the Center for Respect

P.O. Box 269
Mukwonago, WI 53149-0269

# Quote for Live Onsite Military Training Options Conducted Overseas led by Subject Matter Expert Mike Domitrz, CSP, CPAE

| **2 CONSECUTIVE DAYS OF TRAINING that includes Up to 5 ONSITE training sessions over the course of those 2 days (conducted at overseas location):** | **Price** |
|---|---|
| Have subject matter expert, author, and Hall-of-Fame Speaker, Mike Domitrz, present up to 5 hours of high energy and interactive training sessions for the military that provide specific strategies and skills for working to reduce sexual violence by building healthy relationships. Topics can include consent, bystander intervention, survivor support, today's societal influences, overcoming harmful sexual expectations, victim blaming, the dangerous combination of sex and alcohol, helping leaders transform the culture, how to present more effective trainings and briefings around these topics and more. The 5 hours of training can be split into 5 one-hour programs or any combination that equals up to 5 hours total over the course of the 2 days.<br><br>*If your installation or another installation in the area wants an extra day the day after or the day before these 2 days, the cost for each additional day is $11,000.*<br><br>**All travel expenses are included in the listed fee (airfare, lodging, and meals).** | $24,950.00 |

**Total** **$24,950.00**

| **Adding an additional day of overseas training when Mike is ALREADY speaking in the region:** | **Price** |
|---|---|
| When Mike Domitrz is already speaking in the region, add an additional day of training that will include up to 2 one-hour live onsite training sessions (or 1 two-hour training session). Have subject matter expert, author, and Hall-of-Fame Speaker, Mike Domitrz, present high energy and interactive programs for the military that provide specific strategies and skills for working to reduce sexual violence by building healthy relationships. Topics can include all of the same topics listed above in this quote.<br><br>After the first 2 hours of training sessions, each additional hour adds $2,500 to the price for that day.<br><br>**All travel expenses are included in the listed fee (airfare, lodging, and meals).** | $9,995.00 |

**Total** **$9,995.00**

**Thank you for asking The Center for Respect, Inc to provide a quote for these training options.**

# Mike Domitrz: Author & Subject Matter Expert

For over 20 years, educational institutions, the US Military, and the media have been turning to Mike Domitrz for having him share effective training methods for how to teach consent and for how to build a culture of respect for all people.



Mike is known for his interactive, passionate, and high energy approach to providing specific language and how-to skills for navigating essential conversations with those you lead. While he presents one of the "*cleanest*" trainings, Mike holds nothing back. When you attend a training led by Mike Domitrz, bring your questions. People from all ranks, cultures, backgrounds, and diverse populations appreciate his sincerity and honesty.

You may have seen Mike on NBC Dateline as a featured subject matter expert or being quoted in international news publications such as Forbes and The Wall Street Journal. His book "**Can I Kiss You? A Thought-provoking look at Relationships, Intimacy and Sexual Assault**" and his book "**Voices of Courage: Inspiration from Survivors of Sexual Assault**" are both frequently utilized as educational resources by SARCs and Victim Advocates.

As a critically acclaimed author and as the Founder of The Center for Respect (www.CenterForRespect.com), Mike works closely with military members and installations for producing initiatives that help transform the stereotypical repetitive approaches to consent, bystander intervention, sexual decision-making, and opening the door for survivors coming forward.

In the past 2 decades as a subject matter expert, Mike has presented hundreds of trainings throughout the US Military on installations around the world.

# Create a **Culture of Respect Before** It's Too Late

**Mike Domitrz** works with the military to reduce sexual assault and support survivors. We shift the paradigm for your troops from a Don't Perspective to a **How To – the Respectful Way!**

*"The one sexual assault briefing that RAISES THE MORALE of our active duty while giving them 'How To' skills they want to implement."*

Michael P. Davis
CMSgt, USAF



*From large keynotes to small group trainings.*

## The Can I Kiss You? training instills 3 key messages:

**Asking First** to ensure consent through verbal communication.

**Bystander Intervention** to STOP someone from taking advantage of an intoxicated person at clubs and/or parties.

**Opening a Door** for sexual assault survivors to come forward and be properly supported.

**Watch the Powerful 5-Minute Video at www.CenterForRespect.com**



Through humor and direct communication, everyone is engaged without without feeling attacked in this uniquely designed program for for the military.

