivor may need	Just ask before you act
Can I kiss you asking for consent	It's about asking first and intervening
Asking first	It was very helpful and encouraging
Asking consent	It was surprisingly good.
Ask. Look for signs if people need help.	It was a great program
Ask the question	Informative
Ask my wife what she wants me to do to her in bed	Informative
Ask my wife what she doesn't like.	Informative
Ask more	I would explain the importance of asking before acting.
Ask first	Fun interesting and important
Ask first	Educating
Ask first	Brilliant program, everyone should hear it
Ask first	Attend
Ask First	About being clear in dating
Ask	A very good one that was informative
Ask	Very informative and entertaining
sharp	Very good and applicable
To help loved ones	It was not boring.
The knowledge gained	Interesting and helpful
The concept of asking first.	Informational
The I am here for you, instead of I will kill them	Im not sure
Talking more with partner than just making moves	Great
I'm going to ask.	Fun and informative
Intervene if something doesn't look right	A difficult topic very well presented
Finding my spouses interests	A great way to learn about relationships
Everything	About respecting yourself and others.
Everything	Active Bystander training and learning it's ok to ask.
Can I kiss you	Amazing sigh up the next time it is offered
Asking can i...	amazing, real
Asking	An entertaining but serious presentation that captures the best ways to understand what is and is not sexual assault and how to get the most out of your relationship.
Asking	Conversational and applicable
Asking	Enlightening
Ask more	Good and informative training
Ask first	Informative
Ask first	Informative
Ask first	Interesting food for thought
Ask first	Outstanding and very engaging.
Ask before jumping in	Very eye opening
Ask before	Very influential and a great learning tool
Ask	Very informative
The idea of communicating more.	Very informative and very interactive
No more back door bumping	Very interactive, relevant & energetic
Intervene	A discussion of healthy sexual relationships
How to navigate sex in marriage	A great way of communication to make someone feel more comfortable and respect their feelings if they're in a personal situation.
For prevention	A interactive fun program that shared the importance of consenting and sexual assault
Everything	A interactive training opportunity
Everything	A lot of hard situations that actually happen.
Ask firsy	A must attend
Ask first	A open conversation that hits hard topics and gives good advice while making it fun and easier to talk about.

Military Members attending the "Can I Kiss You?" 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?**
Ask	Always ask, never assume someones consent, be patient, and compassionate. Step up for those that look like they're getting any harassment. Also, body language is unreliable!
Ask first before doing anything	Amazing
Asking my partner for permission	Amazing
Awesome resources, forcefull back up and how to, jump in and how to ask	Amazing and strong
Discuss sec more openly with my partner	Amazing program
Educate my sailors and better myself	An engaged discussion
Encouraging people to have frank conversations about their interests and limits.	An interactive conversation regarding sexual relations between adults of all ages.
I am working to normalize conversations about asking for consent, sexual assault prevention & suicide prevention.	An interactive presentation that's not death by PowerPoint
I like the Ask First argument and agree it's something that isn't modeled or taught in society or schools.	Ask first
I will be more engaged.	Ask first
If someone ever has or ever does, I will always there for them	Ask first and respect the answer.
Intervene	Awesome and educational about how to prevent sexual assault and how to ask for consent
Intervene	Awesome comfortable environment to discuss a tough topic.
Let 3 friends know I'm here for them.	Awesome. People should definitely go to a seminar or meeting with Mike
No is about freedom of choice and not rejection.	Come to find the how and why.
That's just me	Consent is in the moment
The books	Cool and honest
All I have learned	Definitely a training worth attending!
All of It	Definitely WAY, WAY, WAY better than the normal boring sharp classes that is just bullets from a book shoved in our face. This meeting was definitely way more engaging and relatable
All of the tools necessary to stay safe and keep people safe	Detailed
All the information provide, including information such as consent is in the moment, and always ask, among others.	Different and amazing
Almost every thing which I learned from it	Dynamic, interactive, effective!
Always ask	Educational
Always ASK!	Educational and informal
Ask	Empowering and encouraging to be better.
Ask	Engaging
Ask	Engaging
Ask always	Engaging
Ask and no just go for it.	Engaging material and great speaker on sexual assault awareness
Ask and respect	Entertaining
Ask and respect answer	Everyone should be taking care of everyone. Everyone should have choices and freedom.
Ask and respect the answer	Extremely useful; not like the others that feel like "checking the block" kind of training.
Ask and respect the answer.	Eye opening, informative, and interactive.
Ask and respect the freedom of the answer.	Find the next one.
Ask before	Fun and informative
Ask before everything	Fun and with great discussion
Ask before making any sexual advance	Fun education
Ask first	Good session, attend if you can
Ask first	Great
Ask first	Great
ASK FIRST	Great
Ask first	great
Ask first	Great & Informative
Ask first	Great information
Ask first	Great learning about life
Ask first and accept the answer even if it's no.	Great learning experience
ASK first and respect the answer	Great message and speaker
Ask first and respect the answer.	Great speaker. Honest responses. Considerate of survivors
Ask first and respect the answer. Take the first step by asking.	High energy, very applicable to a broader audience.
Ask first, and respect someone's answer.	Highly recommend, eye opener
Ask first, respect answer	How to get permission and what permission is and isn't.
Ask first, respect the answer.	I tell them to ask for consent first.
Ask first. Also using my friends to intervene a person interacting with a predator possibly at a club. Make the man awkward	I will tell them to get to the next meeting or look online for Ask First.
Ask for Consent and respect the answer	I would say the session was great and a lot of vital information people do not know about or use.
Ask for consent in the moment.	I would tell them that they give amazing scenarios and information about how to ask fist and just know what kind of communication you need to ask or should be asking
Ask if I can kiss first	I wouldn't. We don't need a preacher in a 20$ suit to tell us things that are complain sense to normal good people.
Ask if I can kiss my partner	Importance of sexual harassment
Ask in regards to consent and not assume.	Informative
Ask more questions in my dating relationship	Informative
Ask more, not just about sex but in daily life with my partner.	Informative and interactive
Ask question and respect the answer	Informative, educational, effective
Ask questions	Informative, joyful and realistic
Ask questions and respect the answer.	Informative, proactive, knowledgeable, etc.
Ask them for consent even though we've been together a long time	Insightful
Ask, and respect, teach people to use questions properly	Interactive
Ask, support	Interactive and Effective

Military Members attending the "Can I Kiss You?" 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?**
Asking and giving the option and making sure I can get consent during and before	Interactive and engaging
Asking and respecting the answer	interactive and entertaining
Asking can be awkward but everyone's awkward and it's very normal.	Interactive, interesting
Asking first	Invigorating
Asking first and respect the answer	It is a very energetic and, friendly he responds and takes questions.
Assist a stranger	It poses a lot of good questions and senerios the normal SHARP program doesn't cover. It also goes into more detail about established partners.
Be considerate of others	It was a good all around sharp training.
Be more informed	It was a great event training outside of the Army Sharp training. Engaged prospective.
Be more open with my partner	It was a very informative seminar on how to navigate the tough situations and scenarios around sexual assault and sexual harassment. Role play scenarios were utilized to gain a better understanding.
Being direct with my spouse	It was an actual conversation and not just someone speaking to a wall
Being the person that steps up when someone is in an uncomfortable situation	It was an excellent speech
Bystander courage	It was an informative session on how to approach sexual assault and prevent sexual assault
Call it what it is!!!	It was different but good
Can I kiss you? Ask first, respect the answer.	It was engaging and informative.
Communicate better with my partner	It was great
Communicate more before sexual acts Have a conversation with daughter on the things I learned today. Very powerful presentation!	It was great and I definitely would want you to go to it
Consent & respectfully answer	It was the most interactive and interesting SHARP class I've ever watched.
Consent is fluid	It was very eye opening.
Consent is fluid!	It was very informative.
Consent is in the moment	It's a great refresher and gives a better understanding of your partner
Consent is in the moment	It's a better way to exspresss awareness
Consent is in the moment.	It's an amazing program
Consent is key	It's interesting and engaging.
constantly	It's not like the normal boring PowerPoint SHARP training. Speaker was passionate about the topic and knowledgeable
Definitions	It's very informative and entertaining
Don't abuse the back door bump	Learning common knowledge and basics to prevent sexual assault the correct way.
Embrace the awkwardness in the moment, and not let it stop me from giving someone a choice.	More informative than the regular Army training that is usually boring.
Empower my partner throughout the day so they believe they have a choice.	More prevention based instead of the typical sharp training.
Empower others to say no	Much needed
Encouraging your partner to drink more in order to get a better chance was very eye opening	Must see!!
Everything	One of the best SHARP training ever and very interactive
Everything	Open discussion about topics we should talk about and bring more awareness to.
Everything	Phenomenal
Everything	Powerful
Everything	Powerful
Everything ! Ask first respect the answer	Powerful. Mind blowing. And memorable.
Everything that was discussed	Practical and on point for our current culture
Everything.	Probably one of the best SHARP classes I've been to in my army career
Freedom is only freedom if you give them a choice	Provide examples of consent
Freedom isn't taken away when in a relationship. Especially towards in the bedroom.	Putting what should be common sense over what the culture teaches.
Getting people to open up by just letting them know your there for them.	Realistic and open.
Giving people a choice	Realistic Current
How to respond/be there for someone who opens up that they have been sexually assaulted	Really important information
How to talk to a survivor.	Really informative
I am going to use the information towards my family and let them know that I am here for them	Refreshing
I learned to re evaluate my opinion on feeling entitled to my partners body sometimes. Mike really helped put it in perspective for me how my wife deserves the respect of being open with communication, asking permission, and respecting the answer. I never want my wife to feel like an object and I had never stopped to think about how some of actions made her feel.	Sexual assault class about consent.
I look forward to use this information in my work area to implement new primary prevention activities.	Sharp training
I will always ask before engaging in sexual intimacy regardless if it's a small action or something greater	Should have listened to it
I will ask before I do it.	Some of the most engaging SHARP training I've been to, it actually made me think about new things.
I will do better in teaching my children the difference between demands and requests. I will ensure they have someone to turn to for guidance and support throughout their lives.	Something I had to do
I won't use my partner like a fleshlight	Speaker about how to get consent in an interesting and fun forum
I'll ask first and make sure people around me are safe	That consent and actual yes/no questions are important.
I'm going to ask	That consent in the moment is far more important then their own pride. And that it is in my nature not only as a soldier but a person to look out for others
I'm going to ask and respect other's answer !	The best Sexual Assault education I have received.
Identify and just ask questions	The overall answer and definition on the program and meaning of SA/SH

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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?**
Intervene	The session was very informative in teaching the audience how important consent is
Intervene	This session was a good one.
Intervening	This session was the information everyone needs right now for all ages. Being a bystander is choosing not to care in the moment of importance.
Intervention	This session was very interactive and engaging.
Just simply asking questions	This SHARP class was more interactive & I felt that I was more entertained & was given more honesty than any normal training.
Letting family and friends know I am here for them, I'm a safe place to have them open up if need be.	Thought provoking
Letting my nieces and nephews know that I am someone they can go to.	To have respect , speak up , and ask first
Make consent a choice	Unique sees it from a different point of view
Making myself open to friends and family.	Very energetic and interactive way to explain sharp. Not death by PowerPoint.
Marriage advice	Very engaging and informative
Never be afraid to ask and further more respect the other's decision.	Very engaging and informative
No means no	Very engaging and informative
Not say sorry to say no	Very engaging and powerful
Not saying Sorry	Very entertaining and informative
Not shame my love partner for saying no if they're not in the mood.	Very enthusiastic and it was simple message to
Not to ask why or why not after being told no to intimacy.	Very fun yet serious and realistic
Not to joke about sexual assault some people might not come forward	Very helpful
Nothing I didn't already do	Very helpful and resourceful to stopping a situation.
NSTR	Very hood
Open up to love ones to let them know I am here for them.	Very informative
Opening the playing field for partners.	Very informative and educational. Much Needed across the military
Probably not much.	Very informative and eye opening. Realistic approach to teaching SHARP.
Read the book	Very informative and formal
Remind my loved ones that I will always be there for them.	Very informative and motivating
Respect everyone's freedom, their choice, and show compassion and patience	Very informative and understandable
Respect my partner.	Very interactive and informative
Respect my partners decision and ask first.	Very interactive, modern, realistic conversation that included real life, day to day scenarios.
Respect their answer	Very interesting and had the audiences attention
Respect their answer	Very interesting and interactive, entertaining and very informative!!
Respecting the answer	Very intriguing
Respecting the answer.	Very moving speeches, powerful words of encouragement and support to all the survivors
Respecting the No	Very much so
Shorts	Very truthful and eye opening
Simply ask and respect the answer.	Very useful for those who are young.
Speaking with my loved ones better.	You missed a great presentation
Stay alert and aware on recognizing potential SHARP incident and attempt to prevent	A great discussion about consent and a shift of perspective of how we look at some social situations involving sexual assault.
Stop saying sorry	a great session. they missed out if they didn't log on.
Take care and educate your family, friends, and everyone.	A more entertaining and enlightening way to train other people and a great way to get people talking
Teach my daughter it's okay to say no	a new, fresh approach
Teach my family to ask first	A really engaging discussion that uses chat responses to involve the audience to dispell many of the 'misunderstandings' about sexual assault
Teach my kids "No is not mean"	A very real and unswerving conversation about the perception and understanding of sexual assault.
Teaching kids through different means of communication	A well-rounded comprehensive discussion about sexual assault. It was honest while somewhat entertaining.
Teaching my future kids that no means no.	An amazing discussion to get you to think about consent.
Tell all I care about I am here for them no matter what.	An exciting way to learn more about consent.
Tell family and friends they can talk to me and share their story with me. Always.	Ask first before engaging in activities, stop someone else from using alcohol to sexually assault someone, and inform them I am someone who is here for them if in the event they were ever sexually assaulted.
Tell my family I'm here for ALL aspects of life.	Attend the next opportunity
Tell my wife I am allowed to say no after a long day.	Awesome
That maybe it's possible we sexually assault more then we think we do	Awesome!
The spouse advice	Be aware wherever you go and who you hang out with good people, Find help if needed to get you through a tramatic situation.
The training and added skills applied moving forward in life	Be there next time, good stuff.
To ask first	Beneficial
To ask first before having intimacy.	Best SAPR training I have ever attended.
To ask for consent	Breaking down common sense and intervention for sexual assault.
To ask more questions with my wife about sexual invitations and telling her I'll be there for her.	Cent informative, energetic and captivating. GREAT take away and things to consider when dating and getting intimate.
To be more intimately mature. There is nothing wrong with being vocal about my consent in the moment	Chats were a bit intense.
To call it what it is!	Common sense approach to understanding consent.
To respect people's answers	common sense approach. would be more effective if the woke societal behavior was not pushed.
To teach others	Different than any other training I have been in. More useful I think.
Use communication to have healthy intimacy.	Different, in a positive way, the approach was more realistic and far more engaging than other training I've received.
using a group to confront a predator	Different. Very not military.
Utilizing clear communication and respecting everyone's answer.	Educational and empowering.
"every survivor should know there is a path forward'	Engaging
"No" is not mean	Engaging, thoughtful and comprehensive.
"No" is not mean. Reach out and be there for others.	Engaging!

