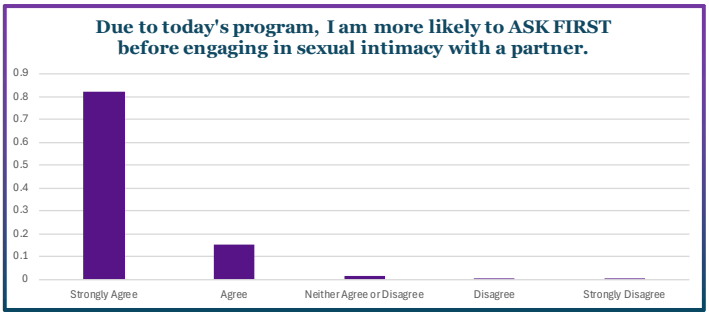
"Can I Kiss You?" program presented by Mike Domitrz with The Center for Respect

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

Answer Choices	Responses	# of Participants
Strongly Agree	**82%**	61387
Agree	**16%**	12143
Neither Agree or Disagree	2%	1477
Disagree	0%	111
Strongly Disagree	0%	124
	Answered	**75242**

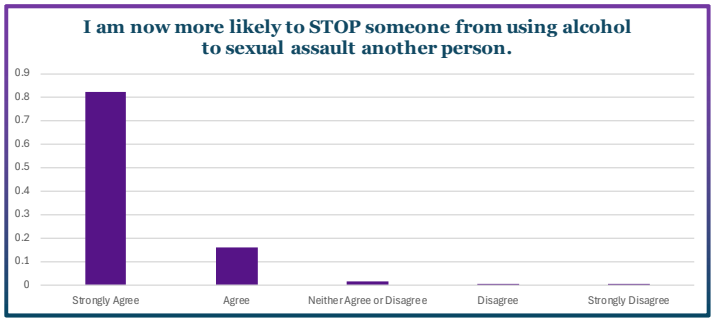
98%



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

Answer Choices	Responses	# of Participants
Strongly Agree	**82%**	61569
Agree	**16%**	12326
Neither Agree or Disagree	2%	1165
Disagree	0%	79
Strongly Disagree	0%	103
	Answered	**75242**

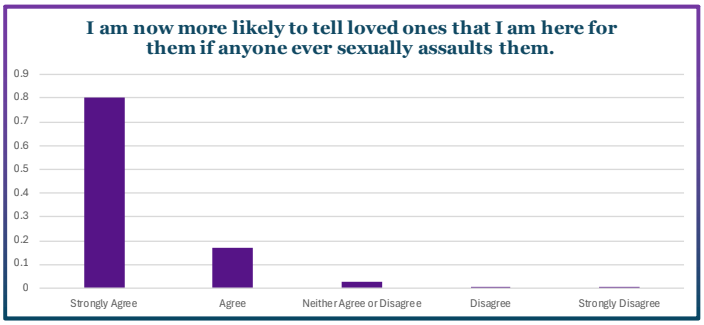
98%



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

Answer Choices	Responses	# of Participants
Strongly Agree	**79%**	59615
Agree	**18%**	13361
Neither Agree or Disagree	3%	2003
Disagree	0%	164
Strongly Disagree	0%	99
	Answered	**75242**

97%



College & University Students attending the "Can I Kiss You?" Program 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?**
Set boundaries for myself and not feel self-pressure to engage in intimacy that I don't want to	Phenomenal! Dynamic and engaging. Education that every person should be provided throughout their education
Both "NO" is not mean and I'm going to ask first.	Surprisingly informative and eye-opening.
"No" is not mean!	It was a session about consent and positive relationships.
Always ask for consent and educate those around me about consent.	Very upbeat, energetic, and informative
Knowledge that saying NO is not mean	Empowering and very informing. It definitely benefited me.
The phrases we learned on how to truly support someone.	It was very educational and fun
Always Ask	It was fun and educational at the same time.
Asking First is something I will use with my partner.	It was a program centered around making choices about your sexual intimacy and having the power to do so.
To intervene when I see something questionable is happening. It is who I am, and everyone deserves a choice and respect!	Helpful and inspiring, with helpful views on ways to give and ask for consent.
No is not mean	It was a very eye opening and empowering conversation regarding sexual consent, intimacy, and assault.
"No" is not being mean. Consent can be removed at any time. Always ask (and expect to be asked) before moving forward with intimacy.	Informative and safe environment but I've been trained on this for 3 years now as a senior RA.
Intervene	an important session to join and participant in. A great message about consent and finding what you want in yourself
No is not mean!	Amazing!! Life-changing. Mike D. really made this presentation engaging and I learned a lot!!
No means no and i will intervene to stop someone	eye opening
How important it is to ask before kissing someone or making any action sexually	Very informative and easy to pay attention to
ask and intervene	Truth that not many people will tell you
Use the information to pass on to my future residents and know how to go forward with helping others by being there for them	This session helps you understand your own boundaries and how to help yourself and others enforce them.
To not be intimidated by the word “No”	The constant is needed.
The steps to ask someone if they wanna kiss/get intimate	So encouraging. Love how interactive it was and how empowering it was, especially for boys and girls alike!!
Telling people who has experienced sexual assault "I am here for you"	It was education and motivational about conscent.
No is not mean, and asking will not ruin the night.	It is a great way to gain a better understanding of what consent actually looks like. Some tools are also given to support survivors
My boundaries are important	Incredibly informational, really makes a memorable impact
I learned more about coercion and am better identifying it.	A great opportunity to talk about something that doesn't always get discussed.
Ask first	incredibly insightful
"NO" is nto mean	educational
no means no	Worth your time!
No is not mean.	It was educational
No is not mean!	It was a way to help learn more about safe and consensual events with a partner.
No is not mean	It was a fantastic presentation about respectful sexual intimacy.
Honestly very little... I had a very comprehensive sexual education when I was younger and I feel as though most of this info was not new to me.	It is basic rules of sexual intimacy.
Asking what my partner wants to do in bed.	Interactive, informative, and powerful.
Asking first before sexual intimacy.	I would describe it as fun and energetic. A little uncomfortable if you are uncomfortable talking about sex, but overall a VERY important discussion to have. Mike only speaks the truth!
Always ask	Super informative and engaging, I learned a lot!
I'm going to say "no is not mean" and to let people know that I am here for them if they are ever assaulted.	Very informative presentation about the ins and outs of sex and consent and issues surrounding it.
Saying "thank you for sharing" instead of "sorry".	Learning how to respect EVERYONE in every aspect of consent.
I am going to use the resources provided to us and share them with my residents.	Energetic, informational, empowering
Setting boundaries, always asking first	that it was very educational and fun
Never assume, always ask	Open your eyes to some common knowledge that we have forgotten
ask first and respect the answer	A fun, interactive lesson on learning how to begin to change the current outlook on assault.
To make sure I ask first, as well as to be a supportive ally.	This is a great experience to learn about consent in a fun and real way. No holds bar and full of useful facts.
Ask first. If i am uncomfortable to even ask, then I am not ready for the next steps!	it was an awakening to all that can go wrong in sexual encounters
"If anyone ever has or ever dose sexually touch you against your will or without your consent. I am ALWAYS going to be here for you. ALWAYS"	engaging and insightful
We don't live in a hook up culture	SUPER IMPORTANT and very engaging
I'm going to ask first before kissing someone.	It was fun and informative.
How to talk to survivors	Informative
Ask first	A fun and easy way to talk about difficult things
"no" is not mean	insightful
"No" is not mean	fun a bit embarrasing!
think about it	a missed opportunity
telling survivors that they are strong instead of apologizing	Very informative and engaging! It was so easy to connect to and be in the moment.
ask first for anything (kissing, oral, sex_	There were some parts I found helpful and others I didn't.
To Intervene	One of the most entertaining zoom meetings I have been in this year.
The idea that no is not mean.	It was very engaging and a fun way to learn
Reminding students on my floor they can come to me.	It was the most informational seminar I have ever been to about a sex seminar
No is not mean	It was really informational about how today's society looks at the "hook up culture."
I'm going tell people that I'm always there for them if they've been sexually touched without consent.	It was an amazing session and it really helped me understand new boundaries I did not know.
I will refrain from telling a victim "I'm sorry", instead I will tell them how strong they are.	High energy
I will intervene more. No such thing as the Bystander Effect	Helpful
Encourage others to step in	Great view into how the world should be!
Continue to step in when I see situations where consent cannot be given	Exciting, supportive, and friendly to be in.
Body language does not always mean consent. It is something everyone needs to learn and respect.	Engaging, interactive, educational.
Awesome! Very engaging and friendly.	Common Sense Explain
Asking for consent first before thinking that it is okay.	Ask first and respect their response
Asking a partner first	it was very informational and entertaining.
Ask first and respect their response	energetic, informative.
Sitting down and letting people know that you are a safe person to talk to!!!	Very informative and fun
Set clear boundaries	Respect everyone's comfort levels.
Saying no is ok	Life Changing
Saying NO isn't mean.	It was very informative
No isn't mean	It was incredible! Sure inclusive and engaging!
No is not mean	It was amazing and super informative

Make sure to always have consent	It taught me a lot about how to have conversations about consent
I will never feel bad saying NO	I would emphasize the importance of consent in this talk
I am going to ask first	Extremely educational
Ask first!!	Energetic
Ask first	Ask first and respect the answer.
Always ask first!!!	Idk it was alright
"No" is not mean	informative and effective lesson on how to ask for permission regarding sexual advances, and how to not be a bystander when witnessing sexual assault.
Ask first	Informative and effective
How to listen to a friend and be a safe individual they can talk to about a sexual assault experience	Informative
Asking for permission	I think some principles are universal and have been said before, but Mike's enthusiasm and passion was what made the session so impactful.
Asking for permission	It was an informative session discussing social encounters and romantic interaction
Letting my loved ones know they can talk to me, not that I'm sorry, but that I am thankful they shared and here to help.	Fun, informative
Being more mindful of situations within party's	I would describe it as being open and making sure that all feel comfortable coming to you, and you make them feel the same way.
I will intervene	Enlightening
I am going to make sure that I make everyone feel comfortable around me.	Positive informative session on how to prevent from assaulting someone or letting someone get assaulted sexually
The knowledge of how to help/guide someone I observe, being in a position that could lead to sexual assault.	Very helpful
Im going to ask before i kiss	Very encouraging and accepting
The format for asking for consent.	Sexual consent should not be awkward, it is something everyone deserves and something that will result in amazing nights. Asking is ~sexy~!
Tell my friends that I am here for them	Mike talks about sexual assault and makes sure you are sexually mature enough to ask for consent by making you do some interactive self-reflection.
Saying no is Okay	It was very helpful and good information
No is NOT mean!!!!	Important perspectives, lessons, and application of social interaction in a college setting.
I am going to intervene	How to handle a sexual situation better
I am going to ask people before I kiss them!	Very informative session on how to be comfortable and not awkward with your boyfriend
Be myself and make sure that I am here for EVERYONE.	Useful
To ask my boyfriend what he's comfortable with before proceeding with anything physical	This thing is very prevalent and important to everyone
Not rape people ever!!!!	This session was an introduction on how to handle ourselves in situations where we are witnessing the beginning of a sexual assault situations, and how to handle our own situations.
Lending an ear to those in need of it and help as best I can.	They missed out! it was very informative and potentially life changing.
I'm going to make sure that I speak up and ask if someone is uncomfortable in a situation that may lead to sexual assault.	The right and wrong in sexual activity
Intervene	Sexual assault is a serious issue that should be discussed more thoroughly. It's often difficult to handle and discuss but need to be able to identify the signs that lead to assault. Some things that we thought we knew are actually incorrect and we need to be more aware of how people act in situations that have the potential of leading to some for of sexual action or assault.
I'm going to ask if I can kiss the person I want to kiss instead of just going for it.	It's a really good session that will be nice to learn!
I am going to use my voice agaist sexual assualt	It was very informative about being safe with a partner and sexual assault precautions
I am going to take the safety of those around me at parties and gatherings very seriously, and that saying no is not mean.	It taught you everything you need to know for every sexual assault situation
I am going to help someone if they are in danger	Informative and practical
How to respond when someone asks for consent	Informative and helpful when it comes to understanding sexual assualt
Communication for sure	Good. informative.
Being brave and stepping into situation	A good representation and good solutions to typical college issues
Ask for consent	respect
All the different methods.	helpful
no is not mean	helped you realize that consent is necessary and important in a relationship
asking first and remembering no is not mean	Well needed presentation
To help other	Very educational and understanding
To ask my boyfriend what he is comfortable with before proceeding in any physical contact.	It was a great, real talk.
Title IX	Intense! Repetitive.
Stoping people	Important
My knowledge	I would describe it as a very detailed session about how to give proper consent in a relationship.
Intervention	I was very comfortable during this session!
I left today's program being more confident to communicate!	Helpful
I am going to help people in dangerous situations.	Eye opening and important
How to say no	Always ask for consent first. Do not just rely on body language because that looks different for everyone.
Having game isn't a real thing.	worthwhile
Ask first	we talked about asking first before doing anything and to step in if something is showing or look likes they are getting sexually assaulted
to make sure you listen and help	very necessary for people to watch
tips on how to stop harmful situations that i see	tips on how to not violate someones consent
strategy for asking for consent	that its ok to help
no is not mean	its not awkward to ask
no is an option	it was very imformational
make sure to step in if I see something going on	gave a lot of information
everything	encouraging to do the right thing. Ask for consent and support people.
dont feel pressure to say no	consent is so important and doing what's right always matters
ask first	an experience to help someone interact the right way
Watching my surroundings to make sure others are safe from sexual harassment.	Useful
To make sure i always have consent	Pretty cool
That it isn't weird to ask fist.	Learned about how to start conversations about sexually dangerous situations, and know that consent can't just be assumed
That I should not feel bad for saying no to my partner when I'm comfortable	It was very insightful
Saying "no" should not be uncomfortable.	It was very in depth and thorough with its explanations, it was really informative.
No is not mean	It was very helpful
Make sure no one gets taken advantage of	It was teaching you to ask consistent.
Make sure me and others are safe. Know that it is ok to tell someone to stop	It was super enlightening
Looking out for those at parties and prevent others from going through that.	It was both entertaining and educational
Im gonna say no when I'm uncomfortable	It was amazing!
If I see something that shouldn't be happening I speak up and say something about it	It was about being respectful in relationships.
I will be able to stop someone in a bad situation.	It was a good session to learn about how to deal with what is acceptable in different situations.