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Author & Hall of Fame Speaker
**Mike Domitrz**

## Single, Committed, and MARRIED Adults love **Safer Choices**

- Sexual discussions cover all levels of relationships: from hook-ups to decades-long marriages.
- From the "Back Door Bump" to "The Touch," adults of all ages gain valuable skills for building and maintaining healthy, respectful relationships, which greatly reduce the chance of sexual violence.
- After originally being mandated to attend, many active-duty voluntarily and enthusiastically bring their spouses and partners to a later session to reinforce the training while having fun as a couple.

## The Mission Is **Transformation** Training for Leaders

In this briefing specific for leaders, Mike Domitrz shares skills and strategies for helping leaders transform the culture to one founded in respect - from discussing sexual violence to bystander intervention to the language military members use in every day conversation.



*"I can assure you that we will share the great experience we've had here at Shaw with my fellow wing commanders. They would all benefit from the experience."*

COL JIM POST, 20 FW/CC

## *All inclusive educational programming*

Protect your entire installation! In addition to active duty personnel, empower every dependent and civilian to make safer, more helpful choices, including students going to the DoDEA schools.

## **School Programs** (6th - 12th Grades) and Parents

DoDEA Schools are grateful every time leadership works with them to help their middle school and high school students attend Mike's *"Safer Choices"* program for making safer choices – including helping friends in danger. Parents love the customized *"Help, My Teen is Dating!"* session just for them that Mike offers.



*"I walked away from your presentation feeling like a new person as I believe this will indeed improve the way I not only handle my personal relationship, but how I deal with my children regarding their safety and security."*

MILITARY MEMBER FROM WIESBADEN, GERMANY

Mike Domitrz is commended by **professionals** throughout the **Military.**

## What Participants Are Saying About Mike:

*"Being able to interact with Marines and sailors in a way that opened up their mind to different approaches to situations often seen in society was the best aspect of the presentation."*

Staff Sgt. Jared Stiles, Calibration Chief
Marine Base of Hawaii

*"Very good program aimed at all age groups. Even got to my husband of thirty years. We saw it at two different presentation times. He came home and asked could he kiss me."*

United States Soldier

*Coming from the military, this doesn't feel at all like a generic presentation put together to check some boxes and address existing problems. It tackled consent and sexual assault on a much more thorough, complete, and personal level that I could relate too and would remember after leaving. Mike was exceptional in engaging the audience and making the topic personal, making me want to care, and showing that I do care.*

Tech. Sgt. Sarah Grangroth

*"Excellent! Highly recommended. Received amazing feedback from our Soldiers and the teens at our schools."*

Airman 1st Class Andrea Kramer

*"I now have examples of how to interact and deal with certain situations and know that it is okay to say no."*

Seaman Recruit

**Watch the Powerful 5-Minute Video at www.CenterForRespect.com**

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## Praise from Program Coordinators:

*"I think his methods of engaging with (his audience) really are a skill-based kind of 'how to' in talking about how to ask for consent, how to support survivors and how to intervene in situations to prevent sexual assault,"*
*Pensacola News Journal*

Anne Ballensinger, Pensacola NAS Fleet
and Family Support Center

*"This was the best SHARP training I've had since I've been in the Army. The leadership session was great. Mike was brutally honest."*

Col. Joe Hartman, Commander,
780th Ml Brigade,
780th Brigade Training Article

*You are the change we need in this world, in this society, in this culture. The work you do is unparalleled, honestly."*

Shannon, WI National Guard

*"Right in line with the Department of Defense SAPR program goals.This program was certainly a good return on our investment. We still hear our Airmen talking about the message. I would definitely recommend this presentation to any military installation looking for a unique and entertaining way to address the issue of sexual assault."*

Eric N. Single, COL, USAF,
Vice Commander, Whiteman AFB

*Mike Domitrz is a true professional and expert. His unique ability to authentically connect with all audiences, on a subject that is often misunderstood, demonstrates his expertise and impact. Mike provides specific How-To skills each person at all levels of an organization - including at the highest levels of leadership – can implement immediately for building a culture of respect. His preparation and mastery of the material has earned him the credibility and trust within Special Operations across the Department of Defense.*