Military Members attending the "Can I Kiss You?" 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."	enlightening
"No" is not mean.	Enlightening, courageous, great training!
"No" is not mean. Please don't say "Sorry" "I'm here for you always" if friend or family sexually assaulted.	Enlighting and informative
Advise granddaughter	enlightning
All lessons learned.	Excellent!!!
All of it	Explain what consent is and why it doesn't take away form the moment when asked.
All of it	eye opening. Everyone deserve dignity and respect. Treat everyone as if they belong to you.
All of it	Eye opening. A lot of the things said make people cringe internally but haven't had the courage to say it out loud.
All of it, especially how to ASK for consent, and respecting the other person's answer.	Fabulous
All the information provided was excellent and I'm in full support of being an active participant in sexual assault prevention.	Fantastic conversation about a sensitive topic.
Always Ask first	fun, educational, mil focused
ALWAYS BE VIGILANT AND INTERVENE WAY BEFORE I BELIEVE SOMETHING WILL OCCUR. AND WILL CONTINUE TO SPEAK ON THIS TOPIC	give them the link to the e-books.
Always intervene.	Gives you some tools and examples of what you may need for awareness and use in realistic situations.
Ask	Good discussion.
ASK FIRST	Good format to present the information
Ask first	Good.
ASK FIRST!	Good. Conversational, not a typical power point training brief.
ASK FIRST!	Great
Ask first.....	Great clarification and perspective adjustments of many ideas popularized by the media (to include movies, tv shows, the news, etc.).
Ask first....communicate clearly.	Great Information.
Ask for consent first with my partner.	Great.
Ask, Stand Up for others and intervene.	Honest
Asking question of consent before acting.	Honest
Be a friend to people in difficult situations where people can be victimized.	I have an E-book that will take you on your own path of recognition.
Be aware. Be an example of deprogramming.	IMPACTFUL!
Be more cognizant of what is happening to those around me.	In-depth and asks the right questions and gives the correct scenarios that glossing over the specifics.
Be more open and explicitly ask for consent	informative
Be prepared to help.	INFORMATIVE AND ID RECOMMEND THEY ATTEND THE NEXT TRAINING
Be sure to always know your friends and ensure communication is key....always. Follow God's commandments.	Informative regarding what consent is.
Better terms to utilize when working with victims.	Informative, and pay attention to what is going on in the chat.
bystander intervention techniques and sexual intimacy suggestions	Informative, interactive sexual assault prevention training.
Bystander intervention. Always have consent.	Informative.
Call acts what they are! I will intervene because this is who I am.	Informative.
care about other people like loved ones and don't tolerate predators	Informative. Sarcasm is not a form of communication in this setting.
Commit to intervention because it's who I am!!!	Insightful
Common sense.	Insightful.
Communicate and share this information with my kiddos.	Interactive, actually useful.
Communication is important. Always ask first.	Interesting, thought-provoking.
Confront people at parties or social events if I feel something is wrong regardless of feeling embarrassed.	Intervening is important! Do it because this is who you are not because it is the right thing to do.
Continue to discuss with anyone has not been in these type of training.	It seemed good content. The medium was interactive: could be an accurate measure of the audience attitudes POVs regarding touchy stuff. Glad it went quick sometimes it was 'colorful' commentary to an already touchy theme. 'This was like a pressure relief line on a petro-pumping storage system, that needed to be vented'.
Discussion for reflecting on the issue.	It was realistic and straight forward.
Discussion points.	It was worth the time.
Ensure I always get consent	It's a great training to remind others how to do better to prevent sexual assault.
everything	It's a reminder that we should take a step back and look at sexual assaults for what they really are, and avoid victim blaming.
Everything	It's not an easy discuss to hear, but it has to be heard. We all need to be reminded how important this topic is.
Everything! I'll also be sharing this with my teenage children.	Knowledgeable
Explain consent at the command's training.	Like watching an interview on the news.
Feel empowered with better techniques for engaging when necessary.	makes the point, maybe uncomfortrable here and there, but good.
From this interactive SAAPR training I will use the e-book and audiobooks. I will carry the arrogant note because I never viewed it that way; and, had I won a shirt or 2 I would wear/ use that.	Meaningful and helpful.
Getting consent	Mike is extremely passionate about this topic and very engaging, amazing job.
Going to look for more ways to identify the "Jessie" and find more ways they can get help.	Mike really gets the discussion going and is engaging
Good program but nothing new	MORE IN DEPTH THAN OUR GENERAL MILITARY TRAINING. FORUM TO ASK QUESTIONS
Great! Thank you.	A good, powerful mesg, the topics made sense, this material needs to get out there and were right on point with the todays times. But he talked way too fast and left me thinking he's on his way to the next paycheck. Kept saying he has another session right after ours.
Have a better discussion regarding consent and have ways to navigate peoples arguments against it.	Outstanding
Help others	Outstanding!

Military Members attending the "Can I Kiss You?" 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?**
I have been using the training from todays programs for many years and will continue to do so.	Positive, uplifting, ideas to teach to our young sailors
I liked that you told us what to say to a person that might share their story of assault. "you are very courageous and strong. How can I help?"	Powerful! Eye opening and it really re-sets your view on the subject
I LOVED THIS. PLEASE CONTINUE TO DO YOUR BEST	Practical
I will help protect someone else from sexual assult as if they were in my family.	Realistic, specific guidance on how to take the buzz-word trainings of the past and apply it to actual scenarios.
I will intervene.	Really helps us see consent as common sense.
I'm going to ask for consent from my partner	recommended
I'm going to really focus on consent and reinforce it with my friends and family.	SAPR training
I'll stop saying "sorry" for not wanting to have sexual relations.	Some things seem obvious when we say them out loud - this is good to take a serious subject that we we may find ourselves desensitized to and air it out loud so we don't stop ourselves from doing what we know is right.
I'm going to start asking if I can kiss them before I dog for it.	straightforward and honest in calling situations and actions what they are
Identify and intervene before event happens	Super engaging.
Im not much of a englisher but Im gunna read that book	Super!
Information to share with those I know are survivors of sexual assault.	take it seriously, it's worth your time.
Intervene even if the potential victim is a stranger.	Tell you how to approach subject without it being awkward.
Intervene when a potential situation arises - speak up	They missed out on a great time.
Intervene, intervene, intervene	THIS BREAKS CONSENT DOWN TO DIFFERENT GENERATIONS
Intervene.	This will give you a different perspective on how to get people to understand better how thin the line is between a fun night and a criminal issue.
Intervening more now	Treat others with dignity and respect; intervene and always call out rapists.
Intervention.	Uncut and to the point.
it is not a bad thing to say no	Very awesome training, teaches a lot about respecting boundaries:
It's okay to intervene.	Very dynamic and clear point of view. Fun
Just asking directly; ask first.	Very engaging and lively presentation and group discussion. Presenter was excellent.
Lack of fear in calling it like I see it	Very eye opening and informative. With everyone interacting in the chat you see differences and similarities in peoples experiences.
Living by a higher standard of the definition of "consent".	Very good
Mike is great!	Very good.
N/A	very helpful. Everyone can understand Mike's message.
No is not mean	Very honest and raw.
NO is not mean.	Very informative
No is not mean.	Very informative, creative, with lots of energy.
No means no.	Very informative, dynamic. Highly recommned
Open communication.	Very informative, great presenter (very knowledgeable), educational
Passing some of this knowledge to my kiss.	Very informative.
Passing the wisdom on	Very interactive
Personally care.	Very resourceful and helpful
Power of courage	Very supportive.
Prevent future misconduct.	Way better than previous trainings. Liked the interactive nature and liked teammate interaction and support of respect for all.
Proactive intervention to take care of your shipmate(s).	worthwhile
Saying "no" isn't mean.	yes
Share this information with my adult daughter	You should have been there, it was worth the time.
Share what I have learned with my two teenage sons.	1. Respect the answer 2. Ask first before everything 3. Do not make them feel pressured or like they owe you something
share with family	A basic understanding of intimate relationships
Spreading the message about the importance of communication in their relationships.	A better approach to sexual assault training
Step in / speak out when see something wrong.	A good class on how to interact with those you treat in a special manner
Talk to my kids about stepping in when it looks like a predator is trying to take advantage of someone.	A good learning experience
Talking more to my family	A great spokesman that will encourage the youth and Army Soldiers , as well as leaders to assist victims to allow them to have voices and leadership who will help them in time of need.
Talking points (Mike's messages) for any opportunity of discussion.	A great way to ask first
Tals to my son, daughter, and wife.	A helpful program that teaches people about consent
Teach information for to my 2 daughters and 2 sons.	A must see and very informational
The book	A talk about consent
The direction to intervene if I encounter situations that appear concerning.	A thought provoking approach on the ideal of intimacy and approach to the most common scenarios and assumptions we make on a daily basis
The mindset of seeing someone who may be at risk of sexual assault the way I would see a loved one in the same situation.	A thought provoking lesson.
The questions for consent are very informative	A very in depth, interactive learning expirience to teach about sexual assault and identifying yes/no's and how to positively communicate with a partner also standing up against SA and harrassment using direct terminology so someone cannot just push it off as something minor.
The way that the sarcastic comment was addressed is something I'm taking with me. It was a perfect way for me to handle the future sarcastic comments I hear	Adult like real it was really a down to earth but makes it a relatable for each and every other person.
There are people in today's session who needs further training based upon the chat responses.	Always ask first before anything and respect other people
to ask what would you love for me to do with/for you in bed tonight	Always ask first.
was to ask.	Always ask.
We will be having a focus group with my Sailors about what they learned today.	Always ask. Never assume. Even if you are married or dating. Everyone matters
what would you love for me to do for you in bed tonight?	Always make sure you ask .
Whatever I can remember to discuss with my daughter.	Amazing and informative
"I'm going to intervene because it's who I am"	Amazing knowledge
"It's who I am"	Amazing knowledge given today
"Because it's who I am"	Amazing, very informative and real

Military Members attending the "Can I Kiss You?" 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?**
"No" is not mean	Amazing.
"This is me"	Amazingly informative and personal
"What can I do for you in bed tonight?"	An hour well spent
All of it.	Another way to understand the SHARP.
All the things I already did	Ask before you do anything don't pressure your significant other
Always ask	Ask first
Always ask	Ask first before anything
Always ask	Ask first. Respect the answer. Tell loved ones you're here for them and they can trust you enough to tell you if they are touched sexually and they don't want it.
Always ask	ask questions first, respect the answer
Always ask	Asking doesn't "kill the mood".
Always ask	Asking to kiss someone
Always ask	Awaime
Always ask 1st. Be happy for asking when you receive a no answer.	Awesome
Always ask and never assume	Awesome
Always ask before I act	Awesome!!!
Always ask first	Be respect
Always ask first	Be there for someone who needs you.
Always ask first when it comes to anything	Be upfront with the person of interest of the intentions of oneself.
always ask first, never be afraid to intervene. Allow others survivor know you are there for them.	Being respectful to people and have empathy.
Always ask first!	Beneficial
Always ask first.	Better approach when SHARP is taught.
Always ask first. Make sure people know I am there for them.	Better sharp training then the typical sharp training
Always ask for consent	Better than most
Always ask for consent	Better the normal
Always ask just to be surr	Better then the sharp we do
Always ask your partner even if the answer is no.	Can I kiss you is a tool for anyone 12 years and older to educate themselves on the warning signs of sexual Assault as well as knowing the right approach when it comes to sexual behavior.
Always ask.	Common sense
Always be there to help	Consent
Always Consent in person and read body language.	Consent and communication is a powerful tool
Always get consent	Consent is respect
As before consent	Consent is the biggest factor to ask regarding sex.
Ask	Conversational awareness of unwanted advances.
Ask	Different from classes that check the block.
Ask	Different type of class
Ask	Discuss how to communicate consent and how to receive consent and rejection.
Ask	Don't be afraid to standup for others who may not be able to stand up for themselves. Consent to do anything must be respected first and foremost. Respect the answer given and move on.
Ask	Don't be scared to ask what the other person is okay with, and to let loved ones know you are there for THEM no matter what
Ask a question before initiating	Easy to listen and learn
Ask always, respect the answer.	Educational and engaging not boring and dry like some other briefs.
Ask and use clear and concise communication	Educational.
Ask before acting	Energetic
Ask before initiating sex.	Energy with the host
Ask before pursuing	Engaging
Ask before pursuing	Engaging and alive.
Ask before sex	Engaging and informative
Ask can I kiss you	Engaging and thought provoking
Ask even if married.	Engaging, interactive, and reassuring.
Ask first	Engaging, TRUTHFUL
Ask first	Enlightening
Ask first	Enlightening
Ask first	Entertaining
Ask first	Everybody has a choice
Ask first	Excellent
Ask first	Explain why it's important to ask for content and how.
Ask first	Explains on how people should precede their partner
Ask first	Eye opening
Ask first	Eye opening
Ask first	Eye-opening
Ask first	Felt good, and connected
Ask first	Fight to win
Ask first	Fun interesting informative
Ask first	Fun learning experience.
Ask first	Fun, high energy, and rewarding
Ask first	Funny story because that's exactly what I'm gonna do. Mike is funny and brought up so many good points. I'm glad someone is speaking up about healthy relationships
Ask first	Give the book to them
ask first	Give them advice or teach them how to be a more mature continuous human being.
Ask first	Good
Ask first	Good
Ask first	Good
Ask first	Good information, refreshing to be a decent human being
Ask first	Good learning session

Military Members attending the "Can I Kiss You?" 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?**
Ask first	Good sexual advice.
ask first	Good training and focus on important points
Ask first	Gotta listen
Ask first	Great
Ask first	Great
Ask first	Great
Ask first	Great
Ask first	Great
Ask first	Great
Ask first in order to set the tone / Texasn	Great
Ask First !!!!	Great
Ask first and saying no is okay.	Great
Ask first steps	Great and amazing
Ask first.	Great class and fun while discussing important topics
Ask first.	Great class and very eye opening
Ask for consent	Great for young soldiers
Ask for consent.	Great guest speaker, very engaging with the audience.
Ask if I can kiss you	Great instructions for how to maturely and respectfully interact with someone so as to not insult, hurt or pressure them.
Ask more	great interactive
Ask my partner before acting	Great learning experience
Ask my partner what she wants to do.	Great lesson
Ask people face to face	Great session
Ask specific of what the other partner wants.	Hard to explain how awesome the training is. Just that you should always ask because consent is only given in the moment.
Asking	helpful
Asking	Helpful
Asking	Helpful
Asking and talking more	Helpful and informative
Asking before acting towards my partner	Helpful and informative
Asking first	How to treat people with respect sexually
Asking first before assuming	I thought it was going to be lame, it was powerful
Asking first, and feeling more motivated to stop these sexual actions from happening.	I very real approach to adressons and preventing sexual assault.
Asking first, and getting friends to help me intervene.	I would describe this meeting as very important something you'll use in life
Asking first, respecting the answer. Avoiding making someone guilty.	I would describe this session as a very insightful and enlightening SHARP session telling us about being comfortable with asking for basic consent.
Asking for permission	I would say this session was more informative about sexual assault and sexual consent.
Asking for permission and never assuming my partner is in the mood	I'd show them the video on YouTube.
Asking is okay	Idk
Asking more questions when needed to be addressed	If you're a survivor you are strong and resilient make sure you know that and it's always okay to say "NO".
Asking questions	Illustrated that consent is mutual, and that you need to ask when doing something intimate with a partner, regardless of what it is.
Asking to maintain a healthy relationship	Impactful and easy to relate to. Although it is serious it was made to have the feel of an easy going conversation.
Avoid awkward moment by just asking	Important
Awareness and consent.	In depth of seeing the situations.
Be aware and intervene.	Information and educational
Be aware of situations where I need to intervene.	Informational
Be more cautious when I go out.	Informational
Be safe and cautious	Informational
Be there for friends and family to confide in.	Informational
Better communication	Informative
Build to fight	Informative
Call my loved ones and tell them I'm here for them.	Informative
Calling rape what it is, rather than labeling it as "Being taken advantage of".	Inspirational
Can I kiss you	Interactive discussions that need to happen
Communicate better with my spouse.	Interesting
Communicate with my partner more openly about sexual acts.	Interesting
Communication	Interesting
Communication is key!	Interesting
Consent	It makes you a strong individual to speak up
Consent is freely given, spontaneous and mutually accepted.	It taught me about sharp thru a different perspective that actually made sense and let me engaged.
Contact three individuals and let them know that I will be here for them if they require anything	It was a good look on other things that most wouldn't think about
Continue to ask for consent for sexual activity	It was a needed meeting.
Definitely going to ask and just be more respectful	It was fun , and very informative !
Do make your partner feel you pressuring her.	It was fun and engaging but also good way to remember and learn things.
Do not pressure anybody and respect their answer	It was funny
Don't go off vibes and emotions get clear consent	It was good conversation on what sexual assault is and what it isn't. Also a detailed conversation on giving consent.
Don't pressure anybody	It was good knowledge
Don't put pressure on someone	It was great aspects from different views
Don't take y Talk to significant other through wall	It was Great!
Educate others and myself	It was great.
Even in long term relationships ask first!	It was great. Very informative
Every one	It was helpful
Everything	It was informational and helpful
Everything	It was informative

Military Members attending the "Can I Kiss You?" 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?**
Everything	It was insightful
Everything	It was not your typical sharp brief with all the statistics
Everything	It was pretty good
Everything	It was pretty interactive, pretty good information it actually teach you how to ask or approach when u wanna make a move to someone you like.
Everything	It was very descriptive on how asking is important and too always ask before you you proceed with any activity wether it is sexual activity or even a hug
Everything	It was very educational
everything	It was very educational.
Everything	It was very enlightening and fun despite the sensitive topics discussed.
Everything all of the advice given	It was very eye opening
Everything to help my wife and I feel more comfortable	It was very fun and informative, very good
Everything.	It was very good
Felt a connection and wanted to help others	It was very informative
Firmly stand by the idea of being supportive to other survivors. Also be aware of things that are happening in parties and public event to keep other safe.	It was very informative and also entertaining
Great information	It was very informative and engaging.
Handling things the right way.	It was very informative and there is nothing wrong in asking
Has anyone/if anyone touches you in a way you dont want. You can always come talk to me	It was very interesting and informative.
Have the conversation	It was worth the hour
How to approach someone in a respectful way and intervene if someone else finding themselves in a situation where they getting harassed or any type of situation.	It will change the way you think and make you make better choices
How to appropriately respond to a sexual assault victim	It's a session about consent
How to ask correctly	It's is great information that you can use everyday in your daily life
How to intervene	It's like Sharp class
How to read the room and when it is appropriate to respect	It's similar to SHARP.
I am going to ask and be more aware and helpful when I see something doesn't look right	It's a good session and changes your perspective in things
I am going to ask my significant other what I can do to make intimacy more enjoyable and comfortable.	It's a great breakdown and understanding of everyday events that lead up to sexual assault.
I am going to ensure this is implemented in my marriage and taught to my children as they grow.	It's about giving consent and stepping in to help who is intoxicated.
I am goong to ask first	It's better to ask permission than to just assume, if you're assuming you could be committing assault
I feel more empowered to intervene	It's informative for a person who isn't too educated on this subject and can help someone who is oblivious to doing the right thing and looking out for their fellow human.
I will always remember that saying no is okay and I shouldn't feel bad about it.	It's the ethical standard for engaging in healthy snd consensual sexual activity
I will both respect the answer and respectfully answer with no pressure	It's totally different and enjoyed it.
I will definitely ask before taking any action on a partner, as well as respect any answer or changes in that answer.	Just don't be a creep.
I will intervene	Knowledgeable
I will use ask first	Learn for you mistake and keep it up
I'll remember that awkwardness and rejection aren't excuses to not receive consent	Learn how to get consent
I'm going to ask first	Life changing
I'm going to ask my spouse what they want me to do for them in bed	Life changing
I'm going to intervene	Lively and engaging with good information
I'm going to stand up and intervene situations that regard a sexual assault advance.	Make sure to be there for someone
I'm going to step in if I see someone in the bar or club in a situation they cannot consent	Make sure you ask first.
I'm gonna use the ability to tell my partner no without feeling guilty and tell them that I am here for them.	Making intervening easier
Idk	Motivational
Idk	moving
Info	Much more involved and interesting than other training sessions
Intervene	N/A
Intervine or stop people from using alcohol to take advantage	N/a
It is never mean to say no.	Nothing
It's how I am	Outstanding , information and amazing to listen to
It's okay to say No	Please come. A lot of important information, to help people process sexual trauma.
Iv been doing this	Powerful
Just ask	Pretty cool
Just knowledge to forward	Pretty good
Keep an eye out for predators	Rewarding and educational
Know that my feelings does not matter it's about the person going through the issues	Sharp
Let spouse in the eyes	SHARP class
Let survivors know I am there for them.	Shoulda been there.
Look my partner in his eyes and ask instead of not looking him in the eyes when I ask.	Tell them what I learn from this session. And if they are a victim… let them know that I am here for them.
Make sure family members know I'm there for them and support them	Tells you of the importance of asking and not assuming.
Make sure I intervene when I see something because that's who I want to be	That it is a great source that everybody needs
Making No feel more comfortable	That it was a great learning an rethinking opportunity
Making sure that I watch out for when ppl are in trouble at bars or out in public.	That Sex can be fun if both people communicate.