I don't have sex	Informative
Help to look out for people in need at a party	Great
Everything	Good energy
Everything	Entertaining, informative discussion
Don't rape people	Educating
Don't be afraid to ask	Easy to follow and be engaged
Be conscious of everyone's feelings around me.	Consent is the most important thing. If you don't have consent to do anything then don't do it.
Asking for consent for a kiss from someone I like	Consent is important don't be embarrassed for someone telling you no
Ask first and stop something wrong from happening	Brought up some new concepts about asking first that I had not thought about.
Ask first	Be aware of sexual assault acts around you and try to attend to them the correct way.
Ask before doing	Ask first body language isn't adequate consent. It's okay to say no. Interviene in bad situations.
Always ask	An insightful conversation to avoiding and preventing sexual assault
"No means no"	A great way to learn more about reaching out to others in difficult situations.
"NO" is not mean.	very educational
"Can I kiss you"	that it was helpful
tools to successfully help someone	talking about proper social etiquette
to stop something that doesn't seem right	so enlightening !!!
to better myself	powerful, educational
speaking up for others	moving
saying no is okay and not mean	it was the best type of session like this i've ever attended, loved it!!!
saying no is not mean	it was outstanding
no means no	it was beneficial
look for more cases of possible assault	it is an eye opner
intervene when needed	informative
i will intervene	informative
going to make sure my peoples know ill be there for them	informative
everything	informational
everything	how to respect people
asking for a kiss	helpful and full of information
asking first	fun and informative
ask questions	fun and informative
ask first	eye opening
always communicate and speak out for yourself and others!!	example oriented, good speaker
Understanding to be there for my friends in bad situations	being able to openly talk about what you want is mature and important. Be ready to intervene in potential sexual assault situations
Understand more of the fact that stuff does happen.	amazing, mike is awesome and gave us great tips on how to communicate/say no when in a sexual or romantic situation.
To be confident to intervene when seeing a situation go bad, not being afraid to ask them if they need help	You should never assume you have consent.
Tips on how to stop rape from occuring.	We talked about asking before doing anything and being there for others who have been victim
The knowledge I learned about asking and responding to permission	Very moving and informational
The key is communication	Very interesting
The asking technique	Very informative and passionate.
That I need to pay more attention and intervene	Very informative & interactive
Strategies to help people at parties	Very informative
Saying no isn't mean	Very informative
Saying no is not mean	Very informational, interactive, enthusiastic, and real.
Saying "no" is not rejecting someone.	Very informational and limitless; made a sensitive topic very casual and comfortable
Not much	Very engaging
No means no!	Very educational. He discussed ways to help others and treat survivors and consent.
No means no	Very educational and informative about sexual violence and assaukt
No is not mean	This session was very intriguing and helpful to make sure people are safe.
No is not mean	Saying no is not a rejection, it's an exercise of choice. It also helps to show that someone has good intentions.
No is not mean	Powerful
No is not mean	Powerful
No is not mean	People that feel like they have received consent from body language or someone that is under the influence should watch this session
No is no and it is okay to say.	Moving
No is never mean	It was very powerful and brought up things people do not like to talk about. I definitely want to read those books.
Methods for asking consent	It was very insightful
Make sure the other person is comfortable.	It was very informative and provided information that we did not realize we needed to hear. More people struggle than we think.
Letting people close to me know that I am always here to talk.	It was very helpful and motivational
Learn how to help others	It was very educational
Know how to deal with situations	It was really engaging and educational.
Just being careful	It was great, we learned how asking questions is important when involving sexual activity
I'm going to stand up for those who are put in positioned to be raped or date raped	It was fun and exciting. Very interactive with the group.
I'm going to ask first	It was a talk about consent and sexual assualt talking about alternative ways to stay out of trouble and help others who may find themselves in trouble
Im going to ask first	It was a good, open discussion about what is acceptable and what isn't when dealing with sexual relations.
I will support people and be loving to them.	It sounds pointless, but is very helpful and interesting.
I will stand up for anyone who needs it and I will make sure to communicate with my friends and family that i will always be there for them and will also go to them.	It is a must watch. Sometimes people overlook the true meaning of words. It's important to know what things really mean.
I will be on a closer lookout now	It goes over many things that we see in the every day world that surround the ideas of sexual assault.
I am going to utilize "no is not mean" and help those in need.	Inspirational
I am going to use the knowledge I learned to ask first before anything in bed.	Informative, engaging and helpful
I am going to understand that saying no is not mean if it's what's best for me.	Informative seminar about giving and receiving consent
I am going to step up and help someone who is in an uncomfortable situation so that they are not forced to do something they don't want to	Informative
I am going to pay more attention to people around me if I am at a bar or a party.	Informational
I am going to make sure my friends know they can talk to me	Influential
I am going to help more people in bad situation	Important and informational
I am going to be there for people in my life who have been raped.	I would describe it as tips on how to be there for someone who was raped and how to stop one from being raped
I already used most of what we learned I strongly hate title 9	I thought It was great, very open
How to ask people.	How to protect ourself in sexual situations and/or alcoholic sitatuions.
Help others when I see them in trouble	How to engage in safe and healthy relationships
Help my friends when they're drunk.	How to be respectful to others

Going to tell everyone that I am here for them	Helps you not be a bystander to assault and to understand sexual assault
Everything.	Great
Everything, it was amazing and very impactful to hear survivors stories	Good stuff
Everything	Good information on how to interact in certain situations and prevent bad sexual situations.
Being more approachable for loved ones !	Engaging
Be more aware of surroundings	Energetic
Be more aware of others, and things going on around me.	Educational and fun
Asking my partner first	Don't be crazy and be careful
Asking for permission before anything	Discusses that sexual activity always needs consent.
Ask for consent	Common sense
Ask first, always.	Be understanding of others you never know what people have been through.
Ask first	Be mature and always ask before engaging in any activity that the other party might not want to participate in.
Ask first	Be aware that not everyone is good and just because it is fun and everyone is doing it does not mean it is right.
Always lookout for people	Ask for consent because everyone's body language is different
Always ask permission	An extremely helpful session on what consent looks like.
Addressing people who have been sexually assaulted	About the importance of consent and how to prevent sexual assaults.
"no" isn't mean	A session discussing safe intimate interactions.
"No" is not mean	very useful in learning how to understand consent and sexual assault
the word "no"	very informative
the knowledge	very informative
that no is not mean	very entertaining but informational
stop sexual assualt	this session truly illuminates sexual maturity
show care for others	make sure you ask for consent
no its not being mean	it was really relatable and eye opening
no is not mean	it was great and taught us about consent and sexual assault
make sure others are safe in an unsafe moment	it was great a lot of info people need to hear
learn the proper way to approach sexual interactions	it was fun
i was super impressed with the way he presented	it was a very informative meeting
be more proactive in stepping in to stop unwanted sexual activity	informational
bars	helpful
ask someone if I can kiss them before I make a move	good
ask first	fun and interactive
ask	fantastic
always make sure i am asked for consent	educational and engaging
all of it	be cautious
To never be embarrassed or scared to step up and help	asking for consent isn't weird
To ask first	all about self respect and learning how to be in respectful relationships
The information given tonight	Why to intervene!
The asking family members about their past.	Very interactive and inspiring!
Telling my friends that they can talk to me.	Very interactive
Smart ways to approach sexual interactions	Very helpful on how you should treat others and loved ones
Seeing the situations happening better	Very educational and relatable for college students. About consent and how to protect yourself and others
Saying no is not mean!	To ask first, it's not awkward!
Saying no is not mean	They missed ouy
Quotes	The importance of stopping sexual assault
No means no	Super fun and engaging
No is not mean!	So much fun and very entertaining.
No is not mean	Make sure you ask first
No is not mean	Knowing what to do in a sexual situation and saying no is okay!
No is not mean	It was very informational
No is not mean	It was really good and informal on what you should do in situations
No is not mean	It was interactive and informative
No is not mean	It was informational.
No	It was good
Make sure to ask for consent in the moment	It was good
Make sure to ask before doing	It was eye opening and I learned so much about how to help myself and others
Knowing it is not mean to say no	It was awesome and I can help you
I'm going to reach out to others around me to know I'm there for them!	It was a very informative and enjoyable session.
It's never mean to say no	It was a very great learning experience to make sure everyone is aware and knowledgeable of proper consent
Intervene when I think that someone is about to be raped	It was a talk about how to see and stop rape that people do on a regular and don't really see it as a rape.
Intervene when I see something	Interesting and interactive
Intervene and ask first	Interesting
I'm going to avoid certain situations.	Interesting
I will make sure to make myself available for my friends and family if they want to confide in me.	Interesting
I will be on the lookout for situations to help	Interactive
I will bask first	Informative and eye-opening on how to approach situations in a different light.
I will ask first.	Informational, helpful, and clarifies what is okay
I am going to make sure I take others' safety in precarious situations personally if they are going to be sexually assualted.	Informational session on consent and how to help those who may become a victim to sexual assault!
I am going to help people in bad situations	I'd tell them that they missed out
I am going to be more aware to help people in dangerous situations	I would describe it as very informative
I am going to be more aware of helping others in dangerous situations	I would describe it as a powerful webinar that made me think differently about sexual situations
How to say no.	Great learning experience about sexual maturity and consent
How to help others at a party	Great and makes you more confident
How to ask to kiss someone	Great and helpful
Help someone else out if I see them in a dangerous situation	Given tools to prevent sexual assult
Everything, I am going to help others avoid dangerous situations	Fun and applicable
Everything	Fun
Can I kiss You?	Eye opening
Better communication	Eye opening
Being concerned for others around me.	Extremely helpful
Asking more	Exciting!
Asking is not awkward and avoid making a move	Consent is key
Asking	Consent is important
Asking	Be compassionate to others and make sure that you ask before anything.
Ask the question	Ask to kiss