Mike Kontio, Master Sergeant in US Army (Ret OR-8)
Former Joint Special Operations Command SAPR/SHARP Program Manager and Sexual Assault Response Coordinator (SARC)

# Mike Domitrz's briefings and trainings earn consistently **positive press**

## From *19th ESC*, Deagu South Korea

*The key to Domitrz's training is an engaged audience. When prompted with the question of, "Why people don't ask, 'can I kiss you' first', soldiers responded with "fear of rejection, it is awkward and they have never been taught how to ask."*
*"You have all kinds of soldiers from all different parts of the country raised in different types of families but it all comes down to the human side of the decision making," said Lt. Col. Tony L. Dedmond Jr., 2nd Battalion, 1st Air Defense Artillery commander. "It is all about being a human being and the respect and dignity you impart to other human beings."*
*In order to prevent sexual assault, one must first secure permission to ensure intimacy is mutually wanted and consent is enthusiastically given. Marriage is no exception, explains Domitrz. During his training, he suggests communicating with your partner using three "toolboxes": one for intimate things that are always allowed, one for special occasions and one that is for things that are a no-go. However, the partners must never betray the system and be understanding that these boxes can change over time.*
*How an individual speaks out and how one views training, has an impact. 'Can I Kiss You?" provides soldiers with an identifiable training opportunity and equips them with the tools on how to engage should they be a bystander in the future.*

## From *Public Affairs*, Camp Lemonnier, Djibouti

*Information Systems Technician 1st Class Shannan Arney agreed. "Soft language makes things more acceptable to people. I've seen this scenario happen in real life and people do tend to rationalize why they shouldn't act."*
*Domitrz explained that most people convince themselves not to act in these situations because of a fear of confrontation and the misguided thought that "it's not my business". He went on to invalidate that kind of thinking in a way that was easy for the service members to relate to.*
*"Each of you joined the military," Domitrz said, "so obviously you are willing to fight for what you believe. We have all had moments when we stood up to our friends and parents for something that we believed, so we can all overcome that fear of confrontation."*
*...Camp Lemonnier's sexual assault response coordinator, Temesia Andrews, put the program in context by saying, "This training is current. It helps our service members, particularly in the joint environment we have at CLDJ, understand that (sexual assault prevention and response) training is important to all the branches of the military. And it does it in a way that watching computer based training isn't able to do."*

## From *1st Infantry Division Post*, Ft. Riley

*Mike Domitrz, founder and executive director of The Center for Respect used the "Can I Kiss You?" approach to make the training fun and interactive, according to Col. Christine Pacheco, Equal Opportunity program manager, Division Headquarters and Headquarters Battalion, 1st Infantry Division.*
*"The way that he actually presents is more effective and better than having a PowerPoint presentation for the fact that he has interaction with the people," Pacheco said.*
*Domitrz said he believes humor is essential to breaking down the barrier of assumptions.*
*"When our audience walks in on sexual assault or sexual harassment (training), they have a huge presumption of what I'm going to say – statistics, that kind of information, that kind of data," he said. "I don't do any of that. So by starting with humor, we get to break down those barriers, really open their minds, and then they're willing to learn and potentially change their own behaviors."*

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# The **Safer Choices**
## Assembly for schools

the Center for Respect

**Mike Domitrz** works with schools and communities to reduce dating violence and sexual assault by shifting the paradigm for your students from a Don't Perspective to a Wait and How To – the Respectful way!

***"A fun and fresh way to educate your students about dating and relationship dynamics, sexual assault, and open minds."***

Hilary Cruz-Abrams
Health Program Coordinator
The Kent School (CT)



*From large keynotes to small group trainings.*

## The Safer Choices Assembly instills 3 key messages:

**Boundaries:** Identify your personal standards and beliefs, to ensure consent through verbal communication, and to treat every person with dignity and respect.

Result: Students slow down, respect boundaries for themselves and their partners AND intervene on behalf of others.

**Relationships:** Understanding what a healthy relationship is, how to identify harmful possessive, controlling behaviors, and to realize when you are not ready to be in a relationship yet.