Military Members attending the "Can I Kiss You?" 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?**
Message family and friends about sexual assault.	That the speaker is here to plug his brand. He's a good speaker and he has good information but this brief seems like he's a speaker looking to sell how to prevent sexual assault. It doesn't go deep enough to me into how to actually prevent instances of sexual assault and how to properly receive or ask for consent
More communication.	The best info ever from an event.
More confident to step in to a situation	The most complete training about SHARP
N/A	The session is kind of an eye opener in the practical situations people have in their relationships. In contrast to our training which is more for our co-workers.
N/A	The session talks about consent before sex.
N/a	The session talks about consent before sex.
Never make sex mandatory	They should definitely attend
No is not mean	This session is a great session, I have learned not to talk to my wife through a wall, and also I need to look my partner straight in the eyes when I am asking her for something.
No is not mean	This session is the best I have ever attended. You will learn something about yourself.
No is not mean and that you have to do something to stop the problem of sexual assault/harassment. Also it's okay to talk to your partner about what sexual activities you want to partake in without feeling embarrassed and vice versa.	This was an awesome speaker. Very informative and helpful for everyday life scenarios.
No is ok	Training everyone needs military and civilian
No isn't mean	Use words and always ask
No mean no	Useful
No mean no	Useful and informative
No means no	Very educational
No means no and I will the victim know that I am there for them	Very educational
No more asking through walls	Very educational and versatile
No pressure	Very engaging and informative
No pressure, always ask for permission, accept no	Very enthused & informative speaker
No, is not mean	Very enthusiastic and brings up a lot of different perspectives that we don't talk about enough.
Not pressure	Very eye opening and very educational.
Not put pressure on partner.	Very eye-opening and engaging.
Not resort to violence and be there for the victim	Very good
Not speak through walls.	Very helpful
Nothing	very helpful and eye opening
Nothing	Very helpful and good for the survivors
Nothing new	Very helpful and informational
Nothing, I'm already doing everything spoken about in the course.	Very informative
Patience Communication over assumption And approach over game	Very informative
Plans can change, always ask before	Very informative
Preach respect the answer	Very informative
Prevention	Very informative
Read and watch the book	Very informative
Remember to always intervene. It's better to be wrong, apologize and move on than know I could have done something to prevent something but I chose not to.	Very informative
Remind myself a long term partner shouldn't feel pressured to have sex/be intimate.	Very informative
Respect	Very informative
Respect	Very informative and explain the topics
Respect my partner's answer	Very informative and gives a different perspective on the SHARP topic
Respect my spouse more	Very informative for people who lack in knowledge about asking for sexual contact
Respect the answer	Very informative presentation presenting the answers to many uncomfortable questions that many people do not ask because they haven't been taught to.
Respect the No and don't feel pressure or sorry for saying no, even within my marriage.	Very informative program
Respecting my wife's answers	Very informative!
Say no if I really don't want to do something	Very informing
Saying 'No' is not mean	very insightful
Saying no is not bad	Very interactive, interesting, and enlightening
Saying yes or no without feeling guilty	Very interesting and not boring
Seeing the signs of when someone is trying to sexually assault someone.	Very intriguing and has a lot of good information
Start asking my significant other if they are in the mood instead of trying to read body language	Very knowledgeable.
Stop calling people sluts	Was a quick session that keeps people engaged.
Strongly disagree because I did not need the influence of the program to know what to do in those scenarios or my conviction.	Was by far the best sharp class
Talk more looking at the eyes, not behind the wall	Was interesting and informative
Talk to family about support	Waste of time
Tell family I'll be their for them!	Waste of time. Still seem like it's aimed for kids and not really get to the many issues of sharp
tell my family and friends I am there for them if they need me	Well taught
Tell my family and friends I'm always there to listen	Whenever have the opportunity go and attend the event.
Tell my family that I am here for them.	Worth attending
Tell my Spouse to stop apologizing when saying no.	Worth the listen and participation.
Telling loved ones that if every they ever have or are sexually assaulted, I will be there for them.	Worth the time, need to check it out
The "Can I kiss you book"	Worthly of your time

Military Members attending the "Can I Kiss You?" 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 book and make the question	Yes
The book.	You missed a great seminar
The can I kiss you book	A practical, useful approach to SAPR training.
The sharp program	Addresses a lot of concepts that may be uncomfortable to talk about
The skills to read and identify communicative signs from a partner/future partner in the real world	Amazing, recommended
The tips and pointers in asking the question prior to acting out.	An eye opening event that really hones in on realizing actions that may be second nature (asking why when told no). Very educational about ways to ensure full consent contiously.
To ask	Awkward scnearios explained.
To ask "what can I do for you in bed tonight" and use friends to de-escalate situation where someone can be taken advantage of	discussed communicating and verbalizing consent
To ask first	Effective and to the point
To ask first and respect the answer	Energetic presentation on how to stop sexual assault before it happens.
To ask first.	Engaging and beneficial
To ask questions and not assume	Good.
To help people.	Great energy & tools for the real world around respect & consent!
To help people.	Great learning experience
To intervine rather than assume that someone else will…	I would describe this session as one full of knowledge and real life experience that enforce the topic. Also, would help a person that was victim move forward.
To never assume and ask the question to my spouse or dating partner.	Informational, updated and resetting.
To not be a bystander	Insightful
To not be a creep.	Interesting and dynamic. Much better and more valuable than having a military member read a slide show.
To simply ask the hard questions about sexual advances	It truly was very thought provoking and it encouraged a great conversation.
To take initiative with friends to stop sexual assault.	Powerful!
To tell my family that I will always be here for them.	Real talk, not training. It is life skills that we aren't taught. Skills that are critical beyond the context of intimate relationships.
To think about every time when I hang out with another person never assume things before to do something without ask first	That Mike have really good ways to approach consent in different ways. I love the definitions that he gave versus what the law says is consent.
Use communication at all times	To the point and didn't waste time with fluff.
Using friends to intervene	Very informative to set real expectations.
What would you like for me to do to you tonight	Very informative with this day and age
When my wife says no don't ask why or why not.	Well worth the time. Lots of good information and new ways of looking at things.
Yes	-Best Sexual Assault Class Given
You never know what can happen in this crazy world. I will be more aware of my surroundings to ensure safety for all persons to include myself.	A class that teaches how to approach with verbal communication giving consent.
You never owe anyone sexul intimacy	A course were they show you the wrong in what would be a common thing that happens in social events
"NO" is not mean!	A fantastic and actually engaging seminar on sexual assault, Far better than standard SAPR classes.
"No is NOT mean"	A fun and engaging seminar involving the discussion of sexual assault and the detail revolving around consent and the benefits of just asking and avoiding the escalation of situations for the worse
"No" is not mean!	A great learning tool for safe dating and relationships
All the great info.	A informative, engaging perspective on consent and being comfortable saying no and asking for consent. Unlike usual SA training,
Ask First	A new more excited way to talk and discuss SAPR training.
Ask first for intimacy	A very good and interesting way to leach about sexual assault
Being courageous enough to stop someone that I know or may not know from getting into trouble. Also, I will protect someone from a person or group of people that may want to do harm.	A very warm, uplifting, and engaging conversational dialogue with the people in the room concerning how to ask for consent, prevent sexual assault/rape, and how to have healthy interpersonal — predominantly sexual — relationships
I am going to embrace awkward because I want my partner to know she doesn't owe me anything.	A well spoken presentation on consent in sexual situations.
I am going to use the ask first more. I typically do with my wife during intimacy "does this feel good or is this ok". I will also take away the conscious thought of whether or not if my wife says no to not ask why or how come and to makes sure I am not guilty of making her second guess her responses.	Absolutely worth the session and the experience.
I think it's a good and interesting discussion to have, even with spouses. Communication is key!	Always ask no matter the situation.
I will use these talking points to speak about communication techniques	Always ask permission and always be there for people in need
Informative in that you gave people real examples of what to say which can be a barrier many times, especially for younger folks.	Amazing
Lessons from the scenarios presented.	Amazing and comfortable
Mike's energy & more ease of discussion with others!	Amazing, interactive, and informative.
Open communication during intimacy.	Amazing. Highly recommend
Talking about sex in a healthy way	An eye opener of sexual assault and harassment in a different way.
That there is a path forward.	As a military member, I would call it SAPR training that makes more sense.
The 3 tool boxes.	As helpful and very informative
The deliberate approach to by stander intervention. Overtly if necessary.	Ask before you act
The intervention skills	Ask before you try to make a move.
The phrases that are suggested to use to confront someone.	Awesome
The points about what to say or do, vice what not to say or do.	Awesome.
Tidbits and tips	Best training I have had in this subject
Work towards making these actions the norm rather than the exception	Better than military sapr training
-Don't Feel Like Someone Owes Me Something	Came in thinking it was just another class, came out thinking it was a great lesson and experience.
— Calling family — Preventing assault — Asking for consent	Clear and concise
"If anyone ever has or ever does sexually touch you against your will or without your consent, I am ALWAYS going to be here for you. ALWAYS."	Create a new standard to protect yourself and others
"It's who I am"	Different perspective on how to view this topic rather than your regular SAPR classes.

Military Members attending the "Can I Kiss You?" 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?**
"Not who I am"	different to the typical marine corps sexual assault class we recieve
"Thank you for sharing that with me. How can I help?"	Dynamic! In my 21 years in the Marine Corps, I have never experienced training like this. The Marines were engaged the entire time.
A better understanding.	educational
Actually asking for consent versus relying on body language	Engaging conversations and discussions about an ongoing societal issue of sexual consent .
All of it, opening my mind to the psychology of asking consent	Enlightenment
Always ask "the" question before going through with any sexual advances.	entertaining and knowledgeable
Always ask consent	Extremely relevant and helpful to anyone. It explains things in a way that anyone should understand.
Always ask for consent before executing any unwanted behavior	Eye opener!
Ask	Eye opening
Ask	Eye opening, gives better detail than most SAPR classes
Ask before engaging sexually with my partner	For interactive and informal.
Ask before making a move.	Fun and exciting. Not a boring sapr class.
Ask before taking action	Fun and interactive seminar and good skills to learn
Ask can I kiss you	Fun engaging discussion on obtaining consent.
Ask first	Fun, interactive, informative
Ask first	Good coversation and at least it was a break from the normal.
Ask first	Good speaker
Ask first, and it's ok to say NO.	Good training
Ask for a kiss first before making a move.	Good.
Ask more and not be embarrassed	Great
Ask my wife to kiss	Great and informative.
Ask questions to ask for consent	Great learning experience
Ask the question	Great scenarios
Ask the questions.	Had to be there
Asking	Helpful
Asking before making an advance.	Highly recommended and gives you a lot of perspective. I believe it can help a lot of people think and step out of their egos, arrogance, and instilled ways.
Asking consent; understanding that NO is a complete sentence.	How important and simple it is to ask a question regarding anything, but mostly concerning intimacy.
Asking first before trying to kiss someone	How important consent is
Asking first in the moment.	How to actually stop and understand the importance of Sexual Assault and asking for consent
Asking for consent	I appreciated the different approach and interactive was from the normal annual trainings
asking for consent as a question rather than as a command.	I was informed on the importance of asking permission, being firm wifh your answers, and most of all, showing respect for your partner.
Asking for intimacy first before making a move.	I would say it was good training and everyone can learn an important lesson from it. I would share that you must always ask consent
Asking my partner more often how she feels about our intimate relationship.	I would say it's a great experience a better way to spread awareness.
Asking my wife if we're gonna be doing something tonight instead of just waiting and getting irritated	I would say that this session is more engaging and easy to understand.
Be more open to communication with my partner.	I'd describe this session as reassuring. Reassuring that saying No is okay. And that in relationships you don't owe anything to anyone. Before this training I have done a lot other SAPR trainings but I feel like I've learned the most and thought this was the most informative while being engaging as well.
Be strong and stand up for what's right! Don't let society ruin your perception of how things should be/go.	Incredibly eye-opening and informative
Being more connected to family	Information about the topic
Being strong when I say No to a situation because it's okay to say so. Always provide comfort to myself and my partner by asking for permission.	Informative and a different perspective
Being sure I'm open and honest with my partner	Informative and interactive
Challenging commonly used and socially reinforced misrepresentations or falsehoods about consent being ugly…(challenging people near me who are perpetuating these assumptions, leading to high-risk activities and life devastating traps).	Informative, interactive, and eye opening. Great material with realistic situational expectations and outcomes.
Checking in with family members and asking consent with my husband	Insightful
Common Sense	Interactive and educational with a lotistical understanding or concent and providing proper information of human behavior.
Consent	Interactive, educational, and worthwhile.
Don't feel bad about saying no	Interactive, real, and very informative.
Educate the people around me and make this topic not so taboo.	Is a good experience and recommended for anyone to attend.
Ensuring my spouse understands we do not own one another nor do we owe one another anything.	It changed my view on sexual assault.
Everyone has a choice	It was actually very informative, interactive and engaging.
Everything	It was an engaging course I recommend everyone goes to
Everything	It was different but great
Everything	It was different, insightful, educational, engaging, and memorable.
Everything great class very knowledgeable and able to really break it down	It was Ight
Everything that was taught in todays class.	It was Interactive, funny, and very educational. You realize things that you've didn't know before because you're looking at it from a different perspective.
Everything. I think what was talked in todays program was something we should have heard from a younger age. I'm definitely going to be asking the right question from now on.	It was very accurate on situations
Freeing partner from saying sorry	It was very engaging and actually helpful.
From Today's program I am gonna use being more vocal and blunt about sexual assault.	It was very informative
How to not feel guilty on stopping something from happening	It was very informative and not cheesy like most other trainings.
I am going to be much more firm with my "No's" Because I become victim to peer pressure very easily and always apologize. Although it's not related to sexual assault usually, its very beneficial information.	It was very informative.