Ask for consent first	Ask for permission and speak up. Support others.
Ask for consent	Ask first
Ask first	Always give consent and listen to others
Ask first	Allowed us to have resources about sexual assault if needed
Ask first	AWESOME
Ask first	A very modern and fun discussion on sexual assault. Mike was great!
Ask before I try something	A safe space that we learned about consent
Ask	A reevaluation of things to do to prevent sexual assault on campus
Always ask first. It doesn't kill the vibe.	very informative on consent
All	say no to sexual stuff if you don't want it
Advice	raw
"no" is not mean!	powerful!
"No is not mean"	how to be sexually mature
no is not mean	It was informational and helpful for all
i am going to say no	It was amazing and very informational
be there for people	Consent
ask first	Choose the right path in all things
Respect everyone	Ask if it is okay to do anything
No is not mean	Hi Nice site https://google.com
No is not mean	A very open and honest discussion about respect and communication with fellow humans.
I'm going to ask first	Informative and entertaining, a relief.
I will be comfortable asking first and saying no	The session was engaging and informative. Lots to think about and apply. Thank you, Mike!
I am going to ask first!	The session was wonderful, and highly impactful
Asking first	Choose to intervene in the possibility of a sexual assault. Always ask first before sex/intimacy.
Ask first	It was very informative, you missed a great session.
Hi Nice site https://google.com	Awesome
Remember that my option of myself more important than the option of my peers. Mine is the one that I have to live with.	enlightening and real life practical
I am going to be more aware of my friends trauma and rather than say I am sorry, I will support and love them through non judgemental listening.	What consent is and how to ask someone to have a sexual interaction with respect to partner
Apply it to my life and share it with my students.	Very useful information and kissing requires consent.
Respect freedom of choice for myself and others.	It was about the steps you can take if someone is being sexually asaulted or didn't consent to sexual activity
From today's program, I plan to utilize the information I learned about consent, by applying it to both the lives of myself and my friends	It is really helpful and educative. We need more awareness!
Think before I act	Try to get the recorded lesson. This is vital for any young adolescence
Talk to people and explain the importance of sexual assault.	Great information by an energized speaker.
My own ability to choose and discern. Respect for my own boundaries	Excellent
I will intervine if someone didn't consent to sexual activity	Educational
Being more supportive and less judge-mental	Awesome and informative.
Be more attentive to those who have been hurt, and to empower me to keep my freedom to how my body is treated	A seminar about how to ask for consent and why you should be awesome.
Teach others	much needed
No is not mean. Those are such powerful phrases!	informative, educational.
I'm going to talk to my partner about us being better about asking for consent	Fun, engaging, and highly interactive.
Going to ask... always!	Very informative. Made talking about difficult topics easier.
Ask first!	Tremendously informative and real in today's dating culture.
All of it!	Powerful
the social media post offering to help!	It gave me an insight on intimacy & respecting your partner.
married couples should also ask	I'll share the awesome audio books!
becoming comfortable saying no as a complete sentence	Consent
saying "no" is NOT mean!	A great way to become at ease with difficult conversations.
Stand up for myself and say no more	very informative. A must watch
No is not mean. And the response to someone who shares their assault experience.	Consciously make an effort to be clear with boundaries.
Learn to say no	I'd say it was powerful
Interrupt situations that are hazardous	Informative
I'm going to talk to friends and tell them about what I learned.	A talk about the importance of consent for everyone involved
Freedom of choice and no is not mean	Interesting
ask first	Engaging and informative
I will use comforting techniques to allow others to confide in me with private information.	It's an open, honest discussion on the reality of intimacy in our society and the ways to explore it without crossing boundaries and making sure everyone is safe and comfortable
Being there for my friends and family	Effective
Reading the room, not judging	A useful resource on stuff that's hard to talk about
Definitely the underwear	It is important to respect others and their wants.
That if I see my friend doing something bad I will stop them	Very informative on sexual assault. We may see sexual assault more than we think. It is important to acknowledge it and speak out.
I will mostly take away how there was an immediate assumption of gender even though all identities can equally suffer from sexual assault.	Using your head to make smart decisions before manipulating someone
The importance of being aware of situations where people can be taken advantage of when alcohol is involved and the ways to get involved in order to prevent something bad from happening.	I would describe it as a learning experience where we need to be more educated about sexual harassment and assault to ensure that we are taking the right steps in being an active bystander.
Ask first	A lot of information.
The methods of approaching someone	Helpful information
I will support loved ones who have experienced sexual assault. I won't tell them "sorry" because they will feel pitied and I won't tell them what to do. I will be there to listen and support them.	It informs you about the formalities of sexual intimacy
Try to be more aware of what is going on around me.	Amazing
Asking	I would describe it as a real talk about knowing how to intervene to help other people from a dangerous situation, and how to communicate with people better to still be intimate.
I am going to be more active in helping out my friends in need.	It was a great interactive discussion that explained not only why to intervene in instances of sexual assault and why to ask for consent, but how to approach these things in everyday life.
Use it to show people why people should wait until marriage to be intimate.	It was very lively and active. Interesting and dynamic.
SAPR	Basically, we talked about how to spot sexual harrassment, and why we need to stop it when we see it.
Be more aware of sexual intimacy	Lighthearted but still serious
Situational awareness	Fun and a good way to learn about consent before actions.
Helping prevent a bad situation from happening.	Very informative and moving.
Ask for a kiss with sauve, and say "ok, I just wanted to make sure you felt comfortable" if they say no.	Very educational. Shows how to be a good human being.

I'm going to ask first and show respect.	It emphasizes the importance of consent
I would definitely feel better about stopping someone from using drunkenness to sexually assault someone.	I would describe it as a reminder of how censent works, and how sometimes people can get uncomfortable/go beyond the initial expectations as a situation develops, and that is okay. I'm sorry I didn't gain that much, its just I guess I was "raised right" by my mother and grew up from the age of five being told all that was stated today, and agree with all that which was said. Would highly recomend to people who need a refresher.
Be more comfortable talking about assault	Don't dance around the subject
Use what I learned to help survivors.	It was cool
My voice and not worrying about what others think around me to help in a situation.	enlightening and helpful, learned a lot about how a victim in a situation would feel and how to help them
Ask first	You make your own decisions, let someone else make theirs it's not fair to take that away.
To be more careful and considerate of other peoples feelings	It was awesome and great learning experience
The tips to talk about it	Slightly funny, kinda awkward. Decent information
That the idea of consent, no matter what, should always be clarified	Ask before acting
Everything	Always ask first, and it should not ruin the mood
how to approach uncomfortable situations	The session was very interactive and the speaker was engaged with the topic. He made sure to point out common misconceptions regarding sexual assault.
Openness and respect	Informative as heck.
Asking first!	A brief about consent, intimacy, and relationships, taught in an engaging way with practical steps.
Asking first	The should definitely look for opportunities like this one.
To ask for consent	Be prepared to see your actions in a new light because Mike makes you see that what you perceive is true isn't always that way.
Everything, especially asking firstttttt	energetic and engaging
The ability to identify the indicators of sexual harassment and assault in public or my own interactions.	Ask first and don't assume/judge a victim just because of their gender or circumstances
The advice on consent	I would stress the importance on asking the other to consent
No matter how long the relationship, my partner doesn't owe me sexual intimacy.	Informative and thoughtful.
To legit ask the question: "Can I kiss you?" Before this, I thought it would ruin the mood or that we would have cleared consent up before going there, but that's not always the case. Asking the question makes sure you know you have consent and even makes it more romantic.	I would describe this session as a unique and engaging way of educating people on sexual assault.
Everything! Being able to look deep into the the flawed psyches of the mind and of society gave me a whole new perspective on the issue.	The session covered the definition of consent, and helped us learn that assumptions can be very dangerous.
I will say no when I really mean it	I think this was a very informational session. Talks like this tend to be very generalized
Ask first with a smile	An interactive way to learn how to stay safe while interacting with others.
Not generalizing sexual assault to only be perpetrated on females	Pretty light hearted conversation but deep message.
I am just going to use the examples he used in his presentation and apply it to when it happens to me in real time.	Fun, energetic, and interactive.
The proper procedure to follow for consent.	Always ask
I am going to use today's program to be more mindful of other's experiences with sexual assault and being more observant. I will also look out for myself and others.	Witty and extremely informative. Very logical too.
I am going to recognize that sexual assault can happen to anybody, either man or woman, in any kind of situation. I also learned that there is absolutely no shame in speaking up in a situation that seems very questionable.	Pretty extra
If I'm not having fun then something is wrong.	I would say you must ask first before any intimate interaction of any type.
I am going to try and apply this advice next time I'm in a romantic setting.	Be more sensitive to how others feel, and to be prepared for any scenario.
That asking first doesn't ruin the mood	Tackling the awkward subjects when it comes to intimacy and asking, and confronting the truth about human behavior and what we do in situations like that.
Although I have made sure my partner has been consensual by asking through different terms, I have learned to be direct with the words, instead of beating around the bush.	Use the reasoning mike gave
Be comfortable asking awkward questions	It was eye-opening. It gave me a different perspective on how to react in certain situations.
I'm going to make sure I always ask first and give the other person a choice.	informative
neither agree or disagree	Very engaging and fu to learn from.
I am going to use these techniques to help me better accommodate those who have experienced situations such as those presented.	Pretty amazing
I am going to be more aware of how women feel when in these types of situations, and always, always ask if they are okay before proceeding with anything.	Informative
What to say to someone if they come to me saying they've been sexually assaulted.	Talk about how body language is a bad indicator of concern and how to confront someone who is being creepy
I will not be a bystander to sexual assault	We discussed asking and having open line communication is more mature. It is better to ask and get an answer to avoid any uncomfortable or unwanted conversations.
Being co dude that's and asking first	It was great. I thought it made people real size how "normal" tendencies are deeply wrong.
the knowledge i learned	I would tell them that sexual assault is a big problem and words are everything.
Techniques to approach these types of situations.	Eye opening on false conceptions of sexual advances.
I know a couple of people who've been sexually assaulted I'm going to use the phrase if you have or ever are sexually assaulted I am always here for you	I would describe it as something relatable and applicable for young men and women. It gave helpful suggestions to instruct us how to be prepared for certain situations.
Situations in the future	Be a good person, and value other humans to the same extent you value yourself.
Asking before I make the first move	A wake up call; a shockingly accurate interpretation of modern relationships
Offering someone a ride at a party	It was very powerful and gave me new insights into thinking about sexual assault and prevention.
I will out reach to others more.	It was a very informative lesson how how to ask for permission, and correctly help a person in need
Asking and actively being there for others.	I would describe this session as informative into the why behind being cognizant of other people's feelings
Ask the question, overall net positive no matter what the answer is.	Asking is better than not and it doesn't ruin the moment.
I will tell my love one that they can come to me if they were in a bad sexual situation in the past or future.	I would tell them to be conscious of how they are coming off and their body language and be sure to confirm with their partner
I am going to use my voice and always be conscious to ensure the safety of myself and others around me.	Worth it
I am going to apply all the things I learned tonight to future relationships and pass them on to my friends and family.	Very informative and entertaining.
I am going to stand up for people more now. I was very timid but knowing that this could save someone in the future gives me the courage to stand up for what is right	Use consent and talk to the person before engaging in acts of intimacy's.
I am going to be more aware and sensitive of those who may be struggling or dealing with sexual assault	Informative about sexual intimacy and howto be more aware of your relationships
I am going to ask before I kiss someone, because I recognize that they are a human with their own bodily autonomy	I was very engaging and very informative.
I am going to ask for consent.	Consent can not be given if one party is under the influence. It is also immature to think it "ruins the mood".
I am going to be more aware of my surroundings	ask for consent always and step up if you see something suspicious
Using consent smartly	Mike gets rid of the stigma against asking for consent and powers through society-induced "uncomfortable and awkward" situations that do not need to be so.
To bring awareness to people who need someone to talk to if something happens to them and stop anyone from sexually assaulting someone	It's an hour of your life that you won't regret spending!
The power of consent	It is a informing and entertaining way of teaching sexual assault.