Result: A safer school environment where less students are pressuring classmates into risky and/or dangerous situations and behaviors.

**Alcohol and More:** To STOP someone from taking advantage of an intoxicated person at parties. And, to properly support survivors coming forward after an assault has happened.

Result: Less alcohol-related sexual assaults and more survivors in your schools gain the proper support for being able to come forward and get the support they deserve.

Through humor and interactive participation, everyone is engaged in this uniquely designed program for your school and community.

# *All inclusive educational programming*



Author & Hall of Fame Speaker
**Mike Domitrz**

## Middle and High Schools:
## **Safer Choices** General Assembly

*"Mike's presentation bounces from poignant, to serious, to practical, to provocative, to funny, to revelatory. But always, it is honest, as Mike is. Year after year, I have watched as he engages a challenging crowd of 16 – 19 year olds. Some begin as hostile, some squirm and make a joke, some find themselves in his stories, but always they end with respect and enlightenment. Need I even mention his compassion and support for those students whose lives are changed by the respect he has shown them?"*
Debbie Bartholomay, Alternative High School (WI)

*"The results of evaluations that our students completed following this assembly were overwhelming in evoking pledges of positive behavioral change. I think this was a 'wake up call' for a great many of our students who simply had never been challenged to think in the way that Mike challenged them to."*
Michael J. Droll, High School Guidance Counselor (IA)

## Ask About Our Programs for Parents:

### "SAFER Choices for my Child in a Sexualized World!"

*Help parents better protect their children from hooking up, dating violence, and sexual assault. "I walked away from your presentation feeling like a new person as I believe this will indeed improve the way I not only handle my personal relationship, but how I deal with my children regarding their safety and security."*

Father & Past Participant

## Evidence Based

Great news! A third-party research firm has conducted and completed a study showing Mike Domitrz's programs and The Center for Respect, Inc. curriculum are all evidence-based! In addition, the study shows our program for K-12 school districts produces results that are statistically significant.

## Bring the **Safer Choices** Assembly to Your Students

**Watch the Powerful 5-Minute Video at**
**www.CenterForRespect.com/k12**

# **"SAFER Choices"** - Making a Lasting Impact on the Lives of Students

For over 2 decades, schools around the world have been praising Mike Domitrz's **"SAFER Choices"** assembly for providing their students healthier mindsets and essential lifelong skills.

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## *Students are Raving!*

"Amazing"

"Super cool"

"Needs to be heard by everyone!"

"Informative"

"Incredible"

"Powerful"

"Eye Opening"

"Relevant"

"Appropriate"

"Insightful"

"Inspirational"

"Thought-Provoking"

"Intelligent"

"FUNNY"

"Refreshing"

"Engaging"

"Useful"

## Read what students are saying:

*"Gives me more confidence and it opened my eyes to problems I've never even wanted to deal with before.* ***It now has me caring more for my friends and family than I have before."***

*"Something that everyone should see and listen to."*

*"The most amazing combination of informative and funny, and really motivated me to not be a bystander."*

*"Telling my friends and loved ones I'm there for them if anything happens."*

***"I will stand up for people in risky situations."***

*"I am going to remember that saying "no" isn't mean. It's better to be honest than to do something I am not comfortable doing."*

*"All people should be valued and respected for their choices."*

*"The energy of a flashy talk show with a really important message of compassion and respect."*

*"It was a safe space that allowed us to talk to us about sexual assault and how to deal with it and how to stay safe."*

*"Powerfully impactful message to help us understand what's wrong with our past practices."*

*"This lesson was probably the most life changing for students."*

***"Crazy wow! Really hits how much of a problem this is."***

*"Most useful information that I've heard in a long time."*

**Watch the Powerful 5-Minute Video at www.centerforrespect.com/k12**

# Educators & Administrators are ***RAVING!***

*"While any work on consent and sexual assault can be touchy and even polarizing, you managed to bridge the gaps and get our most stubborn players onside. Everyone agreed that you were amazing."*

Aaron Leach, Longfields Davidson Heights Secondary School, Ottawa, ON

***"Mike's program was a huge hit. Relevant, timely, and left a lasting impression!"***

M. Lynn Rasch, Dean of Girls, Culver Academies (IN)

"Mike's work with our Middle and Upper School students and parents was nuanced, audience-appropriate, engaging, and skill-building. Since his visit, we have been inundated with praise from students and parents who found his presentation actionable and affirming. We are looking forward to working with Mike in the future and feel a new sense of peace about our students' capacities for self-love and self-respect thanks to their work with Mike."