Military Members attending the "Can I Kiss You?" 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?**
I am going to use saying "it's who I am" in a sentence.	It was very interactive and educational. Free to answer and ask questions. Open and comfortable.
I am going to use the fact that you dont owe anyone anything regardless of your relationship status	It was very well delivered and well worth it to attend.
I am now more likely to tell loved ones that I am here for them if anyone ever sexually assaults them.	It was well done
I don't owe anybody shit when they do something for me.	It's okay to ask for help. To ask for consent. Don't make assumptions.
I learned a lot today, I'm going to use being more supportive and pay attention more to my friends and family. To prevent SA and let them know I'm always here for them.	It's very informative and something everyone should have learned at a young age to make better relationship decisions.
I who I am	It's was very educational and learning proper consent
I will ask first and make sure my partner knows that they do NOT owe me anything.	Learned a lots
I will be more aware and always remind myself that I can help someone from a detrimental act that can have an impact on their lives.	Learning better ways to ask for consent
I will call my sisters and remind them that I'm here for them	Looking out for you, those around you, and you're partner to practice asking permission for mutual sex. And learning to confide in friends you trust if you're sexually assaulted. To be there for people who have been sexually assaulted. And to make sure you're friends don't sexually assault people by reading the situation
I will ensure my family members and friends know I am there for them.	Lots of awesome information on how to prevent SAs from occurring.
I will intervene when I see something is going on	Loved it
I will use this to educate my marines	Mike deep dived into realistic situations involving intimacy and brought things that you don't typically think about to light.
I'll be more confident when it comes to asking for consent.	Much better than the military sapr training
I'm going to call my sister today :) I'm a SAMFE provider and will use some of these phrases with my patients.	New material
I'm gonna get involved	No means no
Idk	On how to ask first and always ask
If I want some action and my wife says sorry, I'm going to tell her she never needs to apologize for something like that.	Open
If my wife says No, take it respectfully and don't push any further.	Phenomenal. Best presentation of sexual assault prevention I have received.
If you see something step up	Real and does not sugar coat anything. Gets straight to the point.
Instead of saying sorry when a survivor opens up to you, tell them thank you and be there for them	Realistic talk
Intervening	Really informative
It's just who I am	Saying NO shouldn't be a bad thing , but a good thing.
Just to remind myself to keep asking for consent I already do	Starting by telling them that everyone deserves respect and everyone's life is valuable
Knowing that I can say no without feeling guilty	The key points and send them the video
Let everyone know that I am here for them if they do get sexually assault and ask them how I can help them.	the lesson went over examples of preventing sexual assault and allowing sexual assault to occur. basically spoke about how intervening in situations can save lives and prevent sexually assault
Letting my family know I'm here for them	There's a lot that happens during this class and I would tell them to get one of these books, attend a future class or answer any of their questions.
Letting my friends and family know that I will be here for them whenever they need	These class was not the topical annual training. It was more realistic.
Listening for a partner saying sorry when saying no to intimacy. That indicates they feel like they owe me something.	They missed out
Make sure I continue to ensure that my wife understands that she doesn't owe me anything.	This session was an interactive, engaging, & informative discussion about all things in relation to sexual activity, including consent, engagement, approach, & information, and most importantly: respect.
Make sure it's a mutual want not just a yes because yes can also be said and actually mean no	This session was mostly based off consent and it's a great course to learn about
Make sure my family knows I'm here for them.	Useful and took a lot out of it - thank you
Make sure my partner knows they don't owe me anything.	Very communicative and entertaining conversation
Make sure to help others that look uncomfortable.	Very educational
More serious discussion with spouse about saying sorry and not feeling indebted	Very educational and influential
No is not a bad thing	Very educational training that anyone can benefit from
Not saying sorry if I don't feel like engaging in intimacy.	Very engaging
Not saying sorry if I want to say no. I will be there for anyone who needs to talk about SA, stopping SA if I see signs of it.	Very enlightening
Not waiting to say something when I see something that isn't right	Very fun learning experience
Proper consent. Being in the moment with the person and understanding how the consent is given.	Very good and informative when it come to SA and prevention to it.
Reach out to family, or friends to say I'm always here for them. Saying no is not mean.	Very good and interactive presentation that opens eyes by digging deep into the topic.
Remind myself that I am strong and courageous. I will always ask before kissing or any further intimate situations.	Very good knowledge to learn
Respecting the answer NO	Very informative
Say yes	Very informative
Standing up and stopping someone from making a bad decision	Very informative and audience oriented
standing up for individuals who are under the influence	Very informative and empowering
Step in and speak up	Very informative and good knowledge to prevent SA
Step up, make it my business	Very informative and interactive
Stop a sexual assault from happening	Very informative and interactive.
Stop saying yes when I don't really want sex.	Very informative and interactive. Straight to the point.
Stoping unwanted sexual advances	Very informative and will call out wrong actions
Take the knowledge and awareness from the lesson and try to apply it to real life scenarios and prevent sexual assault from occurring	Very informative.
Taking a phone number and calling the person the next day to see if they still want to carry out their intentions	Very interactive and engainging

Military Members attending the "Can I Kiss You?" 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?**
Talk to loved one	Very interactive, fun and great knowledge!
Talking more to my wife about saying sorry when it isn't needed.	Very useful and important for everyone
Teach my kids and ensure them I am there for them.	Way better then normal military classes and actually taught us things
Teaching my children consent	Well delivered, engaged the audience, thought provoking
Tell my friends and family that I'm always there for them.	Well executed talk
Tell my loved ones I will be there for them if anything that happens to them	Amazing
Telling family members it's ok to share	AWESOME session. Real life and real relatable material provided.
Telling loved ones and friends that I am there for them always	Awesome!
Telling my family that I am there for them if they are ever touched against their will.	Being able to mutually consent
Telling my sisters and brother I'm there for them	Best training ever to have a better understanding of ask first and respecting the answer
That I don't owe my marital partner sex, and that I shouldn't be sorry to say no.	Educational
That I or no one owes another person anything. Also, that in order to understand "no" you have to respect.	Educational and engaging.
That's who I am	Engaging
thats who i am mindset	Excellent
The ask first method.	excellent presentation of educational information.
The call to my family and loved ones	Excellent.
The parts about not owing your partner	Fun
The steps used to intervene in a SA	Fun and easy to receive. Transformative.
The use of "Im sorry" out of dissapointment.	Good conversation on how to start conversation
To ask and make sure they know they can say no	Great
To ask first before making a move	Informative
To intervene more on sketchy situations.	Insightful
To make sure to ask questions when the person I'm directing the question to actually gets an option, and to tell them what I want them to do when there's no option.	Interactive and beneficial
Tools for communication skills. I'm very socially awkward so this helped ease my mind	It was a great message from a different perspective.
Understand, that times can change every minute	It was a session about giving consent.
Use it as a tool box for possible situations	It's important to ask
Use no	Life changing
Verbal consent	Light and comfortable space for a heavy and sometimes awkward topic. Very informative with unique and helpful ways of framing ideas.
Who I am.	Very clear!
Work with my relationship with wife	Very energetic guest speaker who teaches you how to make difficult conversations easy
You don't owe sexual inter course	We need to do more communicating and asking what people want feather than assuming. People deserve more respect and choice.
All of it!	Good discussion about how to talk with your partner about sex and healthy sexual relationships.
Ask 1st	It talks about rules with relationships that would have made things so much easier when I was originally dating.
Ask first and more questions	Speak on how I will help and be there for anyone who need help. also act if I am seeing thing that I can prevent happening.
Creating a safe space for people to report.	They have to watch this!!!
Educate my employees & children what I learned.	Very informative and dynamic presentation
Everything	Very informative and provides views on sexual activity that I hadn't realized. The world today is lacking in Respect for others and a good reason for failed relationships and the craziness going on in the world today.
Have the courage to intervene.	A 10/10 speaker, who brought to light new view points.
How to ask	A good annual refresher
How to bring about conversation with my wife about her experience (long before I met her)	A good way to discuss an oft considered uncomfortable topic
It is ok to intervene to help someone. Respect the answer.	A little to much dialogue
No is not mean	A very good and diverse program.
No is not mean!	Amazing
No means no	Amazing
Saying no is not mean	An informative open discussion that asks the uncomfortable questions to get the audience to look deeper into the surface level issues.
Share with friends!	Ask first
Spread the word… saying no is not mean.	Ask first
Teaching lessons	ASK FOR CONSENT
Tell my kids they can tell me no.	Asking
Telling my friends/family that no matter what they have been through or are going through I will be here for them.	awesome, definitely recommend mike again
The question "What would you love for me to do for you tonight"	Be respectful and truly care for the people around you, ALWAYS ASK FIRST.
To care about everyone and to Intervene if I see someone in trouble. Ask first and to respect the answer.	Can I kiss you
Wait for the yes	Doing the session over video call was probably a better idea on paper than in practice
What I took away was from the conversation of the feeling of confrontation and people not speaking up. (Confrontation is worth it when it benefits someone you care about.)	Educational
Wow there are tons of information I will use.	Engaging
I will be more aware on how to approach situation.	Enlightening, insightful
Not feeling bad for someone if I tell them I don't want to have sex.	Enthusiastic, engaging, very funny but got the room uncomfortable.

Military Members attending the "Can I Kiss You?" 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?**
Stairway steps to respectful relationships.	Eye opening and engaging.
Talk to my kids about this program and how this should work with their relationships.	Eye opening to culture around sex.
I am astounded to hear that most 14 year olds have seen porn. I do not have children but will be sharing this with my siblings to ensure they speak with their children. Also, this presentation has helped me to understand a past relationship and realize that my ex-partner was the one wrong in his ways.	Good information on morals
"It's who I am" because no one else can tell you who you are	Great
5 second rule	Great speaker with very useful insights
A little bit of everything.	Great,learned a lot Today
A new look at how pop culture portrayed sexual activity	Great! Eye opening and a new way to see something I already saw
All	Had simple guidance and advice that most wouldn't have thought to use
All	Honest.
All of it!	I found this session so helpful and it opened my eyes to how to approach my spouse in a respectful way especially when trying to be intimate.
All of it.	I would tell ..you need to be natural normal and ask intimated question to your partner.If you don't have a partner ,someone that you like,you can go for telling them if they want a kiss to prevent a bad action.
All of the e knowledge	Impactful session caters to the audience, answered questions with no hesitation which was good.
all of the knowledge i learned today !	Incredible, great scenarios and very hands on
Always ask	Informal, inspirational, and a genuine conversation between the speaker and the audience.
Always ask first	Informative
Always get involved trying to prevent sexual assault.	Informative
ASK	Informative and changing
Ask before	Informative and good
Ask before doing	Insightful and worth it.
Ask consent	Interactive
Ask first	Interactive and informative
Ask first	Interesting
Ask first	Interesting
Ask first	It really gave me different perspective
Ask first	it was a good class but more people should have participated.
Ask first.	It was a great session
Ask for free kisses	It was a interactive class on concent and respecting your partner.
Ask I will ask to help my wife to see her freedom of choice	It was another SHARP class with a civilian speaker instead of a SHARP rep.
Ask make sure my partner is OK what I do.	It was educational about the subject and the people around me
Asking	It was educational and very open minded
Asking	It was engaging
Asking consent for everything I do.	It was engaging and informative
Asking first	It was great of information
Asking first	It was great uncomfortable but great
Asking for consent	It was informative and energetic
Asking permission first	It was more personal and the fact that it wasn't scripted makes it better.
Asking permission is respectful and not weird.	Kinda Boring
be more aware of my surroundings	Kinda Boring
Being more aware of asking	Making uncomfortable
Better ways to communicate with victims.	Not sure how to describe it
Beware of my surroundings and help those who need it.	Respect and freedom of choice in any situation especially in intimate moments is crucial not only for you, but for others around you.
Brief my soldiers	Short, good
By providing information for others that did not attend this training	Smooth
By stander intervention	That it was very informative
communication	That the speaker was really good and made it fun. As well as not to long
Consent is key	The best I took in 4 years
Consent, prevention, and respect	The session was very informational and interactive. Mike was incredibly well spoken and good at keeping the crowd engaged.
Everything	This class was amazing. It was an uncomfortable conversation that was needed.
Everything	this guy mike is amazing actually a very talented and gifted and most of all respectful human.
everything	This session explores topics that may not typically be covered in regular self-help training, such as discussions about intimacy with a partner and managing anger when feeling denied or fearful of losing someone after denying them.
Everything	To tell them to ask for consent first and it's not an bad thing to do so
Expecting to be asked if someone wants to kiss me	useful
For my military career and life	Very clear and to the point
Get better for myself	Very consent based.
How to ask for permission	Very helpful
How to help my family with these certain problems	Very important to be a good person.
How to properly ask in an understanding manner	Very informative
I can use techniques of how to ask before engaging in whatever type of sexual activity.	Very informative
I didn't learn anything new, being a good person is being a good person.	Very informative
I'm going to continue to be respectful	Very informative with deliverance of passion.
I'll ask with a smile and more respect to try and up my chances while maintaining respect and dignity	Very informative, something that needs to be pushed out
I'm going to be more aware about whatever goin on around me and i will use different words with my wife	Very uncomfortable but eye opening
I'm going to use the inner power of being true to myself and to other people to better my self in helping others.	you need to be comfortable be uncomfortable

Military Members attending the "Can I Kiss You?" 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?**
Inform my loved ones that I'm there for them if something happens and they need me	A better explanation on how to properly be aware
It is good to officially ask the question to my partner instead of just insinuating that I want to perform a sexual activity together.	A class on consent
More effectively communicating with those I care about.	A class to build confidence in gaining consent and standing up for vulnerable people
N/A	A consent speech that calls it what it is
N/a	A fun inclusive class about the importance of communication with your partner.
Not Feeling rejected when denied intimacy by your partner	A fun sapr brief
Not rape people	A good participation class and a very informative class being able to ask first and how to respect your partner.
Preventing SA	A good way to learn how to ask the right questions, and say the right thing.
Probably that smooth " can I kiss you " line that the guy came up with	A great session to cover what is consent, not to just read body language and be respectful of one's decision and body.
Safe words and a constant state of consent as well as acting more in a SA situation.	A great understanding of what is right.
Skill building and healthy relationships, travel in a group, if you see something, say something	A healthy talk about relationships and sexual assault.
Skills	A informative and powerful lecture that wasn't boring.
Speak up	A much better brief on consent and respect in intimate situations than we've been given in the past
Stop apologizing when I don't want to engage in sex.	A need to go to session
the "can i kiss you?"	A powerful session about leaning to mutually respect and communicate wants and needs.
The 5 second rule	A really great experience.
The perspective shift mentioned repeatedly.	A really really good eye open and mind opener
The program inspired me to find the strength of why I am intervening and how to use those reasons to act.	A seminar about consent and asking the questions before going forward with intiment and sexual intentions.
To let my loved ones know that I will always be there for them if someone ever tries to touch them inappropriately	A straight forward session about asking for consent.
Treating my spouse with more respect	A very informative and much needed session
Try not to be "smooth" but be respectful	A very informative brief over on asking for consent for any point in time.
Using words to encourage others to open up about their experiences if they were victims of SA	A very interactive and fun discussion that helps people to understand, a very serious topic
"If anyone has or every sexually against your will, I'm here for you, always "	A very real and mature discussion, however presented in an easy to "digest" manner.
"That's who I am" "That's not me"	All about recognizing and preventing sexual assault, and obtaining proper consent
"What would you like me to do tonight"	All the key points to how to ask and how to go about preventing incidents from happening in the future.
3 tool box	Always ask first
4 step process to asking	Always ask for anything
A drunk yes is not a yes ever.	Always ask for consent
A pair of underwear	Always ask for consent and respect every person
A yes today is not tomorrows confirmation.	Always ask for consent never go with the flow and always lookout and stick up for fellow marines
Accepting , No from others	Always ask for consent no matter what and stand up for people
Advice someone of the dangers when taking alcohol.	Always ask for consent. It's okay to say no. Respect people wishes. Always do what's right if you see something wrong. Marriage doesn't give you consent.
All of it	ALWAYS ASK, NEVER ASSUME, LET THE AKWARD QUESTIONS BE ASKED.
All of the stuff from the class today	Always be aware that everyone's body language is different and can be unreliable, which is why asking verbally is important.
All the information on seeing signs and standing up for people that cant.	Always get concent
All the information that was provided	Always get consent and ask first
Always ask	Always get consent, and ask first
Always ask a question first and respect the answer	Amazing
Always ask and never assume	Amazing
Always ask consent.	Amazing
Always Ask First	amazing and helpful.
Always ask for consent	Amazing need to be here
Always ask for consent	An amazing conversation and more interactive way of teaching SAPR.
Always ask for consent rather than trying to read body language	An educational and interactive class on asking before engaging and when it is appropriate
Always ask the question	An in depth description and conversation on sexual consent
Always ask the QUESTION first. It will tell me if there ever was a moment and to understand that there is no look for consent or to do anything.	An informative and nuanced discussion of sexual assault
Always asks my partner for sexual intimacy.	An informative lecture on how to prevent sexual crimes against others and how to properly ask for consent,
Always get consent and be the one to stand up to save someone's life	An interactive and eye opening presentation that makes you realize how many people think similarly about hook up culture and in reality no one ever asks before doing in sexual interactions. It starts with the individual to realize it is respect for the other person and to yourself by asking.
Always show respect	An interactive yet informative brief about s cual assault and concent
As a father of 2 teens and a young daughter, I found this time with you very valuable to what I could also teach my children. Very powerful teachings.	An upbeat large group presentation that navigates how to properly confront/act in common situations within the dating world. This is achieved with a mix of scenarios that put into perspective some of the perceived truths from modern entertainment and audience participation.
Ask	As a very informal class.
Ask	ask
Ask	Ask
Ask	Ask First
Ask	Ask before having sex and stay away from sexual activity while intoxicated
Ask	Ask beforehand making your move