How to be more respectful towards others.	very descriptive and educational
Consent is important. Also protecting other people by being an active bystander if i see something happening	Consent is key
Can I kiss you.	Pretty good, highly recommend
reach out in uncomfortable situations	It was engaging throughout and eye opening in many different ways.
I'm definitely going to use some of the lines (or variations of them) and approaches to relationships that Mr. Domitrz presented, especially when it comes to talking with loved ones who have been the victim of an unwanted sexual encounter.	It was a relatable, lighthearted, but serious talk on consent and how to approach sexual assault in every day situations.
I will not be a bystander; if I see something, I will say something.	This session taught all the importance of recognizing signs of sexual misconduct.
Although there's obviously never the "right" thing to say to help a victim of sexual assault, but there are wrong things. It could be controversial, but Mike stands up and gives us an extremely concise way to help a victim with key phrases and words to show we wholeheartedly are committed to assisting the victim and not just saying "I'm here for you".	Keep an eye out on others that will get seduced by alcohol or any types of substance that will alter someones behavior and make them vulnerable for sexual assault.
to watch porn less	Insightful
Consent	Informational and meaningful. It made me laugh and feel empathy, while still being respectful.
The phrase mike described on how to approach a family member/friend who has been sexually assaulted.	If you see something say something
Inform my friends and younger family members of the dangers of porn and "going for it" rather than asking.	I would tell them that they should make sure to be on the lookout, especially at parties, for people being set up to be assaulted.
Be polite to the feelings of those surrounding you and ask for caution and preparation of the upcoming actions.	Fun, not what you might expect.
To strengthen my knowledge of respectful romantic relationships.	Amazing, need to see
To definetly ask first always for consent.	Always ask, and never blame the victim of a crime.
The words to use when supporting someone/letting them know you are there for them.	It's important to stop any sexual assault from happening and you should be able to discuss anything with your partner.
The signs learned to help others through sticky situations.	I would say it was a discussion of our weaknesses in confronting sexual harassment that we are often to ashamed or scared to admit. We addressed these problems and discussed how to fix them
It opened my eyes to a new perspective	I couldn't, they had to be there.
I will ask before I do anything intimate with a significant other.	Very open and beneficial
I am going to re evaluate how I approach intimate encounters with others	This was a great way to understand how to protect people and understand hard to discuss situations.
I am going to make sure to stop people from being sexually assaulted if I see them in a bad situation.	The session went over the decisions of a kiss and how it is much more intricate than normally thought. It was explained that asking for a kiss or even more is better because it gives the other person a chance to think about it without the sudden pressure of going for it.
Asking before hand	It was informative and important as well as a great experience to learn from
Usefully in SHAPE scenarios.	It is very informative. It teaches us the lessons that we don't learn through sexual education in high school.
Making it mutual, asking first, and stopping anything bad from happening because it is the right thing to do.	I would tell them the main points and how to help prevent sexual assault
I am going to use the mentioned strategies to confront and stop people who may be engaging in sexual harassment	I would explain that it is worth it to ask for permission before advancing in any sexual activity even if you run the risk of "ruining the mood"
The courage to speak up in a situation that may impose on another persons choices and respect	I would describe it as an open presentation that presented tough topics in a way that wasn't unbearable to watch.
The can I kiss you line before something happens	Ask before engaging in anything.
Pose the question of consent in a low key way and work towards a direct answer, like asking if they have a ride home	An engaging and interactive experience that makes us questions societal norms around our sexual relationships
I will always ask first before engaging in any physical activity with another person.	great
I will always ask before kissing someone and be better equipped to support my friends if they ever need me	fun but serious and informative
I think he made a very good point about it not being too awkward to ask permission. Though it may seem cringey, it's actually more helpful to the relationship.	It was an interesting and informative session on how to effectively make sure both people in any romantic/intimate situation are comfortable about the situation. It encourages the need for strong communication in relationships and specifically about intimacy. It was also very logical in supporting the point that it is not weird or any more awkward than usual to ask before doing anything.
I am going to use the necessity of understanding and trust needed in a relationship that was taught today.	It was a fun and interactive one.
I am going to reach out to survivors that I know and make sure they know that I am there for them.	It is a fun, interactive presentation describing the importance of communication when sexual actions are likely.
Consent matters.	Asking before doing anything with someone else's body is not only the right thing to do, it doesn't take away from the moment.
Consent is key	Active, informative and fun.
ask if someone needs a ride	Very informative and teaches you to go against norm
The simple ways to check in and help someone to make sure that they are ok.	It would be a long conversation.
I will make sure to ask for consent before engaging in sexual activity.	It was an interactive session which talked about the importance of consent even for kiss, and the unreliability of body language.
I will know how to support those I care about if they are ever put into a situation where they are sexually assaulted.	Be proactive and think outside of the box about your decisions
I will be sure to ask first even though I used to think that would be awkward.	We went over how it's always better to ask. If it makes it "awkward" they're sexually immature. Don't same any certain gender. He got us thinking things on our own then dropped truth.
Awareness about sex.	Sexual assault is more than just a surface level attack to someone else.
Ask before doing	It discussed the reasons behind asking for permission to prevent appearing like you are attempting to sexually assault them. Communication is one of the most important traits to have to protect others from assault as well as to ensure that you don't assault others.
To not make assumptions about how others may feel in party situations	I would say it was an awkward brief that had some good points.
I am going to use the strategies provided.	Example driven speech on sexual conduct
I am going to use the skills I used in my work environment	Entertaining but actually useful. It uses real life and plausible scenarios.
Confronting making light of sexual assault (such as stealing a kiss, etc. and making a joke out of it).	Always be supportive and ask for consent.
The responses for talking to a victim of sexual assault.	A good mix of authentic advice and breaking down stereotypes.
The methods to confronting a creeper to ensure that someone doesn't get sexually assaulted.	it was a new perspective on sexual asalt
That asking first is always better than making assumptions.	enlightening
Not to take the punch, go in with back up. Explicitly say you're there for friends and family who have been affected.	Very informative about teaching what consent is and how cool/romantic it really is in a society that is taught consent is awkward/uncomfortable/uncool.
Knowledge of sexual wrongdoing	Putting many uncomfortable topics sexual assault and harassments in words and out of the "shadow." Really teaching you have to have a healthy relationship. Emphasizing the humanity of EVERYONE. Everyone deserves a choice when it comes to what is going to happen to their body.
I will now ask for consent even if I believe I already have consent.	It is important to make sure any intimacy, from low to high levels, comes from a place of mutual agreement. Additionally, speak up and make sure loved ones know you are there for them.
Explicit consent	I would tell them that it was advocating for consent and how we think about consent and how we think about sex.
Asking first is not awkward, if anything it can make situations less awkward.	I think that it would be described as eye opening and very interactive.

be more sensitive to these sort of issues	Engaging. This session speaks facts and opens my eyes to new ways of approaching consent and being there for rape victims
always ask first	Do what you know is right
The methods to let others know that you are their to support them in case they ever feel uncomfortable or fall victim to sexual assaults	Consent is not universal and needs to always be there. Also by being able to ask for what I want I will come off as respectful and more confident.
Letting family and people around me that I will ALWAYS be here for them if they are un-consensually sexually touched.	An interactive discussion that used real life scenarios in order to address some common elements of abuse that we need to be cognizant of in social settings.
I'm going to advocate for consent and sexual education.	About the importance of consent and how by fully understanding consent you can be a better support to people and help prevent sexual assault
I will not be inappropriate or ever mock someone or blame the person who is the victim.	eye opening and a very effective presentation
I will look out for those around me, call people out when I see something wrong, and always make sure my partner and I are on the same page.	Very secular view of a serious issue. A drop in the ocean, but I appreciate the effort. It addresses the issue of sexual harassment without really going into the reasons that it is so common today
I will always ask for consent, intervene if I see someone in a bad position, and will make it known that I am always here for shipmates that are physically touched against their will.	Very informative, relative and enlightening from all perspectives.
I am going to communicate with my partner and ensure we mutually participate in asking for consent. I will know how to properly be there for anyone who has been sexually assaulted	Powerful eye-opener for how to properly engage with a partner.
I am going to be more outspoken in difficult situations.	Overview of methods on how to ask for consent and make sure people's boundaries are respected.
Be more mature when it comes to sex and consent.	It was worth the time investment
Be a good person	It was a dialogue on sexual consent and sexual interactions in general. The video also talked about the affects that unwarranted sexual acts can have on people. The video also talked about the different ways the people go about asking for sex or just intimacy.
the asking technique	It really gives you a way to make sure that you have consent without making it awkward.
What to say when someone shares that they're a survivor.	How to be smooth and respectful 101
The language tricks used at parties to help with sexual assault.	Healthy relationships require mutual trust, understanding, and openness. Be blunt about what is going on in situations and don't be afraid to intervene. When people disclose that they've been assaulted to you, it's not your place to offer suggestions, rather just listen and ensure they have your support.
The goal to "make it mutual" and be able to openly speak about what each other wants.	Educational in the ways of more options of being able to stop sexual assault.
Making sure my loved ones know that I am a safe person to talk to about sexual assault	Ask first
I will remember that not interfering when I see sexual assault happening in front of me is a selfish action and that the victim's health is far more important than any fear of being awkward or confrontational.	A talk that made us truly confront the reasons behind our actions and inactions when it comes to intimacy and sexual assault.
I will always be sure that my friends are in mutual situations and stand up for them.	A productive brief on consent preventing sexual assault.
I want to make sure that victims of sexual assault can have a "safe space" with me.	A fun, interactive speech on the importance of consent, and how to help victims of sexual assault.
I really want to read more into the book. I have been on both sides of the extreme situations mentioned, some of this was triggering, but diminishing it to our age group and especially referring to the tea video which is still used by SAPR in the fleet. Taking the jokes aside but still talking about this slightly lightheartedly seems to get across to people who are more uninterested, i will use this.	We generally know what is right or wrong, but sometimes we make the wrong choice.
I am going to ensure that I have mutuality, and ensure that my friends have mutuality with their partners.	This session described an easy and fun way to talk to your partner about consent
I am going to ensure I become sexually mature in my thinking, and to help others along that path to the same mindset of treating everyone with dignity and respect.	Simply put - always ask for consent before engaging in any form of sexual activity. Being drunk and incoherent does not equal consent.
I am going to be more supportive of those around me.	Just don't be afraid to ask. It is better to ask and be rejected than to not ask at all.
Continue to use my critical thinking and empathy to know when people can use active support or just a sounding board.	It was pretty weird at times, but there were important lessons.
Asking	It was entertaining but showed a good shift in tone and energy when it came to appropriate topics.
As a resource to ask for consent	Interactive and thoughtful
To be open to the idea of this happening and be comfortable with talking about it.	I would say that the session was educational in reading situations to someone who hasn't done so before
Permission	I would describe this lesson as engaging and informative. It taught the grounds of consent and what is believed and often practiced versus what should be done in every relationship and how to do this.
I'm going to heavily ensure that my friends, family, and loved ones know that I will always be there for them if someone assaults them sexually.	Extremely helpful and intuitive into the topic of sexual assault and the idea of consent.
I'll use the lessons I learned and will incorporate what I found useful into my life.	Electric
I will make sure I have a mutual agreement with my significant other about what we are both wanting or not wanting to do.	Don't assume anything, ask first.
I will know that it is never awkward to ask for direct consent.	Very informative and interactive makes learning more serious and enjoyable
I am going to use the "can I kiss you" phrase when I feel the urge. I am the shy type and am almost affraid to ask. Also, a lot of my friends (boys and girls) have always told me that you have to read the moment and "just go for it" but that is simply not true and has actually never worked for me.	Very important
I am going to talk to future partners about comfort level and set boundaries. I will always ask first.	Very entertaining and educational
I am going to be extra aware of my surroundings especially in environments where people are drinking.	Very engaging, yet not awkward discussion about sexual manners
I am going to ask before I kiss somebody, giving them a choice rather than being ignorant	Very effective for learning basic strategy for sexual assault safer and being able to make healthy choices
Ask for consent even when borderline unsure	Very educational especially in the aspect of mutuality
Ask before doing somehting.	This session provided valuable information about how to properly gain sexual consent and how to identify sexual harassment. People always have the right to make a decision about their life and their body.
intervene for the safety of others regardless of reputation affects	The most eye-opening learning experience about sexual assault, prevention, healthy views of intimacy, and, most importantly, mutual consent.
Stand up for those around me, and make sure the people around me are cognizant of the situations around them. The thing I am going to use the most is letting everyone know I am here for them.	Shocking, but in a good way
Speaking against people who make fun of the speech.	One of the better SAPR briefs that I have attended while in the military. It combines a lot of real life & relatable examples, while still maintaining the integrity of the serious nature of the topic.
Not being afraid to ask for a kiss or anything beyond that because I now know it's not awkward and actually makes the experience better.	Mike Domitrz was very charismatic and easy to listen to. He discusses the importance of having a discussion in sexual situations
Not being a bystander	Make sure it is mutual.
Making sure my significant other is okay before I ask to do anything.	Make good choices, Ask first for sexual action, Intervene against assault, and Open the Doors for Survivors
Knowledge	I'd say it was very informational and personal to a degree that everyone could understand.
I'm going to try to keep in mind that the people I talk to may potentially be survivors.	It's worth watching.
I'm going to ask to kiss someone first before moving in.	It was an informative discussion on sexual assault and prevention.
I'm going to ask First before thinking about engaging or furthering sexual activity.	It was a sexual incident brief that addressed relatable incidents for partying irresponsible teenagers.
I will remind those close to me that I will always be there for them if they are ever secxually assualted.	It was a fun, worthwhile experience full of meaningful lessons.