Sarah Baker, Head of School, Tower Hill School (DE)

***"Outstanding and needs to be heard by every American! My teenagers came home singing his praises."***

Eleanor, Parent (D.C.)

*"Parents found it to be extremely helpful in sparking conversations that they once perceived as challenging or 'off-limits.'"*

Ellen Songle, Director of Parent Engagement, Westtown School (PA)

*The high school and middle school students were talking for days about "SAFER Choices" and the impact you had. One student shared, "someone finally put it in terms we can understand." You truly have a unique place in the area of sexual assault prevention and education. Thank you many times over!*

Trista Link, New Horizons Crisis Center (MN)

**"Mike had been recommended to us by a colleague at another Catholic school. His programs to our students and parents did an excellent job of 'keeping it real.' Our students and parents absolutely loved Mike's presentation and we hope to have him back to our school in the future."**

Therese Hawkins, Principal of Nazareth Academy (IL)

*"Distinctively dynamic, inclusive, and relevant for today's youth - building a culture of consent & respect."*

Christie Higuera, Miss Hall's School (MA)

*"A masterful balance of humor, sincerity, and critical engagement that helps students take an honest look at their experience and make choices that are consistent with their highest values."*

Mark Lederer, Director of Health and Wellness at Bishop O'Dowd High School (CA)

"We will definitely have Mike back again in future years. He successfully engaged our student body, had an age appropriate message that was accessible, and students reported that they would make positive changes in their relationships after hearing his message. As a high school principal, I'm always reluctant to hire a guest speaker and even after I do, I hold my breathe until I hear them because it's always a roll of the dice if it'll be well received. Mike made me happy we hired him in just the first few minutes of hearing his presentation."

Andrea McCormick, Principal, Issaquah High School (WA)

*"Mike resonated deeply with practical guidance on a delicate issue of utmost importance to all teens."*

Lee Erickson, Coordinator of Northern Lights SADD (ND, SD & MN)

*"Informative. Meaningful. Our female students have noticed significant changes in their boyfriend's behavior and attributed it to the presentation."*

Megan Bunkleman, Counselor at River Valley High School (WI)

***"On point and amazing!"***

Katie Hogan, School Counselor, Billings Central Catholic High School (MT)

*"Only Mike can address hostile hecklers with respect and knowledge and enlightenment and turn them into advocates."*

Debbie Bartholomay, Alternative High School (WI)

"Students shared that they had never heard a speaker take such an important topic and present it in a way that was fun and entertaining without losing the essence and seriousness of the topic. Students were left with a clear understanding of consent. Plus, Mike provided our parents a discussion filled with eye-opening realities and essential tools to better guide their children. We will definitely be having Mike back next year."

Isis Perez-Gonzalez, Ransom Everglades School (FL)

***"Mike held the toughest crowd on the Eastern Seaboard in the palm of his hand. He is the 'Student Whisperer'"***

Sarah Ream, Teacher, Phillips Exeter Academy (NH)

**Schools of all sizes and demographics:**
From small & large public schools to faith-based schools to some of the country's oldest boarding schools, administrators and educators turn to Mike Domitrz for teaching their students these essential skills.

# Get the Full Curriculum Included for FREE!

Just post a short video clip of Mike speaking at your school on social media with your thoughts on the program and a link to our website. And your school gets the full curriculum ($497 value).




As an educator, you understand the frustration of trying to find classroom materials on dating, relationships, sexual decision-making, and sexual violence that will engage your students and be supported by parents and administrators.

The "Can I Kiss You?" Instructor's Guide provides a solution that is packed with interactive exercises and activities your students will enjoy. Most importantly, your students will gain powerful lifelong lessons. Each chapter includes a quiz and answer key.

Plus, you get 30 paperback copies of the book "Can I Kiss You?" for students to utilize in your classes. In this curriculum package, you get it all!




***As seen on NBC's Dateline!***