Military Members attending the "Can I Kiss You?" 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?**
Ask	Ask first
Ask	Ask first
Ask	Ask first
Ask	ASK FIRST AND RESPECT THE ANSWER
Ask before	Ask first before sexual intimacy.
Ask before act	Ask first respect decision
Ask before action, never assume, be willing to help others just like hoping others will be willing to help me if needed.	Ask first to avoid problems later.
Ask before doing it	Ask first!
ask before engaging because consent is the bare minimum	Ask first. It doesn't ruin the mood. It's more respectable to ask.
Ask before engaging in sexual activity	ask first. respect.
Ask before going with the flow	Ask for consent
Ask before I do	Ask for consent
Ask before I kiss	Ask for permission for any sexual activity you'd like to engage
Ask before I put the condom on	Ask more questions instead of asking
ask before kissing someone	Ask questions
Ask before making decision	Ask questions and do not be afraid of what the answer is.
Ask before pursuing any action	Ask rather then assume, RESPECT whatever the answer is!
Ask before trying something	Ask someone if they would like to do ____, don't just do it, can ask in multiple different ways so you don't feel awkward. If you see someone drunk being taken advantage of, say something or do something… If you get a text saying "I was raped" remind them "I am here for you if you ever need anything
Ask before you do	Asked before you get act
ASK before you say and DO	Asking first and respecting the answer
Ask first	Basic rules of consent and reasoning behind why basic consent isn't enough for some of the cases when sexual interaction occurs.
Ask first	Be a decent human being and treat others the way you'd want to be treated. Consent always
Ask first	Be careful when around people at social events.
Ask first	Be more aware of basic human rights
Ask first	Be more mindful about others having a choice of their own
ask first	Be respectable. Ask first.
Ask first	Be respectful of people
Ask first	Be sure to ask for permission
Ask first	Be there for those in need
Ask first	Breaking down societies concepts around consent and how the media portrays it vs how it should be done
Ask first	Bringing awareness to how people are affected by SA and how to prevent it
Ask first	Check in with the person if they want the action
Ask first	Common sense
Ask first	Communication is key
Ask first	consent consent and CONSENT
Ask first	CONSENT CONSENT CONSENT
Ask first	consent is important
Ask first	Consent is the best
Ask first	consent must be continuously asked
Ask first	Consent will always be better then awkwardness
Ask First	corny
Ask first	Defiantly would bring up a story and explain this because people need to learn about this stuff.
Ask first	Describe ways in which they can prevent assault or harassment.
Ask first	Describe what was talked about in the class
Ask first	Do the right thing
Ask first	Don't be a weirdo. Have some self respect and be aware of your surroundings.
ask first	Don't be afraid to speak up
Ask first	Don't touch someone without consent.
Ask first	Drawn out common sense
Ask first	Drippy underwear for free
Ask first	Easy to pay attention to. Interactive.
Ask first and respect the answer	Educates yourself on how to interact with a partner or a situation that could could be dicey (relationship wise)
Ask first and respect the answer and always ask for their consent and check on the person.	Educating and fun
Ask first and respect the answer.	Educational
Ask first and say no	Educational
Ask first and stop others when something is wrong	Educational
Ask first and tell them I asked you that because I respect the person I want to kiss	Educational
Ask first before doing things	Educational
ASK FIRST before engaging in sexual intimacy with a partner.	Educational
Ask first even when its something as small as kissing	Educational and informative
Ask first even when you're married.	Educational and interactional
Ask first instead of going for it	Educational and necessary for someone who hasn't previously received this class.
Ask first respect the answer	Educational.
Ask first, and respect decisions.	Ehh
Ask First, and respect the answer	empowering
Ask first, then show respect for whatever the answer may be	Engaging
Ask first!	Engaging and educational. Highly recommended.
Ask first! Don't assume	Engaging and informative

Military Members attending the "Can I Kiss You?" 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?**
Ask first.	Engaging and knowledgeable
Ask first.	Engaging with
Ask first.	Engaging, interactive, and very real.
Ask first.	Engaging!
Ask First.	Enjoy full and informative
Ask first.	Ensure you ask before anything happens. No is not means and is helpful
Ask for a kiss	Entertaining
Ask for coitus before iniating.	Entertaining and educational
Ask for consent	Entertaining and informative
Ask for consent	Entertaining and resourceful but also wrong on some topics about body language they are correct to ask first to keep both party's safe but to ignore body language is wrong, for instance nod your head yes but say no type situation
Ask for consent	Entertaining and to keep you engaged
Ask for consent	entertaining in educational way
Ask for consent always in each step	Every impacting
Ask for consent every time.	Everyone deserves respect and a choice
Ask for daily consent	EVERYONE deserves respect.
Ask for more confirmation	everything that mike said.
Ask for permission always	Excellent and informative, especially as a married Marine.
Ask for permission before any sexual interaction	Explain to just be a better person to people around you
Ask for verbal consent.	Eye opening
ask if they are okay	Eye opening
Ask instead of assume from signals or looks.	Eye opening
Ask instead of going for it.	Eye opening Thought provoking
Ask instead of going with the flow one.	Eye Opening and Very informative. Very much needed for everyone to hear.
Ask more	eye opening class
Ask more	Eye opening regarding consent
Ask more often	Eye opening, a realization how people really think and decide to ask.
Ask more questions	Fantastic
Ask more questions	Far more interactive than any power point presentation. Better for retaining information.
Ask more questions instead of going with the flow	Fun
Ask my husband instead of going for it.	Fun
Ask my husband to kiss and not say it's been 2 weeks since we last have sex.	Fun
Ask my partner if they want to have fun in bed.	Fun and informative
Ask my partner what they'd love for me to do.	Fun and informative
Ask permission	Fun and informative.
Ask permission	Fun and very engaging
Ask Questions	Fun class
Ask respectfully first	Fun learning experiences
Ask the question "can i kiss you"	Fun, engaging, and informative.
Ask the questions	Fun, interactive, and informative
Ask the questions if it is ok.	Fun, interesting, entertaining, fun, informative, and helpful.
Ask the questions if it is ok.	Funny but informational
Ask to make memorable	Get consent before acting
Ask what you'd love for me to do in bed tonight	Gives a genuinely real understanding of healthy communication.
Asking	Good
Asking	Good
Asking	Good
Asking	Good
Asking "what would you love for me to do in the bedroom tonight?"	Good conversation
Asking and not assuming.	Good information
Asking before anything	good information and very informing
Asking before going	Good knowledge abt how to ask for consent and what to and what not to do And just to be a normal person
Asking before kissing someone	Good points
Asking before making a move.	Good session
Asking before making moves	Good to hear if your young and haven't had a relationship or a serious relationship.
Asking first	Good training
Asking first	Gotta ask
Asking first before engaging.	Great
Asking first before hand	Great
Asking first, respecting the answer	Great
Asking for consent	Great
Asking for consent	Great and well presented
Asking for consent	Great class
Asking for consent	Great information
Asking for consent	Great information
Asking for consent even that I've been together in my relationship for 2 years	Great information
asking for consent if i can kiss someone	Great learning Experience
Asking for consent instead of "going with the flow" or reading body language	Great presentation, be mature with serious topic but also be able to learn something actually matter to life, saying NO is fine and the kindest thing you can say.
Asking for consent the proper way.	Great session
Asking for consent when moving from one base to another	Great speaker, interactive. and educational.
Asking instead of just assuming sexual consent	Great, actually very engaging and not boring
Asking Love one what would they love me to do for them in bed tonight	Great; very informative.

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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?**
Asking more	Has useful information and does not shy from expressing its dissatisfaction in the audience
Asking my girlfriend before initiating	He is very educated in the subject and makes sure everyone is involved in the conversation.
Asking my partner and communicating better than I did before.	Helpful
Asking my wife first	Helpful and powerful
Asking my wife more instead of basing it off of body language	Honest.
Asking over assuming	Honestly the best sexual assault class I even taken
Asking partner if I can kiss them .	How important is respect and treat every human being with dignity.
Asking permission	How to appropriately approach someone
Asking permission first	How to ask for consent, and identify coercion and bad intimacy behaviors.
Asking Questions	How to intervene from letting someone get assaulted and how to accept rejection.
Asking questions	How to respect yourself and others in everyday life.
Asking questions before intimacy	I learned that hearing no is a good answer
Asking the question	I think this training was inclusive.
Asking to kiss	I would describe it as a good class to learn information from.
Asking, and respecting everyone's decision, being there for people who have been traumatized.	I would describe it as a more human focused training on sexual assault instead of a more legal focused training like our standard annual training.
Attend social events to be able to intervene when needed	I would describe it as very informative
Be actively aware of my surroundings to be able to assist people who cannot voice for themselves	I would describe it as very informing.
Be aware of how someone feels in a situation. No means no	I would describe this as a very good wake up good call to asking consent properly, and consent doesn't last forever
Be direct when asking for sexual relationships	I would describe this session as a highly informative class which helps you understand the importance of consent.
Be keen to people trying to take advantage of drunk people.	I would detail the simplicity of events that will lead to consent.
Be more aware	I would give a the primary points and why they are important. And answer questions of the subject points as they are asked.
Be more aware.	I would highly recommend this program because it will help out people in the long run
Be more cognitive of yourself expressing permission for intimate relations.	I would mention a story from the 12 survivors book I will download and read on my free time and let them know body language isn't consent and it's best to ask, theirs no fear to be rejected then be in prison
Be more keen to of my surroundings for people taking advantage.	I would say always ask for a solid yes answer and never have intercourse while under any influence
Be more observant and stop people from doing the wrong thing. I will also make sure i am there for friends and family	I would say it was a Class with a very well educated speaker who told us everything we needed to know about SAPR
be more respectful	I would say the speaker was extremely impressive and good at calling out immaturity and ensuring that a high level of respect was given
Be more thoughtful	I would summarize the whole lesson and recommend the book.
Be more thoughtful of situations around me to help prevent situations to go further than it should because most scenarios could be stopped before it happened.	I would tell them about stories I've heard and explain to them how important this stuff is.
Be more understandable	i would tell them to be careful because we wouldn't know what could happen. and if something did happen, to them or anyone they see. report it immediately
Be more verbal in most situations	If you are desiring a partner, ask them for consent every time.
Be more verbally with my partner.	If you see something wrong go and intervene, whether you like them or not.
Be respectful	imformative
Be respectful, say do you want to have sex	impactful
BE THERE FOR OTHERS	Impactful
Be there for someone who needs help	Impactful
Be there for survivors	Impactful
Be there for those in need.	Impactful
Be there for victims and how to respond and care for them	Impactful
Become tact during social gatherings	Impactful.
Being able to ask first and respect the answer. And that being able to give basic respect is the utmost importance. And being able to step in a problem before it begins.	Important
Being aware of what consent looks like from both parties and how it is important in healthy relationships	Important, and incredibly engaging. The speaker was incredibly responsive to the crowd and did great keeping everyone engaged and bouncing the crowds energy and calling us out.
Being more aware of respecting my partners choice.	Info
being more aware of sexual advances	Informal
Being more aware of surroundings.	Informal
being more aware when going out looking for anyone in trouble	Informal
Being more thoughtful to my spouse	Informal and well tailored to the group.
Being more understanding and loving.	Information brief on ways to respect each other in regards to intimate relationships.
Being smooth	Informational
Being there and asking survivors or potential survivors that I'm there for any help. Teach others about asking the question.	Informational
Being understanding and communicating clearly	Informational
Best more communicative	informational
Better and effective ways to easily tell others that everyone deserves dignity and respect no matter who they are. How to effectively intervene without escalating a situation when I see something.	Informational and engaging.
Better articulate my intentions and respectfully ask for consent.	Informational and relatable
Better strategies to help others	Informational!
Calling a friend or family member	Informative
Can I kiss you	Informative
Can I kiss you book	Informative
Can I kiss you?	Informative

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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?**
Can I kiss you?	Informative
Can I kiss you?	Informative
Can I kiss you?	Informative
Check in each time you wanna engage in sexual activities.	Informative
Check in with 3 people	Informative
Checking on loved ones who are survivors	Informative
Common Questions people ask	Informative
Communicant with my wife	Informative
Communicate with partner instead of just expecting him to mind read	Informative
Communicate with partner to initiate intimacy instead of reading minds	Informative
Concent	Informative
Consent	Informative
Consent	Informative
Consent	Informative
Consent	informative
Consent	Informative and a call to action
Consent	Informative and enjoyable.
Consent and knowledge to intervene.	Informative and entertaining
Consent can be taken away	Informative and how to properly execute
Consent is important	Informative and interactive
Consider the victims feelings and ask how you can help them	Informative and interactive.
Continually checking in on my loved one how they feel	Informative and light
Continue communicating with my partner when I want to have sex so that way we can be on the same page.	Informative and not boring
Continue to intervene for those who can't and always ask first.	Informative and offers a new perspective on how you should feel about situations instead of allowing yourself to remain being heavily desensitized to theses situations
Definitely gonna ask to kiss first and be more aware of my partners thoughts and feelings.	Informative and reality awaken
Definitely the maybe not tonight.	Informative to both those who have been offended and those who could be.
Demonstrating respect with my spouse by confirming consent before intimacy	Informative, engaging.
Different ways to ask for consent	Informative, fun & interactive
Direct straight to the point language and questions.	Informative, on the power of asking. As well as intervening in situations that could be people taken advantage of people which can lead to sexual assault.
Don't always rely on someone's body language	Informative, some details that an individual may not know.
Don't assume anything, it is more respectful to ask for verification.	Informative.
Don't be afraid of being told no when you don't receive consent.	Informative. Fun
Don't demand a kiss	Informative. Only uncomfortable if you lack the maturity to handle the topic.
Don't let a situation be the reason you start taking action on ones you encounter in public.	Insightful and engaging unlike most military trainings
Dont be a part of the problem by turning a blind eye, you will never have the change you want unless you be the change you want	Insightful for people who don't understand
Dont be afraid to confront someone.	Inspiring and encouraging
Ensuring I have consistent even though I'm married	Interactive
Even though I am married always ask my partner if they are okay with kissing.	Interactive
Every single subject that was talked about	Interactive
Everything	Interactive
Everything	Interactive
Everything	Interactive
Everything	Interactive and fun
Everything	interactive and informative
everything	Interactive and informative
Everything	Interactive and informative.
Everything	Interactive and lively.
everything	Interactive and powerful. Reacts to the room.
Everything	Interactive and very knowledgeable
Everything	interactive, knowledgable
everything	Interactive. Taught from a different perspective
Everything covered today. No specific action, it all depends on what I see and hear.	Interesting
Everything I learned	interesting
Everything I learned during the class	Interesting
everything that i learned.	Interesting
Everything that was said	Interesting take on how to address sexual assault.
Everything. Asking questions and looking out for others.	Investing and though provoking.
Experience	It engages your mind, using scenarios that you're very capable of being in, forcing you to think about your actions and how you can make a difference.
Express that no is a complete sentence and I don't need to explain why.	It interactive and tell you how to communicate to your partner
Feel more comfortable talking to people about the things that happened to me when they are trying to support me	It interactive and tell you how to communicate to your partner
Gather all the information learned today to help prevent sexual assault.	It is important and they need to go
Getting "the look" isn't enough to make a move and it isn't going to kill the mood just to ask	It is very informational on how to get proper consent and to not misunderstand.
Going to ask first	It is very interactive that allows you to actually have a great understanding on how to ask before sexual interaction and stop a sexual assault.
Gonna ask my wife for the fun time	It opens up your mind to what sexual assault really is. The SAPR training we get every year is too formulated. It's the real world.
Have better communication with girlfriend	It reinforces good habits and informed bad ones very well
Have more awareness of predators in public.	It shows no one has respect when it comes to hook ups
Having more compassion and understanding for others.	It was a better understanding of how to attain consent, and have a respect for people and their bodies

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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?**
Help more people in need	It was a class about making sure that you are always communicating during your interaction with a partner
Help other people out	It was a class on proper relationship edict
Help people if they are getting taken advantage off	It was a fun learning experience that actively made me engage and want to know more as it went on
how to accept being rejected	It was a fun session about the facts and things that help people in public and in private with certain sexual or intimacy interactions.
How to approach my wife when it comes to physical affection. I'm going to always ask to touch her even when it's not an intimate situation.	It was a good class that went heavy on interaction and some role play with great information.
How to ask for consent from my partner	It was a great learning experience for me
How to ask for permission when engaging something sexual	It was a great session that broadened the perspective of many in sexual activities, consent and respect.
How to ask.	It was a great way to address these commons issues to the masses of this base. Awesome participation and engagements.
How to help	It was a personal presentation and informative.
How to help other in terms of helping them emotionally if they ever been sexually harassed or raped	It was a really good presentation with lots of take aways and learning.
How to intervene when unideal situations are occurring	It was a really informative
How to properly ask for a kiss	It was a SAPR class. Don't assault anyone, make sure to get permission, and just be a good person.
How to properly ask for consent every time in a way that keeps things fun	It was a thoughtful session
How to properly respond to someone that has been sexually assaulted.	It was a very interactive and better way to listen to how the general public views towards respect by simple pictures.
How to say no to sexual assault.	it was a very powerful message
How to support or prevent s/a with loved one's	It was an amazing session that i believe everyone should have the pleasure if partaking
How to use the tool do be better in my environment	It was an excellent class on how to appropriately ask for concent
I absolutely loved how much you called the marines out for being immature and demanding respect for every person. Explaining what actually freedom and explaining what freedom t means to respect each others privacy	It was an honest conversation that brought up real topics that people struggle with every day
I already have a habit of asking my wife, so just being there for her more	It was cool.
I already use .ost of the stuff from this program	It was engaging and more fun to attend than previous classes.
I already use the skills taught and thought this way but it reaffirmed my ideas	It was entertaining and there's a lot of situations and subjects that most of adults have encounters
I am	it was extremely informative and made me realize a lot of things I didn't think about before in my sexual life
I am going to ask first	It was extremely powerful and eye opening
I am going to ask first before me and my partner start anything	it was fun
I am going to be more aware of nuanced in the topic of consent.	It was fun and informative
I am going to be more involved with people around me and I will tell people that I care.	It was fun and very interactive
I am going to be more vocal with my wife	It was fun, and delt with heavy topics in a mature manner well keeping it light and informative
I am going to read the second book and learn from the survivors stories.	it was funny and interesting
I am going to take some examples into my trainings	It was good
I am going to use being there for people and letting them know I am here	It was great
I am going to use the can I kiss you method.	It was great
I am going to use the phrases and questions posed as an example	It was great and powerful for ones that did not know how to engage or counter these situations
I am going to, definitely watch out for other people around me during gatherings, and watch myself to make sure I respect my partner.	It was impactful
I am not asking my partner or my request for they're body I am asking for the full commitment of my desired askings.	It was incredibly informative and had really good information that everyone needs to learn.
I don't know	It was informational. As a Sexual Assault examiner in the navy (as a collateral) I have heard many stories of how the victim at first gave consent but didn't want it anymore but where afraid to tell the other person once sexual acts have started. This class shows people that consent is CONTINUOUS.
I have more knowledge and a better understanding on what a healthy sexual relationship with my partner should look like.	It was informative
I more likely to use to ask before engaging sexual intimacy, tell a love one that I am here for them if they were ever a victim and stop someone that is intoxicated making a bad choice.	It was informative and formal but the guy on stage seems to push his moral agenda.
I should still ask my spouse for consent! It's important and it helps avoid frustration.	It was informative and inspiring
I think communication is a key to improving relationships.	It was informative and it made me want to stick up for myself in my own relationship
I think I'm gonna be able to effectively confront someone getting preyed upon	It was informative, interactive and is something that everyone should learn about.