I will reach out to my family and friends to let them know that I am here for them if they ever are or ever were sexually assaulted, and then be there for them as a listener. I will ask first in everything as I pursue a healthy, mutual relationship. I will be aware of the lens that common culture has led me to view these situations through, and correct these views so that I do not judge someone unfairly for their situation.	It was a different take on sexual assault prevention that was refreshing
I will maintain the healthy relationship I have with my partner.	I would say that this session was really interactive and gave great ways on how to talk with people and ensure that everyone has a choice
I will ensure that whenever I am in a situation that requires consent, that both myself & the other party are both able to properly give consent, and I will be sure to keep a vigilant watch during social gatherings to prevent any sexual harassment or assault.	I would explain that this session explains the importance of consent.
I will ask my partner before making a sexual advancement with them.	I would describe to the next person that this session is about understanding where consent lies, and where the misconceptions of what consent lie. As well as a vital understanding of how to comfort somebody else and finding out where we as ourselves have made errors in our sexual interactions and relationships. Taking a good hard look at ourselves and everyone else of why it was wrong.
I plan on asking first and explicitly telling survivors they can come to me.	I would describe this session to someone as an informative seminar that mainly discusses the points of mutuality in relationships and intimacy as well as proper support of victims of sexual assault.
I am not going to be afraid to ask because it is not awkward.	I would describe this session as a wake-up call and debunking of these ideas surrounding consent and an attempt to change how we as younger people view consent.
I am here for you statement	I would describe it as interactive learning about sexual assault and how to respond to certain situations.
I am going to use today's program to better observe situations around me where sexual assault could occur. I will also apply today's lessons to my online life to make sure I always respect people and their choices and that I never act improperly in social situations.	I was able to relate to the examples Mike presented and he was very engaging.
I am going to use the ways that were shared on how to talk with people.	He was very high energy and was able to discuss taboo subjects in a way that made them easier to digest and understand
I am going to use the idea that consent is more than just we did one thing now we can go to the next. In many previous relationships I was forced to be quick in order to stay in the relationship. Communication is what brings the next step.	Fun and informational.
I am going to think of way to talk to survivors of sexual assault and think about mutuality in my relationships.	Eye opening and creating a toolkit to stand up without standing out.
I am going to reach out to others I care for to ensure they are okay because sometimes we don't know how others feel.	Engaging and mind-blowing discussion about things we think we know but are really naive about!
I am going to make it known to those I love that I am there for them if they want to confide in me.	Displaying the need for seeing others as conscious human beings deserving of respect.
I am going to ensure that going forward, I am not afraid to say no to people out of hurting their feelings. I've had this problem in the past, but I don't want people to expect things of me that I don't want to give.	Consent is key.
I am going to ensure that I am even more careful about consent than I was before and to be vigilant in social situations.	Consent is always present in a healthy relationship and asking for consent is not awkward. ALSO, every single person deserves to have someone stand up for them and protect them from rape.
I am going to be honest in my communication and make sure they feel the same way	Consent
I am going to ask, "what would you love for me to do to you tonight?"	Be a good person. Asking doesn't kill vibe.
I am going to ask first instead of going for it	Asking for consent from someone is something that you should always do. No matter what relationship you are in, it is important to ask. It in fact shows that you are more spontaneous and creates a healthy relationship.
I am going to ask before doing anything intimate with another person.	Ask first, speak up, be kind to people
I am going to use more communication.	An insightful talk into how to best navigate uncomfortable social situations.
Help out survivors and ensure healthy and intimate relationships amongst friends and family members to avoid assault of any sort.	An honest and fresh look at consent and sexual activity.
Everything	An amazing discussion about choices
Being more willing to have a mutual agreement on consent between the two parties	A thought-provoking look at intimacy and dating culture.
Be more bold in asking rather than waiting to make a move off body language.	A awesome conversation about prevented sexual harassment.
Asking someone if they have a ride home if I find them in a sketchy situation	make sure its mutual and speak up because its not blocking its enabling sexual assault
Asking if someone wants to kiss before just going for it	informative
Asking first, making it mutual	We learned ways to intervene and reason why people decide not to. Biggest take away; EVERYONE DESERVES DIGNITY AND RESPECT
Asking first	Very useful and helpful information!
Ask first, not assume!	This session was awesome. One of the best consent talks I have ever heard. Generally talking about consent is awkward and weird, but this one was engaging and spoke the truth about situations. It had clear applicability to life and gave tools that can be implemented immediately.
Ask	This session delves into the idea of sexual assault prevention and illustrates ways to look out for signs of potential victims. This will help us identify victims, and prevent them from being hurt.
the concept of making sure others have choices	The speaker broke down every possible argument and made everything super clear for people who didn't take it seriously.
Use this to help grow my relationship with my girlfriend and be there as help for other people who may be struggling.	The session was casual, but helpful.
To have the confidence to intervene	The biggest things are to call sexual assault what it is, make sure the action is mutual not just getting permission, and that no one owes anyone anything sexually.
To ask first and make sure things are two way	Respect of each other is number one. I use this as my basis whenever I am with my girlfriend.
The technique of listening above all else when talking to victims and survivors.	Mr. Domitrz makes sexual assault prevention easy to understand and emphasizes proper response for survivors.
The tactics of diffusing a potential sexual assault situation.	Mr. Domitrz discussed the topics of asking for consent, intervening when a bad situation seems to be occurring, and being there for victims. With consent it is important to ensure there is a mutuality between both partners. For potential bad situations, it is everyone's duty to look out for others because everyone deserves respect. When speaking to victims, it is most important to listen.
The question "Can I kiss you?"	Make sure you look out for people, ask for consent and be a good person.
The part about telling people you are there for them. It is important for that person to know if they are assaulted you are there to help.	It's not awkward to show respect and protect others in sexual situations
The information	It was very relatable. I appreciate what he said about the team consent video because I always felt the same way.
The ideas of what to say to people to let them know more personally that I'm there for them, and intervene when I see something wrong.	It was pretty good.
Spread the knowledge.	It was actually very engaging. Usually I find this type of talk really annoying especially the tea video, I hated it and it didnt make sense. But I thought the discussion was very good, treated the topic respectfully, and was applicable.
Not being afraid to speak out in a tough situation.	It was a session that helped describe the importance of consent and asking before intimacy. And also how asking or being respectful doesn't ruin intimacy. Waiting too long before being an ally could lead to you or someone you know being assaulted.
Making it mutual	It was a rather common sense presentation on sexual assault

Make mutuality fun, even if it is awkward.	It is important because it guides us to make the MUTUAL decision to have intimacy and highlights the importance of consent.
I'm going to use all of this information in my future relationships to make them healthier.	It is crucial that we ask for permission before sexual intimacy with others. Asking can be just as spontaneous and provides a safe choice for both individuals.
I'm going to be more mature.	It is a session about issues that are awkward and difficult to talk about, but are presented in an approachable and human way.
I will use the mutual need for respect between partners.	Informative, Open-book, Honest truth
I will tell someone that no matter what I will be there for them if anyone touches them sexually without their consent.	Important
I will say Can I kiss you?	I would say it was a interactive brief that was lighthearted and serious when it should be and taught a lot about consent and intimacy.
I will be more comfortable asking and holding a conversation with my partner about intimacy.	Ground breaking to the previously unknowledgable.
I will ask before engaging in any sexual act with my girlfriend.	Explains through personal experiences how to properly intervene in a sexual harassment/assault case and how to properly check for consent
I learned that the best thing you can do for a victim is to be there for them.	Being a bystander is no excuses to not interact.
I have a better understanding of different situations and know how to handle things.	Be genuine when talking to people about sexual misconduct.
I am going to use the strategies explained in the program so ensure interactions are done with consent	Asking can't hurt you
I am going to use the skills for prevention and looking out for situations where people might get hurt.	Ask first, be supportive, and your belongs to no one, but yourself
I am going to use the information from the program to be more confident in being assertive in situations effecting myself or others. I will also ask for consent and make sure if I like someone they also ask for consent.	An interesting perspective that makes you think about your subconscious perspective on sexual assault.
I am going to use a group approach to intervene if a situation happens.	An interactive and informative session that teaches people about making relationship mutual, and isn't afraid to call people out.
I am going to reach out to companymates and friends to let them know I am truly here for them.	An informational session on sexual assault, intervention, and consent
I am going to feel more comfortable making sexual decisions based on my comfortability, and not out of obligation.	An honest and usable education in sexual harassment and assault.
I am going to ensure that I watch out for the red flags regarding those who could be in danger of being raped or sexually assaulted.	An experience to remember about things to remember.
I am going to be there for survivors.	An actual productive talk about sexual assault for once.
I am going to be more proactive in becoming available to potential survivors and preventing incidents from occurring.	Amazing and captivating speech on sexual assault and how to prevent it.
I already use the techniques mentioned.	Always ask for consent, if you don't you show sexual immaturity. Always make sure someone is okay.
How to word my offer for help to survivors.	Always ask first
How to interact with someone acting inappropriately with alcohol in a social scene.	A very enlightening lecture that brings many of the skeletons out of the closet regarding sexual assault.
Better to act than to not do anything or “go for it”	A modern, relatable discussion on the important of consent and being confident enough to ask for consent as well as break up dangerous situations
Be a better person	A different and positive perspective on an old topic degraded by a metaphor of tea.
Asking is sexy, going for it is arrogance.	remember that everyone deserves dignity and respect and make sure that you ensure that that happens if someone is not upholding that standard
Asking if mutual, letting people know I am there for them, intervening.	it was a great session that covered how to prevent sexual assault before it happens
Asking before action, ensuring everyone knows they have a choice.	informational
Ask for consent and look out for others.	consent
Ask female friends their opinions on going for it versus asking. I have been told in the past by female friends that you should never ask if you can kiss someone.	You must always ask for consent
A new perspective on sexual assault and "consent" vs. mutual agreement	Very interesting and eye opening, a surprisingly new way of showing respect for other people when dating.
think of if the other person mutually wants to engage in such activities, not just if you have consent	Very insightful and meaningful
the realization that consent shouldn't ruin the mood becuase if it does then there was no mood to begin with	Very informational and helpful in describing how to deal with specific situations.
how to prevent sexual assault	Very helpful and necessary in every social situation and dating life.
asking before acting and intervening for survivors	Very engaging and interesting. A relatable way to approach and understand consent.
all	Understanding sexual assault and its impacts
Understand that asking is always good and never bad.	This was an important session to attend
To ask first and to make the offender look like a creep.	This session was really audience oriented and he talked about the importance of consent, taking initiative, and shared a personal story of his sister and how it changed him.
They way he asked if he could kiss someone and what to do if they say no	This session was an interactive presentation which confronted the reality of the culture surrounding sexual assaults and its flaws. It explained how to get over these common issues, use consent, and present assaults.
The strategy Mike proposed to speak to people who have endured sexual assault	This session was a good explanation of sexuality and relationships in today's societies, and how to proactively change culture to look out and value everyone in a relationship.
The question of "can I kiss you?"	This session talked about the importance of consent and standing up for others and offering others an outlet to be understood.
The lessons I learned	This session all about describing the ways that people can create a positive atmosphere of consent.
The idea that the inability to ask is due to immaturity and if I can't ask, then maybe I am not ready to those actions.	There is a surprising amount of humor which makes it unique compared to other briefs of the subject while still respecting the seriousness of the topic
Take action	The session was engaging and made you reflect.
Probably everything. It was very informative.	Sexual assault can happen to anyone. Consent or mutual agreement is the only time sexual intimacy is okay. Always ask before doing anything and be sure to keep an eye out for people who are being put in a potentially dangerous or unwanted situation. If you know someone who has experienced sexual assault or rape, listen to them. Don't try to fix them or focus on the perpetrator, but listen to their side of the story and be a shoulder to lean on.
N/A	Really good. Helps you rethink your opinion of asking and consenting.
Making sure my significant other is comfortable with our intimacy.	N/A
I'm going to ensure that I do not make sexual or romantic advances without ensuring that the intimacy is mutual	It's not awkward.
I will stand up to people and do the right thing.	It's fun but informative and taught skills for anyone who seeks to have a relationship
I will remember that I don't need to think that I'll ruin the moment by asking for consent.	It was very engaging and educational.
I will not joke About sexual assault	It was very educational
I will make sure to intervene if I see a situation with the potential of sexual assault.	It was really interactive and worth your time.
I will have even more environmental awareness to look for signs of discomfort	It was an interactive and educational way to explain how to ask for consent in a relatable way
I will consider mutuality in future intimate situations.	It was about learning how to ask first, help someone who has been assaulted and take care of someone under the influence and make sure they are not taken advantage of
I will ask first before I act. I will also continue to respect other's wishes.	It was a light speech that held great brevity and outlined sexual assault while keeping the audience attentive
I understand how to properly intervene and act to prevent sexual assaults.	It was a comprehensive talk about the importance of consent in intimate interpersonal environments.