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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 was frustrated by the hosts method of communicating with the audience. There were times when the host was disagreed with by the audience, and the host perceived this as immaturity. For example, some Marines disagreed with the hosts point of view on inclusive language. Instead of respectfully disagreeing and explaining his point of view, the host implied the Marines courageously bringing forward their point of view (courageously because as the host said confrontation is difficult) were dehumanizing their fellow Marines (there is shaming and guiltkng the audience). The host implied whoever holds this non-inclusive point of view is immature. This created the feeling of condescension and reduced the audiences reception of the message. The host said that this was not a place for shame or guilt, and proceeded both shame and guilt the audience for their responses to their questions; contradicting and undermining his message. Why not treat disagreement with respect? Why shut down others points of view?	It was informative, respectful, and advantageous to your dating wants and needs
I was playing with the idea of respecting someone's response, when it's in a question of intimacy 100% respect that now that doesn't really translate into work life when someone ask or you get told to do something you don't want to can you or should you ask why	It was informative.
I will ask for consent	It was interactive and a fun experience .
I will ask from now on.	It was interactive and by answering to his questions it feels like you get the courage to not be a bystander.
I will ask my wife about her story	It was life changing
I will ask, before taking the action.	it was mind opening but also helpful who have family members who are survivors
I will be asking first.	It was much more engaging than other typical SAPR briefs.
I will be implementing this knowledge in my own relationship as well as spreading awareness of the importance with those around me.	It was really detailed and informative.
I will be more attentive to those around me.	It was really good and engaging!
I will be more direct	It was really interactive
I will be more likely to ask my partner before becoming intimate.	It was really knowledgeable
I will be more understanding a no does not need a reasoning.	It was useful and helpful
I will be more upfront with my intentions, ditching common games played by most partners.	It was very empowering to the people who don't think they have a voice. The concept is a lot more simple then people think and it would make more people happy.
I will be more vigilant when I am around people who are under the influance and are not able to give concent. Also ask before doing anything no signs	It was very engaging and interactive
I will being using the words Rape if I am ever at a party and see it	It was very entertaining and very educational.
I will ensure to ask before engaging in any sexual activities.	it was very eye opening
I will ensure verbal consent.	It was very eye opening to the people who surround me
I will intervene	It was very informational
I will intervene	It was very informational and gives a lot of insight on what is acceptable and what isnt
I WILL INTERVENE!	It was very informative and a good way to increase your chances of finding a partner who is actually interested in you, and doing it in a respectful way.
I will intervene.	It was very informative and covered many topics from sexual assault to healthy relationships. Was also fun and interactive.
I will let family and friends know I'm always available for them	It was very informative and engaging. Mike also tells it how it is
I will use todays advice from the program to ask my partner for consent before initiating any intimacy just so i don't get the wrong idea. I will let people around me know i'm here for them if anyone ever sexually assaults them.	It was very informative and tell them about the information i learned
I will use what I've learned to increase my situational awareness and watch for details I may have not noticed before to prevent a undesirable situation. As well as keep in mind the reliability of verbal communication when I finally acquire a partner	it was very informative.
I would love to but not tonight.	It was very powerful
I'll always make sure the person is comfortable and make sure to ask for their consent for anything.	It was well described on how we should respect somebodies answer or body language.
I'll step in and be more involved in stopping things when I see/hear it.	It's a detailed explanation of how to respect people choices and decisions involving romantic situations
I'm definitely going to ask first and try to remove that awkwardness on dates	It's a lesson about consent and doing the right thing
I'm going to always ask my wife before starting intimacy	It's about consent, maturity, and respect
I'm going to ask	It's knowledge one can use in case of any case that happens related to sexual assault
I'm going to ask first	It's really informational and helps a lot with situations that might have happened to you and teach you how to handle them.
I'm going to ask more.	It's very informational and helped me want to protect more people than I already do
I'm going to be more active when around people drinking to prevent SA.	It's very informative
I'm going to check my boyfriend when he gets upset when I say no.	It's was a refreshing take on what's going on in todays society
I'm going to look out for people more to make sure I can prevent them from being assaulted.	Its a very useful, humbling, maturing session that helps you know what to do
I'm going to stand up for others.	Just ask! And be vigilant.
i'm going to stop assuming my partner knows when i want to be intimate	Just because something is a social norm doesn't mean it's okay.
I'm going to tell my family and friends, that I'm here for them if they need me.	Know how to read body language and give people options
I'm going to use a more gentle approach when speaking amongst fellow survivors.	Knowledgeable
I'm going to use everything I learned today with my fiance	Learned a lot

Military Members attending the "Can I Kiss You?" 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?**
I'm going to use more of the examples and points used to humanize potential partners to Marines in future trainings	Learning how to respect people's decisions and why you should ask when going for a sexual advance because if you don't there is a chance that you can be disrespecting them and then conflict begins between the couple
I'm going to use most of these	Learning the do's and don't's when it comes to engaging something sexual with someone
I'm going to use the ask for consent to be with my wife	learning to ask first to protect ourselves
I'm gonna be intervening more	Let them know to be vigilant for people who are not able to give concent and ask questions before doing anything intimate.
I'm not gonna rape anyone	Life Changing
I've never done anything without consent and I've never turned an eye whenever any questionable behavior has been brought to my attention between two people, whether alcohol is involved or not. What I will do differently after today is better voice my support of my loved ones if they ever go through sexual assault, or any other negative event.	Logically connect common scenarios and how asking is important and does not infer with a genuine connection
If anyone has or ever touch you sexually just know that I'm here for you.	Member to ask for consent
If drunk people move on to me when I'm sober	mic's kept turning off
If I see something I will say something.	Mike was really good
If I want action from my partner, ask for it respectfully.	Mind altering
If someone is questioning my actions I will say "that's not who I am" or "that's who I am"	More engaging then most sapr classes
If someone looks uncomfortable say something	More interactive
If they ask why, that means maturity	Much more indepth SAPR lecture
If they say not to ask explain that you respect there body and still ask	N/A
If they say yes green light if they say stop then stop	N/a
Im going to interfere with sexual assault	Naligable.
Im going to take a moment and not assume something about some one and just ask.	Necessary class for all ages and people.
Info	Needed
Information	No answer
Instead of looking for body language and signals, I will clearly ask for consent	No touching if someone says no
Instead of trying to make a moment or wait for a moment and letting the opportunity pass, I'm going to ask my partner if she would like to kiss or engage in whatever activity I want to do	Not agreeing to something or saying no isn't mean and that people have different ways of 'signaling' and body language isn't reliable to go with.
Intervene	Open minded and open scripted. Mike was able to relate from a personal experience and stay very clean about it. Had strong emotions about the situation but was able to explain the aftermath should anyone had do there thoughts.
INTERVENE	People need to be in the right state of mind for consent.
Intervene	People need to be in the right state of mind for consent.
Intervene if I see someone trying to take advantage of someone else. Stand up for myself when people try to take advantage and learn how to say NO to protect myself from predators.	Phenomenal
Intervene in situations that impend sexual assault	Positively intense. Very informative.
Intervene!	Powerful
Intervene.	Powerful
Intervene.	Powerful
Intervention	Powerful and engaging.
Intervention we I see something that isn't right	Powerful and eye opening
It's ok to say no	Powerful and informative
It's okay to say no.	Powerful and thoughtful
Just cause you get the "look" one day, doesn't mean the next time you get the same look that it means consent.	Presentation kinda like a tv show host about respect for them, yourself and others but the main thing was consent from a partner.
Just to make sure to ask all the time.	Pretty awesome informations that helps use to see how important being accountable and to ask first and not assuming what you think it is. Informative and a lot of applications.
Knowledge to help inform others	Pretty educational
Let my loved ones know they have someone to open up to when they are ready to discuss anything	Pretty good, better than other sarph classes
Let people know you're here for them before it's to late	Pretty knowledgeable and interesting
Let someone know I am here for them.	Put everything into a common sense understanding while being fun.
let someone know that i am there for them	Raunchy but informative.
Letting friends and family know I am here for them.	Real and informative
Letting friends and family know that I am here for them	Really well done and really interactive
Letting loved ones know that I'm there to talk to	Recognize situations and use consent with their partner
Letting my loved ones know if they have been or ever been assaulted, i will always be there for them	Recognizing maturity in asking questions then going with a feeling
Letting people know I'm there for them.	Reiterates things most people already know
Look out	Relevant and engaging sexual assault training .
make sure that no one experiences anything like this. make sure to let my friends know if anything happens to them, they can confide in me to tell me.	Respect every human life
Make sure to my loved ones that I am here for them and will listen to any of their problems because I am here to support.	respect one's answers is NO to anything sexual related
Making sure I ask no matter what	Respect other's choices.
Making sure to ask always before going onto the next moment.	respect people's decision
Making sure to be more aware of situations in public.	Sapper
Making sure you ask for consent and not use body language	Sappr training
Mannerisms and high level of respect	SAPR isn't just about the victims
MFLAC's	Self explanatory
More accountable for my mates and tell loved ones I am there for them.	Sensational
More awareness with my partner.	Session about responsibility with our partners and people around us in a danger situation
More communication with my partner.	Sex talk
More consent and to re ask consent questions	Sexual assault is a serious subject

Military Members attending the "Can I Kiss You?" 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?**
More verbal consent and respect	Sexual harassment training
Most someone know your there for them on a cal	Should have been there great info
My instincts to dictate if someone is mindful enough to give consent	Someone saying "No" isn't the end of a positive experience you can have with them. No is just No.
My voice to stop rape from happening	Something you should attend to understand and learn on how to be here for someone
my words and voice to ask, keeping each situation comfortable.	Stand up for others and ask for consent
N/A	Straight to the point and educational on many different points
N/A	Summarize important points I learned
N/A	Talked about sexual assault and how to properly identify if someone wants to have sex
N/a	Talks about rap and boundaries and what's acceptable
No by standing	Teaches people how to talk to their spouse or lover
No doesn't require an additional reason.	Tell higher up they should soak up ALLLLLL the information in this class
No is a full sentence	Tell them how important the info was
No is never mean	Tell them they aren't smooth and should ask for consent
No is no doesn't matter if you got permission the other day not today doesn't even matter if married	Tell them what they said about it and some of the ways people say no ect
No is not bad	That consent is better than assuming
No is not mean	That consent is something that needs to be given, you aren't required to give or do anything.
No is not mean	That everyone deserves respect
No is not mean	That is was powerful and very informative
No is not mean	That it is a must
No is not mean	That it is a must
No is not mean	That it was a good session and you should be attending to classes like this
No is not mean	That it was about sexual assault and tell all the stories told in this lecture
No is not mean	That it was about ways to reduce SA and ways to initiate intimacy in a healthy way.
No is not mean!	That somebody deserves a question instead of a forced answer
No is not mean.	That they need to attend this course.
No is not mean.	That you need to ask before you kiss someone
No isn't "Mean".	That's no is no, always ask for concent , and be their for everyone .
no means no	The basis of respect and freedom and agency is what I fight for and there's more than the ways I was fighting for before.
No more calling people sluts	The best SAPR class
No sure yet.	The course is about being how to operate using consent and what it means in public and private spaces.
Nonverbal consent is not consent Always ask and get consent	The lesson gives you a different perspective of things and shows you how to be more mindful.
Not act like a jerk to jr marines	The look isn't teal
Not be afraid to say no	The only useful and interactive brief I've had in the marines
Not going to feel bad for saying no	The session was informative and allowed for interaction.
Nothing	The session was very informative.
One thing that I'll use from this program is the "I'm always here for you"	The speaker was amazing and was able to engage the audience, and he covered and explained perfectly about consent
Pay attention to the people around me at social events	The things we learned previously might not be true
Pay more attention to public situations	The way I'd describe it is would be very important and moving
persuade to help people	The way you go about trying to start a sexual interaction with someone is very important
Physical language is not consenting and you still need to ask whether or not they're your spouse or stranger. Always be the bigger person and be confrontational because you're doing someone else a favor looking out for them.	Therapeutic, and very important.
Potential resources and POCs if I ever need to provide them to a individual.	They gotta see it.
Preventing sexual assault	Things without consent that should not happen
Properly asking people not just for intimacy, but to be more considerate and respectful.	think about how your partner feels and things between you and them need to be mutual
Questioning before actions	This brief was good for understanding consent at any and every level. It also laid out some guidelines for intervening before someone is sexually assaulted.
Questions	This is a good course for knowing how to be responsible in your relationship
Questions	This is more than sexual assault it's about being there for the person who is bound to be a victim.
Reaching out to the ones I care about and telling them I am always there for them if they have been sexually assaulted	This session brought a wider and more educating respective on SA and Consent.
React to others	This session helps you to identify a potential sexual assault scene and intervene. It also teaches you how to ask for consent whether in bed or for just a kiss.
Recognize my surroundings more aptly to protect those around me.	This session is very straight to the point. Very Educational on topics.
Respect "no"	This session was informative and eye opening in regards to sexual assault prevention
Respect and ask first	This was a very educational class about why content is important and why it is important to step in and step up
Respect everyone	Tiiring
Respect par	To always ask first before proceeding to kiss or go any further and to intervene if anything doesn't look right.
Respect the answer	To always ask for permission before making a move. Also if you see something intervene.
Respect the no of it happens	To always take the session serious and don't wait until something happens
respectfully ask	To ask and not demand
Respecting significant answers	To ask first
Respecting the answer after asking.	To ask first before making a move and to not drink.
Saftey	To ask first, see something do something

Military Members attending the "Can I Kiss You?" 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?**
Saftey	To ask for consent and respect there answer
Sapr training	To be better in your decision and have the integrity to call someone out even if no one is watching.
Say no without feeling bad	To be respectful to others.
Say not tonight but another night if we are both intoxicated.	To help anyone to stop advances regardless of their identity.
Say something if needed	To respect partners and ask for consent
Saying no does not necessarily mean im being mean	To respect people and especially your partner. Their answer goes and shouldn't push forward to respect it. Watch out for situations that may lead to bad outcomes.
See something say something	True and digestible.
Showing support	Uncomfortable
Situational awareness	understanding the other side of the relationship and ask
So far from what I learned today is that their is no nonverbal consent when it comes to sexual advancements	Unless told it's okay assume it's not
Speak up if I see something and let people know I am there for them	Use consent
Speak up.	Useful for consent techniques.
Spread the word	Uses real life examples
Spreading awareness on along partners before making a move	Very awakening
Stand up and defend drunk bystanders	Very beneficial and it will make you think more about the people around you
Stand up for drunk people.	Very big on consent
Starting to ask my wife instead of expecting it.	Very educational
Stepping in and stopping a bad situation	very educational
Still ask even while married.	Very educational and show me a very informative class
Stop actions that may are alerting.	Very educational.
Stop others	Very Educational.
Stop playing games and just ask.	Very engaging
stop SA	Very engaging
Stop sexual assault	Very entertaining, educational, and implementable.
Stopping people from taking advantage of drunk people	Very enthusiastic presenter. You should look up MikeRespects
Stronger communication with my partner.	Very fun and engaging.
Take into consideration of every scenario or scenery in the bar scenes	Very fun and respectful for all
Take the stand for somebody .	Very good information to know
Taking No for an answer.	Very great experience and a new way to look at these situations.
Talking to my marines about asking	Very helpful and useful
tell loved ones that I am here for them if anyone ever sexually assaults them.	Very helpful and very demure
telling loved ones and friends im here for them.	very impactful
Telling loved ones I am here for them.	Very impactful and go over the verbal vs non verbal
Text someone and tell them I'm here for them	Very impactful and mindful and helps you realize situations that are messed up
that everyone matters and is worth a confrontation	Very impactful.
That it's okay to say no	Very important information regarding your relationships.
That its ok to not be in the mood.	Very important information that everyone should know.
That's who I am.	Very important.
The 4 step process of asking for consent.	Very in formation and well explained
The alcohol consumption leading to potential disaster	Very in-depth and interactive
The approach to asking for consent for the kiss instead of trying to be smooth and read the room.	Very informal about the right ways to approach
The appropriate way to ask for sex	Very informal and interactive. Makes you think more about issues that are not being talked about.
The ask first policy	Very information and realistic
The ask first saying	Very informational
The ask first steps	Very informational
The book	Very informational
The books about other survivors	Very informative
The constant consent in my sexual encounters even with me being a long term relationship and we are comfortable with each other.	Very informative
The courage to ask first	Very informative
The idea that awkward moments are good and not retreat	Very informative
The ideas of what was spoken of, asking straight forward questions	Very informative
The information about asking	Very informative
The intervention aspect	Very informative
The knowledge given to prevent sexual assault.	Very informative
The lessons taught were know through numerous training I have received over the years. This class has helped make it more understandable to teach to my kids.	Very informative
The look from the beginning	Very informative
The perspective of the other people around me. How being there is so vital.	Very informative
The point of smiling when asking	very informative
The portion about calling loved ones to tell them that I am here from them.	Very informative
The power of asking for consent before making advances.	Very informative and down to earth
the reaction to an SA survivor	Very informative and energetic
The respect and the reaching out to love ones	Very informative and engaging
The see something say something.	Very informative and engaging
The steps of intervention and help others and myself	Very informative and engaging host
the tips and questions I have learned	Very informative and entertaining
The tools and strategies to follow to keep fellow marines and those around me safe	very informative and helpful
The tools for asking for consent for intimacy and letting associates and family know I am there to support them	very informative and helpful
The training portion. I'll use it in my trainings.	Very informative and how to react
The way I asked for anything is important	Very informative and interactive
The Weight and understanding of RESPECT.	Very informative and interesting
The whole ask first thing abt kissing.	Very informative on stigmas based around asking.

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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?**
There is nothing wrong with asking	Very informative, and how to ask for consent correctly
There was a really good answer for rejection.	Very informative!
To accept no from my partner	Very informative.
To always ask and not make an move off of body movement	Very informative.
To always make sure consent is there first.	Very informative.
To ask	Very informative.
To ask	Very informative. The importance on giving and receiving consent is important to respect others' boundaries and your own.
To ask first	Very insightful and engaging.
to ask first	Very interactive
To ask first before assuming	Very interactive
To ask first!	Very interactive and engaging
To ask for consent doesn't if it's to hold hands or kiss	Very interactive and engaging
to ask for consent first.	Very interactive and engaging. Gives great advice on proper communication skills and encourages you to intervene in situations in which someone is at risk of being taken advantage of or making a bad decision
To ask for consent instead of just going for it	Very interactive and fun, but stern and informative
To Ask Future Partner's for Consent And Respect Their Decision.	Very interactive and informative
To check in with my loved ones.	Very interactive and informative
To communicate with my partner before initiating intimacy	Very interactive and informative
To evaluate and make decisions better based on this course	Very interactive and informative
To gain consent	Very interactive and informative!!
To intervene	Very interactive class
To intervene more especially strangers in situations with alcohol or otherwise.	very interesting
To intervene on others behalf because that is who I am.	Very interesting, energetic, and informational
To make sure none of my friends or other get taken advantage of	Very intriguing, don't think your partner is ok with sexual wanted or desires.
To make sure to ask for consent	Very knowledgeable
To make sure to ask for consent	Very knowledgeable
To make sure to ask my partner for their consent before any sexual interaction	Very lively and interactive. Great message
To not be afraid of no	Very mind opening
To not feel guilty when saying no	Very useful info to respect someone
To not use revenge and take away someone you loves decision on what to do with their rapist because it takes away their ability to choose once more.	Very useful tool in addition to the SAPR program to teach people tools for respecting others consent and helping survivors
To prevent sexual assault and unwanted sexual advances on woman and men alike.	Very well
To recognize when someone might be in a bad situation and how I can assist them.	Very well taught
To speak up for those that don't	Was very informative.
To stand up for others who are being coerced while inebriated	Was very interactive.
To start asking before anything happens	Wasn't a lecture
To stay sober in my interactions.	Watch the Way you speak. If you see something say something.
To talk to my family about this program	Way better than other SAPR trainings that I've attended.
To watch out for people in the bar that's trying to get them drunk and to ask to kiss first	what consent means but how to properly ask for it and not make people uncomfortable
understand that I don't always have to explain my " why"	Yes isn't continuous
Understand that I don't need to give a reason why	You are not smoother than you think
understand that no is okay	You are the problem if you don't speak up for what you witness.
Understand the legal definition of assault is too weak.	You missed out.
Understanding that even with spouse, consent is necessary and it is ok for my spouse or I to communicate rather than "read the room"	You need to ask for consent before engaging in anything physical.
Use more words with my wife rather than relying on body language.	"It's not like normal SAPR. This is what a normal SAPR training session should be."
Use the supportive tools that were presented to me today (addressing problems that may be in the relationship or showing that I'm here for a the victim or victims)	A great was to understand an uncomfortable situation
Use what I was taught in the needed situations	A must see. The best speech person for this topic.
Using clear communication to initiate sexual activity	A thorough open floor conversation discussing intimacy
Using my words rather expecting things.	Amazing
Verbal consent is the only consent and it only last in that moment.	Amazing wake up presentation for everyone! Looove it!
Verbalizing my wants in a relationship	AMAZING! I will share the great cliff notes on asking & mutual consent
Verbally ask for consent	Asking is important, and no is a valuable word to be respected and if you dont understand why wait till the next day. And treat others with respect and make them feel their worth
Verbally ask for consent.	Consent is mutual and means both people want it, and we should respect their answer no matter what it is.
Verbally asking Consent before action	Different. A shakeup.
Verbally Asking for consent Identifying sexual assault	Easy environment, a couple funny lines, good advice and examples. Great speaker
Verbally asking for consent.	Educational.
very informative	Engaging very educational and funny.
watching out for my marines and making sure they aren't getting taken advantage of	Excellent
What can I do for YOU tonight in bed	For as heavy of a topic it is, it was very fun and engaging.
What do you want me to do tonight	Funny and educational
What does my partner want me to do tonight during sex.	Good
What if Both people are drunk?	Good info
What the program said	Good info
What to do	Great speaker
What would you like me to do for you in bed?	Great speaker with great information.
What would you love for me to do tonight?	Incredible, lively, and powerful.
Yes	Informative

Military Members attending the "Can I Kiss You?" 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?**
You're able to prevent others from being taken advantage/ rape	Informative and fun
All of it, seems like a indecisive answer from someone who didnt pay attention. But i do plan on using it all because everything from today can and should be used and most of this i tried before but didnt use it correctly like saying no, or asking correctly.	Informative and helpful
All of it. I learned a lot	Insightful, meaningful and entertaining to learn.
Always ask, enthusiastically	Interactive and great conversation
Always for consent from your partner first.	Interactive, thought provoking and inspiring
Ask "what would you like me to do for you in bed "	Interested and worth the listen. A great perspective
Ask explicitly	It is such an amazing conversation
Ask first	It really puts into perspective the norms our society has, and how one individual can make the world of a difference with this change.
Ask Frist	It was fantastic and so informative. Go, you will learn and it's fun.
Ask my wife what she wants in bed	It was very informative
Ask, and Be there	It wasn't a normal sapr brief it was awesome and entertaining
Asked no questions	It's learning, but important. Also fun at the same time.
Asking for a kiss when the opportunity presents itself instead of going for it.	Opens your thoughts up to things you never thought of.
Asking husband what he would like in bed	The session was very informational and described in depth about the contributing factors of relationships and sexual assault.
Asking what I can do for my partner	They need to go
Be willing to offer help and take action in the tough situation of sexual assault.	This session was very engaging and very informative.
Being a better role model for my sons by asking for my husband for kisses in front of them and asking them if "mommy can have a kiss"	This session was very enlightening, engaging, and important/needed.
Call and let someone know they can come to me if they're ever sexually assaulted.	Timely info presented in a funny way
Committing to being there for loved ones	Very educational, electrifying and fun
Consent is the bare minimum.	Very good and informative.
everything i remember.	Very high energy and interactive.
Everything, this was awesome!	Very informative and enjoyable to attend.
Helping out and listening to loved ones through difficult situations.	Very informative on how to handle your own and others experiences with sexual assault and harassment.
How I show up for victims.	Very informative seminar about sexual assault and consent
I really loved the whole message and will take it home and share it with my family.	Very Informative, the first time I've been engaged and attentive to a sapr lecture topic
I will find a better why if I ever intervene I'm sexual assault	Very informative.
I will intervene	Very thought provoking
I'm going to ask my boyfriend if i can kiss him before kissing him.	Wort it!
I'm going to ask, "what would you like in bed tonight."	Worthwhile and engaging. Must see!!!
I'm going to tell a loved one that I'm here for them if they have been or will be sexually assaulted	You missed the most powerful hour of the hour
I'm gong to ask my wife what she wants to do in bed tonight.	A civilians perspective of sexual assault that opens the mind to service members.
Intervine if I see someone in a situation.	A different, but extremely useful, approach to SHARP/sexual assault prevention.
It's okay to disappoint someone with my answer.	A excellent bit intense but with a great impact. Fuck you
Let them know I'm here to help	A good educational experience.
Letting people know that I'm here for them and that I believe them.	A good experience to learn about consent
N/a	A good one compared to the others
Name it and you will more than likely to take action	A good open talk about real life sexual problems that people don't often talk about.
No is not mean	A great content
No is not mean	A great great class to be in
No is not mean	A great opportunity for all SM to learn about what is Ask and respect a person
Normalize that it's okay not to say sorry especially when you didn't do anything wrong.	a lot of talking about not touching people in ways they dont wanna be touched
Provide support to survivors.	a lot to learn from simple mistakes
Reevaluating the way I might approach a situation with my spouse.	A more in detail sharp course
Say no to make more room for the important things I want to say yes to.	A very detailed session
Specifically using language to give power to the victim if I'm told what happened.	A very important brief
Steps to ask	A very important lesson on sexual assault and we learned about how the little things that you don't think about really does matter.
Steps to ask	A way to express themselves and be aware of sexual harassment
Tell loved ones & others arounf me that I AM ALWAYS HERE FOR THEM. Ask my husband first!	Advice on how to ensure smooth interactions as far as consent
The importence of asking.	Always agree or have your partner consent before do anything
Understand that I prioritize a person that was sexual assaulted	Always ask
"I can't let it slide, I'm not that kind of person"	Always ask for permission
Advice	Always do the right thing
All of the programs that were taught today	Always give someone a choice
All of the things that were taught	Always stand up for someone who can defend themselves
All steps and methods.	Amazing and engaging
All the advaise that the instructor pointed out today	amazing, learned a lot
All the good info	Amazing.
Always ask	An eye opener for a lot of people on what sexual assult is and how low most peoples standards typically are.
Always ask	An eye opening experience on how to look at my relationship.
Always ask	Applicable to the entire audience
Always ask	Ask 1st before have sexual
Always ask first	Ask before u act
Always ask first	Ask first and get conceit
Always ask first	Ask first before any interaction and always intervene if you see something wrong
Always ask first.	Ask first stop and stop asking for why

Military Members attending the "Can I Kiss You?" 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?**
Always asking for concent	Ask first.
Ask	Ask for constest ,acknowledge drunk negligence, sex is a mutual thing you don't own anyone
Ask	Asking for concent for sexual acts isn't unattractive.
Ask	Awesome
Ask	Awesome
Ask always first	Be more understanding of others
Ask and communicate what I want and what my parent wants.	Beneficial and educational
Ask and give the choice first	Clarifying
Ask and Respect	College lecture styled class
Ask before assuming they want to be kissed, stop any incident that might lead to bad thing	Consent
Ask before attempting to initiate intimacy	Consent is key
Ask before engaging	Definitely worth listening too
Ask before engaging	Different than the satnadard briefing.
Ask before i engage	Direct and respectful
Ask before trying something with my partner	Don't force, ask and accept
Ask can I kiss you?	Don't be afraid to ask for consent
Ask can I kiss you.	Easy and relatable to understanding
Ask consent	Easy to save time but asking
Ask first	Educational
Ask first	Educational
Ask first	Educational and morals changing
Ask First	Educational speech about the repercussions of sexual assault and its leading causes, and ways to prevent it.
Ask First	Educational, active, comfortable to talk about the uncomfortable
Ask first	Educative and fun
Ask first	Educative session.
Ask first	electric. eye opening
Ask first	Energetic
Ask First	Energy and lots of interaction
Ask first	Engaging
ask first	Engaging
Ask first	Engaging
Ask first	Engaging
Ask first	Engaging and eye opening.
Ask first	Engaging and heartfelt
Ask first	Engaging and improves your life choices and decision making.
Ask first	Enlightened
Ask first	Enlightening
Ask first	Enlightening
Ask first	Enlightening
Ask first	Entertaining and didactic
Ask first	Everything I know
Ask first	Excellent session
Ask first	Explain what they said
Ask First Respect the answer	Extremely helpful
Ask First !!! But also know that I don't owe my husband anything, and he should respect my answer	Eye opener
Ask first and respect answers	Eye opening
Ask first and respect the answer	Eye opening
Ask first before anything	Eye opening
Ask first before do something	Eye opening
Ask first before engaging	Eye opening
Ask first before everything	Eye opening
Ask first even in a marriage	Eye opening experience
Ask first never really did that with my girlfriend	Eye opening!
Ask first to do anything	Full of good information to apply to your everyday life
Ask first! (Its always a choice)	Fun way to get the information without facts
Ask First.	Give information about it, and the resources
Ask for a kiss more	Good
Ask for consent	Good
Ask for consent	good
Ask for consent and ensure it's mutually wanted	Good
Ask for consent but never ask why or why not	Good
Ask for consent to kiss	Good
Ask for consent to my partner, and stop to help someone if they getting harassed or assaulted.	Good
Ask for kiss instead of just giving it	Good
Ask if i can kiss	Good and worth showing up for.
Ask instead of assuming	Good experience
Ask more	Good knowledge
Ask more often, instead of just doing.	Good learning experience to use in every day life
Ask my wife before	Good session
Ask my wife if we can kiss from now on.	Great
Ask no matter what	Great
Ask permission	Great
Ask permission	Great

Military Members attending the "Can I Kiss You?" 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?**
Ask questions	Great
Ask questions.	Great
Ask regardless	Great
Ask them for a kiss.	Great
Ask to kiss	Great
Ask why	Great advice and better thinking in the moment.
Ask without expecting an answer and getting upset.	Great advice when it comes to respecting the choice of others to engage in sexual activity.
Ask your spouse and or partner if they'd liked to be kissed	Great class
Asking	Great conversation to have, and that they should attend
Asking	Great experience very knowledgeable information put out
Asking	Great info
Asking	Great session, amazing host good interaction with crowd
Asking , Noticing certain Situations, addressing assaults	Great way of looking at issues
Asking and eye contact to be romantic	Great!!!!
Asking and having good communication	Have the courage and confidence to make the first decision to ask.
Asking and responding can (and should) be a fun and positive experience	He was an exciting speaker.
Asking before doing, and opening up to close friends and family!	Helpful , new experience and fun!
Asking before I go for it	Helpful in weird situations
Asking before trying to get action from my wife	Helps give a script and explain importance of active consent
Asking every time I want to be affectionate with my partner.	Highly recommended
Asking first	How important it is to know when the right moment is and both people in the relationship feel safe with each other
Asking first	How to ask
Asking first	How to engage sexually with your partner without coming off as a creep, predator, demanding etc
Asking first before doing	Human Dignity and Standing up for what's right
Asking first before doing something	I learned about sharp and how to help Others more often
Asking for concent of little and big situations	I left very acknowledge on what to do in the situation if I have someone drunk trying to make sexual advances on me
Asking for consent	I really recommend is pretty good
Asking for consent	I think it was a great class and I think the speaker was amazing with words
Asking for permission	I will say that it was very iterative and everybody was engaged and understood the importance of intervention by speaking up or taking action and we learned the importance of getting consent from our partner even if we are married cause body language can be very predictable
Asking for permission before doing anything	I would describe it as a lesson that everyone should learn.
Asking instead of relying on the moment	I would describe it as very informative.
Asking more and respecting the other persons response more	I would explain some of the information given.
Asking my partner for consent.	I would explain what SA is and tell them how to stop it
Asking my wife for consent to have sex	I would say that it's a must to attend the session.
Asking my wife is she would like to engage in sexual activity	I'd say it was informative and more interactive than regular sharp training
Asking not just assuming my spouse is in the mood	Id recommend it to anyone
Asking partner for permision	Idk
Asking permission	if they or they know of a loved one who has been raped. i can recommend them the book and the program and me to talk to.
Asking permission	If you don't want to have sex with someone, don't be scared to tell them. Always have respect for yourself. If someone really likes you, they will respect your decision and wait for the time is right for you.
Asking permission before making intimate action.	Impactful
Asking permission for anything sex related	Impacting
Asking respectfully	Important of consents
Asking to kiss someone instead of assuming. I've never been good at identifying body language.	Important. There is a vast population that has no concept of taking no for a valid answer
Asking why later	In funny way but making it by easy explanation where they would understand the importance about SHARP
Be a better person and simply ask before "making a move"	Incredible session on how to say no and have boundaries
Be more conscious of survivors around and what I and others say that may be triggering	Incredibly thorough and Informative. Something you don't wanna miss the next chance you get.
Be more forward	Influencing
Be more understanding when my wife says "no" to intimacy.	Informal
Be someone that is more reliable in helping friends family and soldiers	Informal
Be there for anyone that need helps	Information, important, relationship advice
Be there for everyone. Even if I don't know them.	Informational
Be there for victims.	Informational and powerful
Behavioral health	Informative
better understand of consent	informative
Better understanding of consent	Informative
Call the police	Informative
Can I have a kiss ?	Informative
Can I kiss you	Informative
Can I kiss you	Informative
Can I kiss you?	Informative
Can I kiss you?	Informative
Company Sharp Training.	Informative
Confidence	Informative
Confirming	Informative
Consent	Informative
Consent	Informative
Consent	Informative