I really liked how he was talking about people are afraid of doing the right thing, this made me deeply understand the importance of taking initiative even when other people do not support you.	It is important to have consent and ask people for permission before making physical moves
I am more aware of what is right and wrong in the terms of intimacy.	It helped educate me on topics that I am not really familiar with.
I am going to use this to help identity/ watch out for my friends. Reach out using the right words	It gives ways to prevent sexual assault and also to ensure that you are not taking advantage of someone else.
I am going to use the phrase that was discussed in order to make it clear to my friends that I will always be there for them.	Incredibly eye-opening. More people should see this.
I am going to use the "are they safe to drive home" to make sure that they aren't being taken advantage of	I would describe this session as maybe a little cheesy but very effective in making a point and giving sound advice. It got me thinking about decisions I've made and how I could make better decisions in the future
I am going to use my ability to interfere with a situation before something bad happens.	I would describe the tactics described and the reasons.
I am going to take his perspective on how to prevent sexual assault from happening to others at parties and other social gatherings and apply it and use it when I am in those situations and see something going on.	Helpful, eye opening
I am going to make sure the people around me aren't unintentionally trying to assault someone by feeding them alcohol	Good
I am going to make sure that others know that they do not need to do anything sexually and let them know that I am here for them in any way.	Entertaining, easy to understand/follow
I am going to make sure I ask how to help a survivor instead of just pitying them	Engaging and informative how to be a good person
I am going to help a survivor and use the consent tactics in my future relationships	Engaging and informative
I am going to have a better concept of consent: to think of it as mutuality and not permission.	Engaging
I am going to ask to kiss my partner.	Energetic but serious. I was engaged the entire time and he relates to moments that we encounter.
I am going to ask instead of going for it	Covers how to prevent sexual assault and how to ask for consent
How to approach sexual assault situations and how to react if a close friend or loved one comes to me about an experience.	Consent is sexy
Having the ability to have more courage with asking first	Be the better person and respect everyone. We need to put it how it actually is.
Don't be afraid to stop others, even your friends, from sexual assault. How to help survivors	Basic knowledge of how everyone should conduct themselves
Be verbal about my intentions or desires.	Asking for consent is more confident than just going for it.
Be more open to people and be there for them. Let them know that I am here for them to talk or comfort them.	Asking first isn't weird and consent is not a joke.
Asking shows confidence and respect.	Ask for what you want in sexual situations. In a mature relationship it will never be wrong.
Asking questions to know where I stand.	Ask for consent. Know that consent is something that is completely voluntary and can't be validly given when under the influence of drugs or alcohol
Asking for permission, instead of relying on body language.	Ask first so if they say no you don't embarrass yourself, brain connects pleasure with time.
Asking for consent, and remaining aware during social situations, looking out for those who cannot look out for themselves.	An in depth guide to respecting the boundaries of others, specifically in terms of avoiding sexual assault.
Asking first.	An in depth description of why consent is important and defies stereotypical thoughts associated with asking for consent.
Ask for consent, even if you're with your partner.	Amazing. It was every educational with hitting all the right points and something everyone needs to go too
Ask for consent	Always ask for permission, it doesn't ruin the mood; and everyone deserves a choice and respect.
Ask first	Absolutely something every young adult should see. It is vital for young people to know how to go about these situations, otherwise the world will not change
Ask first	A very real and informative discussion on the social and personal impacts of sex and abuse and assault.
Ask first	A very engaging presentation
Ask before assuming	A high energy, very engaging presentation on: 1. Asking first 2. Intervening 3. Helping survivors
Ask before I make sexual advances	A good reminder of social norms
Approaching family or friends and tell them up front I am here if they have ever been hurt	very interactive and eye-opening
Always ask first before engaging in physical affection.	this program highlighted easy solutions to common but taboo problems such as sexual intimacy
Ability to talk about assault	eye opening
ASK FIRST, Intervene, Open doors for survivors	You should ask before you do anything sexual and you should be genuine and adamant when helping others from being sexually assaulted?
A better general understanding of sexual y and how to approach other	You must get consent and communicate with your partner. Also do not avoid uncomfortable conversations, it could save someone from being sexually assaulted. If you know someone who has been sexually assaulted then reach out and make sure they know that you are there for them. As the speaker said, "open the door for survivors."
I will intervene if I see something wrong	Would you ask to kiss? No. It'd be awkward. What is the difference between that and sex?
think more about what is going on. Respect the men that ask for consent and encourage my friends to ask for consent.	We need to talk about it!
open the door for survivors	Vey engaging and real.
nothing	Very useful and important
When hanging out at parties or events, I'll make sure my friends are safe and not in any harm from others.	Very real and down to earth discussion.
Verbally ask before doing anything.	Very palatable and understandable presentation that helps inform without being too preachy
Understanding the role of consent in intimate relationships	Very insightful
Tips for consent.	Very informative, logical, but empathetic
The ways to ask a question.	Very helpful and puts into perspective the role of consent in society. It is awkward at first but just ask.
The way to stop someone from being taken advantage of at parties with alcohol.	Very entertaining and education at the same time.
The way to approach someone I think may be in danger of sexual assault.	Very energetic and engaging while also discussing important topics that can be uncomfortable
The techniques on what to say when someone reveals that they have been raped.	Very beneficial
The sexual assault prevention tips.	This session teaches us that consent is healthy in all relationships, whether you are married, dating, or friends. Every single day we deserve a choice. Asking awkward questions about consent is better than embarrassing yourself or making someone uncomfortable.
The sexual assault prevention part.	This session covered how to interpret and stop a sexual assault situation. The main ideas were ask first, intervene (in dangerous situations), and open the door for survivors.
The proper wording to discuss sexual assault with my friends and family.	The training was informative, well-delivered, and did not feel like a normal training.
The methods described to comfort friends and family members affected by sexual harassment and assault.	The importance of consent, and the proper steps to ensure consent is being met by both parties involved.
The lessons on consent and appropriate alcohol usage in a social setting when I am of age at parties.	Talking about sexual assault is important, but even more important is talking about it the right way.
The lessons	Slow down, ask the question, be responsible, think about the other
The knowledge gained and the ways to ask.	Remember as much as I could and hit the big points in the presentation.