Military Members attending the "Can I Kiss You?" 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?**
Consent	Informative
Consent	Informative
Consent	Informative The power of asking and how it actually shows more confidence in yourself
Consent	Informative and engaging
Consent	Informative and enlightening
Consent and to ask before engaging in sexual activities	Informative and entertaining.
Consent even with long time partner	Informative and interactive
Consent is very important Respect the partner answer as well	Informative but fun
Contine asking permission for all acts with spouse.	informative Ted talk about SHARP. Better then usually SHARP brief.
Continue to ask my wife and never assume.	Informative, useful
Create stronger sexual boundaries for myself in my relationship	Informative.
Definition of consent	Insightful
Do the right thing	Insightful
Do the right thing	Insightful engaging and funny
Don't ask why	Inspirational
Don't ask why	Inspiring
Don't ask why and stop apologizing	Inspiring.
Don't apologize for saying no	Interactive
Don't ask "why" when my partner says no.	Interactive
Don't ask why after being told No	Interactive and engaging
Don't ask why after being told no	Interactive and influential
Don't ask why when. My partner says no	Interactive Q&A
Educate people on the necessity of respecting others and the choices in relation to their sex lives	Interactive, informative, and powerful.
Engagement	Interesting
Evaluate how I approach sexual and romantic situations with people.	Interesting and knowledgeable information about sharp
Even if it's happened before doesn't mean it's going to happen again. Still ask permission	It is effective training for work and personal situations
Even more consent.	It is encouraging
Even though I'm married I'll start asking my husband instead of manhandling him	It is extremely valuable
Every thing	It put into perspective how we can respect each others boundaries.
Everything	It was a great awareness session on what consent really is
Everything	It was a great session
Everything	It was a great session
Everything	It was a helpful and interactive session
everything	It was a very enlightening session and if they couldn't make it they should make the next one
everything	It was about asking to prevent disastrous situations
Everything	It was actually interesting and information based.
Everything	It was better than most sharp training.
Everything	It was entertaining
Everything	It was fun and engaging
Everything	It was fun and he gave information that will help in our daily life
Everything	It was fun and knowledgeable.
Everything	It was good
Everything	It was good
Everything	It was good
Everything	It was good and worth it
Everything as I already do most of it	It was great you should have been there and there were so many examples of how and why to navigate the uncomfortable conversations but that's not bad if the conversations don't go the way you expected but that regardless of the outcome it is necessary and can actually speed up the inevitable.
Everything great key points!!!	It was great, very informational and common sense
Everything I learned	It was informative
Everything that was said	It was informative
everything ya know	It was informative, on how sexual assault can result in different outcomes
Everything, either already use or am willing to use	It was informative.
EVERYTHING, i've learned and took so much from the program and i am willing to share what i've learned with others	It was nice to hear
Everything!	It was something that i think everyone should come see and have an experience with this speaker
Everything!!!	It was unique and engaging from other SHARP Training I've had
Everything.	It was very enlightening and educational.
Evrything on asking first	It was very entertaining
for everyday basis of life.	it was very eye opening to things a lot of people don't talk about and it was very easy to understand the concept of it.
Get consent before having sexual contact	It was very good
Getting concent from someone I am interested in is attractive.	It was very informal and forced me to think outside the box"norm"
Going to text the people in my tight knitted circle that I am here for them if something does/has happened to them	It was very informative and eye catching and interactive
Good stuff, consent is awesome!	It was very informative and interactive.
having a voice for others, when speaking up !	It was very interesting and the main idea is always to ask first and also help each other in sharp case
Healthy relationship understandings.	It was very strong of a lecture.
Help others	It went over how to safely have consent, and avoid taking advantage of someone.
Help others if I see they are in a potential dangerous situation.	It's a good lesson that a lot of people need to take to heart
Help others when in danger or use if I'm in the situation	It's better to ask questions first than to jump the gun and find out what the consequences are later.

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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?**
How to apply things with a partner	It's fun, and very enlightening.
I am going to ask at least three people if they've ever been sexually assaulted and or tell them that I will always be there for them.	It's needed and informational. Even if you already know the information it should be refreshed and required to know and learn.
I am going to ask before I make my move	It's the same hyper dramatized assault training we've been through 100 times. Don't assault people, avoid sex with strangers and you should be fine.
I am going to ask before kissing someone	It's a good session that is better than most sharp classes.
I am going to ask every time I am wanting physical affection	It's a humbling experience for those people who don't respect another person's body .
I am going to ask for consent first no matter how confident I am.	It's a very informative class on sharp and what you can do to help people in need.
I am going to be more attentive	It's about consent and knowing how to handle situations
I am going to stop apologising for making sound decisions about my body	It's better to gain and maintain consent. Asking doesn't ruin the mood it affirms what was and was not there.
I am incorporating all the insights gained from this excellent seminar.	It's important to know your boundaries and consent
I liked the understanding of asking the reason to interviene cause theres not reason not to interviene	It's important to start asking and both have to be mutually to the consent
I will intervene in someone trying to manipulate someone	It's is ok to say no, consent is important
I will intervine	It's was good
I will make sure to ask my wife and look her in the eyes when I want consent for sexual activities.	Knowledgeable
I will step in	Learn boundaries, accept "no"
I will stop asking why if a sexual partner says no out of dignity and respect	Learned about treating others with dignity and respect.
I will tell my partner/family that I am here for them.	Learning how to ask.
i will use approach	Lesson on consent
I will use everything covered today.	Light hearted and comedic discussion for serious topics, yet it still got the point across clearly.
I will use the scenarios that were used in the program	Lively
I won't feel as hesitant to intervene if a SA like situation is taking place right in front of me.	Lots of energy
I'm going to use everything that I learned today from this program.	Make wise decisions regarding sexual orientation and don't do anything you wouldn't want done to you sexually
I'll be using what I learned to strengthen my relationship	Makes you more aware of sexual assault
I'll rethink my intimacy with my partner and begin to be more vocal.	Makes you think if you're doing things the right way in your own relationship
I'll use "ask" procedures before engaging or assuming.	memorable lessons
I'm going to ask 3 people today that if they've been sexually assaulted they have somone (me) to tell and talk about the situation	Mind-opening
I'm going to ask first	Missed out on a great lesson
I'm going to ask my partner can I kiss you without fear of rejection	More informative of asking
I'm going to be way more cautious when asking for a kiss or to do any sexual activity.	Must attend for knowledge
I'm going to let my family and friends know I am here for them	Mutual Consent when wanting sexual relations
I'm going to tell a loved one that if they are or have ever been sexually assaulted that I am here for them.	N/A
I'm going to use the intervention techniques that were taught	N/A
I'm not sure yet	Na
Idk	Necessary
Idk	Never ask why, ask how can I ….
If anyone one is in trouble I'll be able to help	No
If my sign	No Comment
If she says no, I'm not going to ask why she said no	No comment
Information	No means no
Intervene	Not a good use of time. Didn't go into enough about personal responsibilities. NOT putting oneself in situations where they are unsafe. Not setting personal boundaries. Speaker expects us to use body language to tell when someone is too inebriated and when they are uncomfortable, yet states "body language is not reliable" when seeing if someone is interested. Agree in theory with the speakers main points. Arguments fall apart fairly quickly. Operates off to many assumptions.
Intervene	Not typical sharp program more in depth real examples
Intervene	Nothing
Intervene	Personally walk up and talk to them and let them know everything that was talked about
Intervene with actions that can led to sexual assault , sexual harassment, and both.	Positive and informing
Intervene, support and respect the answer.	POV
Intervening and stepping in.	Powerful
Intervening at party events	Powerful
Intervention in a party or group setting.	Powerful and thought-provoking. Made me think about where my morals are placed
Intervention on people who are both drunk	Powerful and very resourceful
Interviing	Pretty good
Intervine	Providing helpful information on sexual assault and how to deal with it.
Intervine in situations where someone needs my help	real life
Intervining	Really helpful and interesting theme
It's okay to say no.	Realy good information to have.
Keep an eye out in party's or activities for someone trying to take advantage of another person when incapacitated by alcohol or drugs.	recap of everything
Know that's my body my choice, doesn't matter if I have a partner	Saying no is not mean
Knowledge	Send him/ her the website or link.
knowledge	sexual assault awareness
Knowledge	Sexual assault info
Leading by example By showing others what it means to be an advocate against sexual assault and harassment.	Share all the key points we were taught today

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Learn	Sharp
Learn how to say no	SHARP briefing explains consent
Learning about to steps	Sharp meeting
Let 3 people know I am here for them if they ever went through anything.	Sharp training
Let 3 people know if they have been serial assaulted I'm there to listen to them	Showed how you should initiate intimacy, how to respect and show support for survivors.
Let friends and family that I'm here for them	Something they should apply to their life
Let my loved ones know I'm here for them	Start asking, and dont immediately ask why if they say no. Be respectful of boundaries
Let my loved ones know I'm here for them	Take a step back and think and ask before you act
Let my loved ones know I'm here for them	TBD
let someone know that they ALWAYS have someone to talk to.	Ted talk on intimacy and consent
Letting it be known that anyone can come to me for help	That asking first is more important then reading body language
Letting someone know I'm there for them	That it explains what we have been doing wrong and how we can do better with other people
Look out for everyone and myself	That it is a very good session more people should be apart of
Make it my business to stop and sexually assault or harassment	That sexual harassment and assault is not right and needs to be pointed out
make sure no one getting to drunk and taken advantage of	That they have the right to protect themselves
Make sure that I'm a better leader by protecting the weak or others who need sticking up for by not being scared of confrontation.	That this class was interactive and an eye opening experience
Make sure to communicate and always ask	That this was a necessary reminder to remember that every human being has a choice and that we need to ASK, ASK, ASK before doing something to someone without their permission.
Make sure we on a mutual agreement whenever me and my wife are getting intimate	That we learned about consent saying that how asking if I can kiss you, is ok and we should normalize it.
Making myself available to friends and family	The importance of consent
Making sure I don't cross my wife's boundaries if she doesn't want to engage with me.	The presentation was highly informative; increased attendance is recommended.
Monitor situations closely when alcohol is involved.	The session goes into a deep conversation of the value of respecting others and the importance of listening to a common answer like NO.
More like to ask my wife if I can kiss her.	They missed out on one of the most informative and interactive presentations about SHARP I have ever been a part of.
Most of it	They need to ask first
Mutual consent	They need to go as soon as possible.
Mutually consent	They should attend
My wife has intimacy hardships due to past sexual trauma. I will 100 percent ask before initiating sexual acts. Rather than assume I know they are willing	This is information and helpful
N/A	This session is very informative
N/a	Through out the 4 steps : intervene , support, ask first befor going for and respect the answer
Na	To make sure you always ask before doing anything remotely intimate
NA	To stay safe
Never asking why it so some days no to sexual activity	Useful
No doesn't mean you are mean	Useful
No is No	Useful
No is not mean	Usually this shits bring it's the same info over n over but Mike did an excellent job of keeping us engaged n telling us new information and providing a different outlook on the topic of sharp
No is not mean	Valuable but the speaker moved too fast making it easy to lose track
No is not mean	Very beneficial and informative. New standards and perspectives
No is not mean	Very detailed
No is not mean.	Very down-to-earth and informative.
No it's not me	Very educational
No making assumptions out of body language	Very educational
No means no. Ask first	Very educational and amazing
No more asking why if they say no, as well as start asking.	Very educational and informative
Not ask why	Very educational as well as interactive.
Not asking why	very engaging, lots of energy, well spoken, quick points and healthy arguments.
Not asking why after being said no to sexual activity	Very entertaining and energetic
Not asking why when rejected	Very eye opening.
Not really related to intimacy, but if in an argument with my spouse take time to cool off and come back to the argument at a later date and see how I contributed to the problem.	Very fun, informative and talked about alot of very good topics.
Nothing.	Very good
Nothing. The social standards and psychology behind courting is settled science. My principles are already part of my daily ethos. I don't need additional training.	Very good
Preaching concent	Very good
Prevent asking why when said no by partner.	Very good
Protect those that are vulnerable and support them.	Very good
Questions about consent	Very helpful
Reaching out to family and friends to let them know I am here for the. Because verbal tell are just as important as physical.	Very helpful seeing something that is overlooked
Regardless if I am married or in a relationship MY body is MINE and I have every right to say NO!	Very helpful. Vincent is verbal not with body language
Respect "NO"	Very helpfull
Respect always	Very impactful
Respect the answer	Very important
Respect the value of no	Very important
Retrain for soldiers	Very informal
Say no	Very informal

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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?**
Saying No is not Mean	Very informational and should be taught to everyone because not everyone has the same body language
Saying no without feeling sorry about saying it.	Very informative
Scenario's gives Junior NCO's the opportunity to show subordinates instead of just telling them.	Very informative
Share about it with my family	Very informative
Share the message with to my SM	Very informative
Share with others what I have learned to prevent these things to happen	Very informative
Sighs that could lead to sexual assault and how to stop it.	Very informative
simply just ask	Very informative
Skills	Very informative
Skills and Techniques talked about	very informative
Speak up and help out	Very informative
Start asking	Very informative
Stay aware	Very informative
Step in when I notice shady activities happening when alcohol is involved.	Very informative
Stop all situation that is in front of me	Very informative
stop asking when told no	Very informative and also allows you to open your mind to different ways to look at these tough situations
Stop asking why	Very informative and enabling
Stop asking why	Very informative and extremely worth the time to listen in.
Stop asking why	Very informative and fun
Stop asking why after being told no	Very informative and fun
Stop asking why after being told no	Very informative and helpful
Stop asking why after they say not today.	very informative and interactive
Stop asking why when told no	Very informative and interactive
Stop asking why. And be more communicative with future partners.	Very informative and intriguing.
Stop it from happening when both are drunk	Very informative and life changing decisions
Stop saying "give me a kiss" to my spouse before I leave the house.	Very informative and something everyone should attend
stop saying sorry for not wanting to have sex	Very informative eye opener
Stop saying sorry for turning down sex	Very informative on how to give and receive consent
Take these cases seriously! Call it of if you see something.	Very informative on sexual assault and understanding consent, no matter if you're single or married.
tell loved ones that I am here for them	very informative thought process
Tell loved ones that I am here for them if anyone ever sexually assaults them.	Very informative to understand boundaries and respect people
Tell my someone I'm here for them	Very informative, good information was put out.
Tell people I'm here for them	Very insightful
Tell people I'm there for them always	Very insightful
Telling family and loved ones that I am always there for them if anything had or does happen in the future.	Very insightful.
Telling loved one I'm always here for them	Very interactive and informative.
Telling more people I here for them	Very interesting, some things we fell normal but is a message for out kids
Telling my loved ones I am here for them in any and every.	Very Knowledgeable
Telling others they can come to me for past and future issues and assaults	Very knowledgeable cause this can save another human from any type of trauma
Telling others they can confide in me.	Very powerful and informal
Telling people in my life that I'm always here for them no matter what.	Very powerful and not what you would expect.
Telling the spouse not to say sorry.	Very powerful.
That consent is a mutual agreement between two people	Very professional
That I must speak out about any sexual harassment or assault	Very rich in knowledge
That if the other person does not verbally give consent, or gives consent and changes their mind, I will not move forward with my physical or verbal actions	Very understandable and the presenter was awesome and knowledgeable
That no is not mean	Very uplifting
The advice	Very useful information
The ask first principle	Was a speech to there for
The asking first	We talked about concent weather your single married anything. What's healthy to do when it comes to initiating intimacy. How to be there for people who are survivors or sexual assault. It also talked about teaching how to deal with Alcohol in intimate situations.
The book	Well done
The book	Would highly recommend
The contact list for rape victims.	Yes
The helping drunk people out who are to idrunk to have sex with the person trying to	you gotta ask first before do something wrong, And that the two people are on the same page
The information presented	You should always ask for consent instead of assuming
The intervention techniques	You should've been there
the knowledge of asking first	
The knowledge taught	
The may "I kiss you" saying	
The process of intervention to better able to assist my coworkers and friends.	
The question "can I kiss you?"	
The questions	
The raising the bar when it comes to asking.	
The skills to intervene in bad situations	
The true meaning of consent	
There was so many good tactics today that will be useful in a variety of situations. The what a healthy relationship looks like. It would have been helpful when I was younger and navigating the dating process. Looking back that would have helped save me from a lot of negative situations. Also that intervention doesn't mean accusing someone who is potentially a predator.	
Think before I act	

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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?**
This is the 2nd time I have attended this seminar. I constantly ask my wife if I can kiss her and when she says no I don't ask why.	
To always ask first in a relationship to know the right moment	
To always asked first. To let people know know that I'm here for them.	
To ask first	
To ask first	
To ask first before getting myself involved in an intimacy situation with my spouse.	
To ask more	
To ask why they said no	
To care about the people to my left and right	
To not beat around the bush and just ask.	
To not make assumptions, and ask questions.	
To not take someones first agreement of consent as there overall answer for everything else	
To share them with my friends	
To spread awareness of sharp	
Tools to use to ensure my partner is valued as a human.	
Understand that consent is at the moment	
Use My voice to advocate for others who can not.	
Use the word "rape" rather than running around it.	
Using consent for everything.	
When in sexual encounters I will always proceed with caution when asking my partner if they want to engage in sexual activity. Body language doesn't paint the full picture and it is important to understand the situation.	
When they say no it's not mean	
Will ask my wife, about the resources.	
Yes	