The inspiration to give my support to someone who may need it.	Powerful
The idea of asking no matter what it is.	No words to describe it. Very engaging.
The confidence in asking question first.	N/A
That I will ask first ALWAYS.	Make sure you ask first and have mutual agreement with what's going on
Telling people that I am there for them always.	Make sure to be mature enough to ask instead of assuming like an animal
Say no if I am not comfortable because I do not owe my partner anything.	Just ask before doing.
Sapr	It's important to always ask first and talk about things that are important rather than assuming. It's always better to be safe than sorry. Everyone is deserving of human respect
People don't ask for consent before kissing because they are afraid the other person doesn't like them. They don't give them the choice to reject them.	It was very informative and not as boring as I thought it would be. Pretty interactive
Not force anyone to do sex or related thing	It was very informative and interesting.
Never feel guilty for saying 'no'.	It was very informative and changed some of my thoughts
N/A	It was very fun and interactive.
Mutual Consent	It was very engaging—invites the audience to find a new paradigm on the ways that society views sexual advances and how we can be cognizant of it.
Making it mutual	It was super engaging and very informative.
Make sure the experience is mutual	It was productive, educational, and it was relatable. It was very honest with the way that it described human relationship.
Lookout for those around me	It was pretty good. I laughed a few times so I think it was a win.
Look for a concent	It was informative. Provided a laid back environment to have a serious conversation most people try to avoid.
I'm going to be more aware of situational surroundings during social gatherings, and identifying unsafe situations and stopping them.	It was great!
It may be simple, but I'm gonna make sure I ask before and don't just assume consent with any romantic advances.	It was energetic and engaging.
Intervene when I can and when it's absolutely necessary	It was about importance of consent and keeping an eye out. I talked about the effects of sexual assault and opening the door for survivors.
Inform myself about future things that may happen.	It was about asking for consent and how to encounter survivors and prevent people from being taken advantage of.
Ideas for how to talk to survivors	It was a session that informed me about why preventing sexual assault is so important
I'm going to say no if I don't want to do something	It started off light and got deep and talked about the serious things. I think it was a good way of drawing in the audience and making sure that when we talked about the serious issues they were paying attention.
I'm going to be more aware of the way I talk to/approach people who may have been a victim. I'm going to always ask first and allow people to have choices/boundaries.	It makes a lot of sense to ask first before you kiss someone. If you think about it, asking in this way for consent does not ruin the moment at all and just makes it better for both people involved.
I'm going to ask before engaging with someone intimately.	It is a great and engaging session that reveals the importance of intervention and letting others know that you are there for them if anything does happen.
I'll remain more vigilant and stop a bad situation before it occurs.	Intimacy and dating are a series of choices for both participants, not a course of actions that follows a single moment of intimacy.
I will observe my surrounding at parties to better identify the possibility of rape and defuse the situation.	Insightful!
I will confront bad situations if I see them	Informative.
I will be more willing to step in if a situation looks wrong. Bystander intervention is important.	Informational. It was light despite being deep topics.
I will be more vigilant in watching for potential sexual predators at parties.	Incredibly insightful to the misconstrued views of society on intimacy and dating while giving solutions to potentially dangerous situations.
I will ask to kiss them and make sure they say yes before I kiss them	If you ever was uncertain about contact with other people you should watch it.
I will ask first the next time a situation where it is needed arises.	I'd say it was different from a generic sexual assault seminar/lecture, it was fun and interactive
I will ask first	I would talk about consent with my friends and family
I will always look at the situation better and make sure it is safe, and stop people from doing bad things	I would say this session put to rest the notion that asking for consent ruins the moment, which is a crutch used by some people who are against asking for consent.
I will always ask first and make sure to be responsible when drinking.	I would say that asking consent is actually really great.
I understand that it is better not to accuse people of trying t osexually assaulting someone but guide them in the right direction to make a better choice if we feel that is the choice they might make	I would say it talks about some topics that many people are uncomfortable talking about, but addresses important problems in today's society.
I think it's important to call people out who say it is awkward to ask.	I would describe this session as great because it was very informative and interactive.
I think I ought to check in on my friends more. It may be uncomfortable, but if I am going to be a real friend/leader/human, I ought to check in on them and tell them that I will be there for them.	I would describe this session as a very personable and informative session about how to intimately interact with others and how to ask and give consent.
I plan to implement ways to offer help to survivors and to ask before pushing boundaries	I would describe this as a talk about consent
I am much more aware of how to handle myself in situations.	I would describe the session as a chance for us to change our culture.
I am going to use this to become more responsible and inspired to act if I see something wrong, but also more cautious and willing to ask before anything happens, even if it may seem awkward.	I would describe it as an educational video about consent and sexual assault with a new, more educational perspective on what people should do in a sexual situation.
I am going to use this session to learn how to be an active bystander and also how to be more comforting to possible victims.	I would describe it as a unique presentation on how regular people can still have fun while also respecting the boundaries and thoughts of others. It also includes parts about how we can intervene and care for others even if one is not one of the two people involved.
I am going to use the tools to properly help people who are survivors.	I would describe it as a breakdown of how true mutuality can create healthier relationships and protect the dignity of individuals.
I am going to use the segment about ego to keep my ego in check	I have hw to do.
I am going to use the courtesy and the respect used anytime I engage in sexual activities.	How asking for consent is not awkward, and how replaying the situation in your head or saying it out loud makes a lot more sense. Also, it does not ruin spontaneity, asking to kiss someone will make someone's night if they really did want a kiss.
I am going to use direct questions for sexual activities.	Honest
I am going to make sure that my partner is always comfortable with everything we do intimately and to ALWAYS ask first!	He talked about the importance of consent and seriousness of sexual assault.
I am going to make sure that consent is always present in relationships.	Great very informative
I am going to dissent from bystanding by asking for back up.	Fun but serious and informative
I am going to be way more confident when I ask for a kiss from someone back home.	Fantastic. I agreed with every word and had a great time
I am going to be open and responsible for healthiness in my relationships.	Extremely important and sometimes overlooked information regarding how to go about interacting with your peers involved with sexual tensions.
I am going to ask first and reach out to friends who I know have experienced sexual assault.	Entertaining, yet also engaging and very informational.
I am going to always think more about my words before I speak them, especially sexually.	Energetic
I am going to always ask my partner each time I kiss her. Because no matter how long I've been with her she has never lost her voice and choice.	Don't be dumb; ask for consent. You can do it without ruining the moment.
I am always going to try my best to prevent sexual assault	Comfortable environment to talk about a hard subject.
I am always going to ask before acting on any impulses when with a partner.	Awesome interesting and incitfull
How to talk to survivors	Asking is the key for descent respect for all.
Honestly, I have already expressed to my friends that they can come to me about sexual assault or anything else. As for my girlfriend and I, we have a well established agreement on what permissions can be assumed without verbally asking and what we still will ask about.	Asking for consent makes you more confident and attractive.
Everything!	Ask before action.

Consent is mutual. Also, if you are not comfortable to talk about sex with your partner, then you might need to reevaluate the relationship.	As an entertaining way to learn serious topics.
Consent	An informational session on how to ensure mutuality and to step in even in awkward situations
Be more communicative and ask before any sort of intimate interaction with someone else.	An exploration of the modern culture and then flipping that on its head to expose the problems we have regarding consent.
Be mindful of people at parties and watch for people too drunk at parties.	Always make sure to ask and don't force anything on anyone
Awkardness is is ok.	A light hearted take on a heavy topic that effectively gets all points across to the audience.
Asking for every thing before it just happens. Confirming to consent.	A high energy information brief with a great lesson.
Asking first and support survivors in a way that helps with their emotions, no mine.	A brief about consent
Asking first and making sure it's mutual	"Is this the part where I kiss you?" ask first
Ask!!	it takes courage to ask first and it shows respect.
Ask women if they want to kiss rather than wait for a moment	informing
Ask before engaging in romantic behavior.	eye opening
Ask before doing	don't feel awkward and just ask before consent.
Always ask before acting	ask consent
ASK FIRST	a way of conveying consent to teenagers that's digestible for people our age
ALL OF IT	a SAPR brief
what consent is	You need to see it this. I promise you that it would broaden to approach sensitive situation
try some of the things he said	Worth the watch and eye opening on the realities of sexual violence.
mutual agreement	Well thought out and sound arguments
don't feel guilty about not wanting to engage in sexual activity	Very powerful and super obvious, yet we don't do anything.
ask first, thank survivors for sharing and just listen to their stories	Very interactive and a different perspective on something that is often awkward to talk about
ask first and respect women	Very informative and eye-opening about current issues
all of it	Very informative and engaging, even in an online format.
all of it	Very informative and brings up a lot of good points.
Ways to connect with others.	Very informative
Use courage to stop sexual assaults I see happening.	Very informative
Transparency	Very educational, still convicting while being fun.
To listen to sexual assualt victims	Very educating
Tips for asking for consent	Very cutting. It speaks the truth, and does it very clearly. Crucial to watch.
Think more about assuming gender	Very beneficial
There are ways to ask for consent without being weird.	Trust and consent
The ways to make it less awkward and "hard" to intervene in a situation of sexual assault	Totally worth attending, it helped me realize why and what to do about sexual assault prevention.
The telling my friends that I am here for them ALWAYS	This was a session about consent
The specific accusation of sexual harassments. Though uncomfortable, the urgency of such a situation warrants it.	This session was amazing. The discussion was very interactive and all of the topics were very important.
The lessons mostly	This session is a highly interactive discussion on peoples perspectives and how to address consent.
The ideas and words used in situations	This session covered topics from how to recognize when others are victims of sexual assault, as well as how to recognize how your own actions may make others feel.
The idea of always being aware of other peoples choices.	This is like a wake-up call about sexual assault
The apps that are provided. Along with what you can do to help survivors.	Think more about the importance of consent and actively working to prevent sexual assault and rape.
The affirmations that asking for consent isn't weird	The session was informative and surprisingly fun considering the topic matter.
The advice about asking people before intimacy is really great.	Teaching people how to protect against sexual assault using practical reasoning
That the current societal norms and standards are broken and we as the next generation need to confront and change them.	Teaches you the importance of consent in a fun way
That it is never ok to assume you have consent to kiss someone	Talking about how to make sure both parties want what is going to happen sexually.
That it is important to be open with my sexual partner	Super informative
Talking about this subject more as a community	Slightly awkward but informative on the topic of sexual assault
Support a survivor	Sexual consent is necessary and never feel bad about saying no
Stop someone	Put others needs above your owns, a moment of awkwardness is worth protecting someone
Reach out to people around me and ensure that they know that they can confide in me if they need to.	Pretty spot on
Reach out to my sisters.	Make sure you ask people before engaging in any sort of touching.
Probably the "I'm glad I asked before I did it."	Make sure you are very careful and conscious about consent.
Prevent sexual abuse from occurring	Make sure to ask first
Porn is evil	Make sure everything is mutual, and be there to protect people you care about, and just people in general.
Open up the conversation about assault	Listen first and ask later
Not much. This program is geared for hook up culture. In a committed relationship its possible to know what your partner wants to happen with out asking corny questions.	Learn how to ask other people what they want, and remember how important language is.
Never assume	It's important to keep others safe and respect your own partners by asking for permission before being intimate with them.
My new knowledge of how humans act and ensure that I do not fail to intervene.	It was very informative but also very engaging.
Making sure people know they have a choice when it comes to intimacy.	It was very informational and something that everyone needs to watch.
Make sure people aren't taking advantage of others	It was the best talk about sexual asualt I have ever had
Make it mutual.	It was super informative and fun. Consent is healthy and needed. Always ask someone for consent. It'll make both people feel better
I'm a survivor of sexual assault & I no offense, know all this but like the education.	It was really impactful and put intimacy in a different perspective. It did not focus on right and wrong because honestly intimacy is fun and the program stressed that it should be mutual.
I'll be more honest with my partner and make sure consent is mutual	It was incredibly informative and transparent. A learning opportunity that changes your perspective on sexual interaction.
Intervention	It was fun, but very informative and serious, which kept me engaged and helped me to learn.
Ideas for interrupting sexual advances that may be unwanted for people .	It was fun and informative, he explained the topics well.
I'm going to use some of his rhetoric to help spread the word.	It was entertaining, inclusive, and informative all at the same time
I'm going to recognize the reasons that I potentially wouldn't stop someone going to take advantage of someone at a party and then act on those reasons.	It was awesome
I'll keep it for myself	It was an important, eye-opening presentation.
I will use the talking keys that he discussed on how to approach people that you are close with and have a relationship with.	It was about having open dialogue and being conscious about issues and potential dangers sexually
I will use strategies for helping to prevent sexual assault and rape.	It was a vibrant but educational brief about asking first and checking in with others.
I will use all the tools that I got from today's program in order to prevent any assault situation from occurring.	It was a very informative session on sexual harassment awareness. It was entertaining while still keeping a serious tone.
I will talk with my partner before doing anything.	It was a very informational discussion that made you questions that are made and that are typically socially acceptable.
I will make sure its mutual	It was a session that explained how to protect others and love them.
I will make sure any engagement is mutual. I like the asking idea more than I thought I would.	It was a pretty nice and interactive session in which we discussed the proper form of consent, rape and assault, victims and survivors, and more.

I will intervene.	It was a little awkward, a lot of funny, and very informational. Ask before doing anything sexual, be on the lookout for predatory behavior, and call someone out when you see something that is or could be a bad situation.
I will ensure that I always ask before initiating any advances, and will be better able to keep a protective eye out for those around me.	It was a high energy conversation that made us think more critically about consent.
I will definitely use the strategies to intervene in risky situations.	It was a great learning experience, that wasnt the same awkward serious sexual assault training that they make us do. It was actually enjoyable and I learned more then the usual briefs.
I will be sure to always ask for permission before touching anyone.	It was a good discussion that is relatable to present day and especially in the military.
I will be more likely to keep a watchful eye for others and say the right thing if someone comes to me for help.	It was a big perspective change as far as the importance of calling people out for not taking sexual assault seriously.
I will be more aware of people around me trying to take advantage of others.	It teaches you about the mis interpretations of consent and how it should be normal.
I will be in support of a victim of sexual assault	It is more than just 'don't rape someone.' It's about empowering you to do something about it.
I will ask for consent before hooking up, even if it might seem "awkward"	It is a very engaging and active session that teaches you a lot about relationships.
I will always preface intimate actions with consent and ensure the feelings are mutual	Interesting. Awkward.
I will always make sure to know my family and friends know so will support them.	Informative.
I use the line to tell someone that I am there for them and willing to help.	Informative and relatable
I think the program is beneficial, but frankly I am happy with how my parents brought me up to respect others. Once again, the program was good, but as a Christian, I take this a step further.	Informative and casual
I now know how to handle a situation in which someone could be being sexually assaulted	Informative about sexual assault
I like what the speaker said to say to survivors: thank you for sharing. You are strong. How can I help.	Informative
I don't plan on being sexually intimate anytime soon, but this helped me learn how to approach situations like these happening to other people.	Informative
I am more likely to be more open with others about talking about prevention of sexual assault.	Informational
I am going to use to support anyone who has been assault and be there for them. I will also know to ask first.	Incredibly informative but also easy to pay attention to
I am going to use this to educate others about asking first and talking more about relationships.	In one sentence I would say. "Just ask."
I am going to use the many lessons and advice shared like step up and intervene, be there for victims and survivors, and always make conversations two ways.	I would tell them about his examples and perspectives he has given us. Tell them that consent it important no matter your relationship status.
I am going to use the advice you gave about talking with survivors.	I would say it's beneficial and interactive
I am going to use the 4 steps for intervention	I would describe it as extremely informative and useful for those with sexual harassment experience and those without.
I am going to use direct questions when talking about sexual activities with another person.	How to handle awkward sexual situations, between others and for yourself.
I am going to use deescalation tactics and consent best practices to make sure my partner is comfortable and feels heard.	How to ask for mutual agreement and how to help others.
I am going to use consent and not rely completely on body language to gauge how someone else feels.	Great
I am going to rethink some of my subconscious views on sex and relationships	Good information
I am going to reach out to my friends and let them know I am here for them.	Good
I am going to make sure that there are no pressures before any intimacy	Fun, informative, thought-provoking.
I am going to intervine from predators and thoughs who will get hurt or rape.	Eye-opening.
I am going to encourage more people to be more open about communicating about sex and intimacy.	Eye opening, alarming, real, important
I am going to be proactive and ask for consent.	Engaging.
I am going to be more alert to sexual assault situations.	Engaging and informative
I am going to ask my partner first every time before engaging in any sexual or intimate activity.	Engaging and beyond worth it.
I am going to ask for consent instead of just going off of a look. I will also stand up for others when I notice them in a bad situation	Engaging
I am going to ask first now, instead of just assuming my partner wants it as well.	Energetic, and infromative.
I am going to ask before engaging in romantic activities because it makes things clearer and more exciting.	Emphasizes consent
I already did all of that with my gf (we aren't sexualy active, but we already use those guidelines).	Educational
How to word how I help others.	Consent isn't about permission, it's about mutuality
How to ask for consent.	Consent is not awkward!!!! Would you rather be rejected when they say no thank you or when they have to push you off and get someone else to intervene
How consent works and why it is important? How to "read the room"?	Consent is important, healthy, and not uncomfortable.
Going to learn how to have sexual consent.	Consent based and intervention strategies
Do the right thing. Everybody deserves dignity and respect.	Consent and protecting others.
Conversation	Changed how I perceive my relationship.
Consent.	Asking, respect, and dignity
Consent	Asking first is of upmost importance, and that it is your responsibility to intervene when their is a threat for rape of another person.
Checking in on my friends and confronting people more	Asking consent is the only way to give respect and dignity to other human beings.
Better intimacy tricks	Ask people for consent first.
Being more honest with girls in intimate situations.	Ask for consent when things are going to get intimate
Be there for someone if they are sexually assaulted.	Ask first. Make sure everyone involved is comfortable. Intervene.
Be more spontaneous by asking instead of assuming	Ask first.
Be more aware of those around me.	Ask first to kiss, if someone is sexually assaulted say specifically that you are there for them always, and it is important to stop any situations that look like it could lead somewhere bad.
Be careful when approaching the situation	Ask first and watch out for people.
Asking people to kiss, seeking communication.	An mix of entertaining and serious conversations about consent.
Asking is a sign of confidence and not something you should be afraid of.	An interesting, education brief that invoked lots of thought within the listeners.
Asking for permission.	An interactive speech about consent and initiating sexual contact.
Asking for consent and making sure my partner is comfortable	Amazing, eye opening, made me think in a way I had never had
Asking first and supporting victims.	Always look for consent first
Asking First before engaging in sexual intercourse or making out.	Always be aware of the people around you.
Asking First	Always ask for sexual assault
Ask to kiss	Always ask for consent.
Ask for consent in order to form healthy relationships	Always ask first
Ask for a kiss	Although it can be uncomfortable at times, asking or talking about a relationship is actually much more beneficial.
Ask first, Pay attention to situations at parties that may get out of hand, and Keep asking	A program revolving about preventing sexual abuse and education.
Ask first!	A look into our impulses and errors as human beings that we don't often examine in our relationships
Ask first and make it mutual.	A kinda weird guy talked to us about consent
Ask first	A guide on how to handle intamacy personally and how to help guard others from possible sexual assault

Ask first	A comprehensive and non judge mental environment to learn about sexual assault
Ask first	A very informational talk about how to prevent sexual assault and how to approach sexual intimacy using consent best practices.
Ask first	valuable
Ask first	made some really great point in a blunt manner
Ask first	it is important to ask before just assuming
Ask first	informative.
Ask	informative and interesting
Always be there for someone especially if they are sexually assaulted	informative
Always asking first	good
Always Ask first!	eye opening
All of the above	engaging and informative
ways to support	advice
phrases for how to ask for consent	Worth it.
knowledge	Very interesting, a fresh take on how to treat others with respect.
identifiers of sexual assault	Very informative and will definitely help people in the future if you take his advice.
being more confident in making choices about my boundaries	Very good
ask first	Very good
all the info I learned about consent	Very eye opening
advice	Very exciting
What to do when family members tell me they've been raped	Very engaging and eye opening
Using the strategy of asking if the victim has a safe way of getting home.	Very comfortable for such an awkward conversation
Use the tactics described to stop a sexual assault!	Uses humor to keep you engaged
Thinking about consent as mutuality and not permisson	Useful
The techniques shown on stage.	Thought sparking
The process of asking.	This was an energetic session that engages you to do something about sexual assault
The normalization of awkwardness	The only way to correctly do it is to ask force, do not force a yes, and keep it mutual.
The knowledge of how to help survivors and those that haven't come forward	That it is better to ask
The intervention techniques.	Straight to the point
The ask first policy.	Standard
The "Can I Kiss You" 3 step process	Respect others.
That asking for consent should not be awkward	Relatable
Take consent seriously, its a respect thing not a "cool" thing	Reading body language is not the same as consent
Support victums	Mind blowing and informative
Step into bad situations	Make it mutual.
Reaching out to people in the correct way	It's exciting and engaging but discusses serious and necessary topics.
Phrasing of questions.	It's more engaging than any SAPR brief I've ever received in the Navy
Not presume my gf wants to have sex.	It was weird
Mutuality	It was very educating on how to prevent sexual assault
Mutual consent	It was surprisingly honest about sexual assault, and comfortable.
More than just being there for my family members.	It was really engaging and the speaker was relatable.
Make it mutual (communication)	It was intriguing and easy to stay interested
Make a more comforting comment so people know they can count on me for help.	It was great, wasn't all heavy information and was useful.
Learn to not be timid in asking first instead of assuming.	It was awesome!
Knowledge	It was an exciting and insightful way to learn more about sexual assault and what we should do as humans.
Knowledge	It was about stopping someone from committing sexual assualt
Keep all of this information in the forefront of my mind	It showed us how to prevent sexual assault and identify it.
Just to be more conscious of sexual assault and to stand up where I see it necessary.	It emphasized the importance of consent and stepping up as well as accepting potential awkwardness
I'm going to ask to kiss someone before I make a move	It descried the importance of consent, and how to ask for it.
I would have already done these things. The things covered are correct, I would have already done this though.	It brought a lot of new perspectives to a topic that I have heard many talks on.
I will learn to ask first and what someone wants to do in bed when it comes to going further.	Interactive, fun, and educational.
I will intervene.	Insightful. Awkward, yet valuable
I will ask if I can kiss them	Insightful
I will ask first, "Well I'm glad I asked, I would never want to make you uncomfortable."	Informative.
I will ask first!	Informative, serious at points but very approachable
I will always ask for consent under all circumstances	Informative and entertaining
I will always ask first.	Informative and comfortable
I very much enjoyed the concept that consent is a mutual conversation.	Informative
I am going to use the phrase that was discussed to show the people I care about that I will always be there for them.	Informative
I am going to use the different methods to stop sexual assault.	Informative
I am going to use the advice based on the logic of helping people to make a change	Informational and helpful
I am going to talk to my close ones immediately to let them know I am a safe person to talk to.	I would describe it as informative and riveting.
I am going to take more time to ensure there is consent between me and my partner.	High-energy, engaging instruction.
I am going to reach out to survivors and ask first.	Helps open up the true things about sexual harassment
I am going to make sure my friends are in mutual places with their partners and ask first for any advances I may make.	Helpful and informative on sexual assault prevention.
I am going to be there for the people I love ALWAYS.	Funny enough to be mandatory
I am going to be more vigilant at parties	Funny and informative
I am going to be more vigilant and I am going to do the right thing no matter how awkward it may be.	Fun, Engaging
I am going to be more alert looking out for others at parties.	Extremely informative and thought provoking while simultaneously being engaging and surprisingly enjoyable
I am going to ask before making assumptions	Everyone needs to have the choice to say yes or no and it does not ruin the mood.
I am going to actively look for situations where someone may be taking advantage of someone else.	Enlightening about things I thought I already knew
How to help other people.	Enlightening
How to converse with others in a way that will actually help them feel supported and understood.	Engaging; informative
His stories	Engaging and informative
General situational awareness.	Energetic and informative
Everything that I learned	Educating
Everything	Don't be afraid to express displeasure, but also don't be afraid to ask before assuming the mood.
Everything	Consent is so so important, and it doesn't necessarily make intimacy awkward.
Don't be afraid to be ask.	Consent is not body language. You have to ask. It won't ruin the moment and isn't weird.
Consent is mutual	Consent is mutuality
Consent is a mutual conversation	Consent is key, always stay on the safe side, DONT be a passive bystander.
Consent is a must.	Consent is important and has a lot more implications than just the action itself

Consent	Consent goes both ways. Asking for it makes things so much less awkward.
Change my expectations for what is acceptable on part of my actions toward others and others to myself.	Best lecture on the topic
Can I kiss you	Ask to kiss someone before you go for it
Call sexual assault what it is	Ask for permission not forgiveness.
Being supportive of a survivor	Ask for consent and protect others.
Be more proactive if I see something wrong.	Ask first
Be aware of my surroundings at social events and prevent irreparable damage.	Ask First.
Asking is easy, I will do that.	An engaging and informative program that discusses the very important topic of consent and sexual assault
Asking for permission	An energetic, but serious and informative lesson.
Asking for a kiss	An authentic version of a SAPR talk
Asking first	Amazing.
Ask people first.	Always listen and ask.
Ask for permission to kiss someone	Always ask for consent.
Ask for mutuality and protect individuals from predation.	Always ask before you do things, people deserve a choice
Ask for consent with my partner	Addressing real world sexual issues without bias
Ask first, and look out for those that are too afraid to speak up.	A very helpful one that more people need awareness on
Ask first and intervene	A thought-provoking time.
Ask first and be respectful	A resource to learn how and why to ask first
Ask first	A little awkward but the honesty we need.
Ask first	A good reminder of what is expected of us
Ask first	A bony awkward way to intervene in a bad situation.
Ask first	protect others at parties
Ask first	it was interesting and thoughtful.
Ask first	Very interactive and engaging. Great use of time
Ask first	Very engaging
Ask before going for it.	That you need to ask for everything first.
Ask and don't just go for it	Practical, fun, and realistic
Ask	It was a very understandable and personable approach to understanding sexual assault.
All the lessons he talked about	Interactive