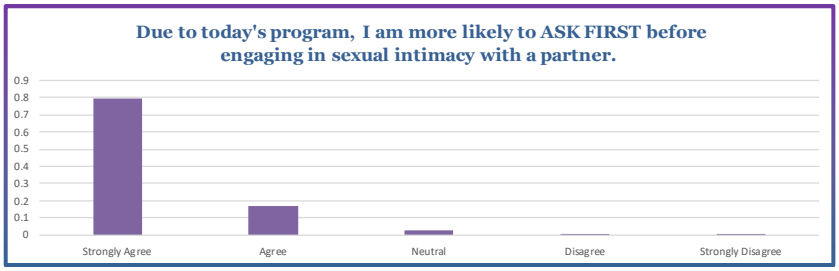
"SAFER Choices" Assembly presented by Mike Domitrz with The Center for Respect

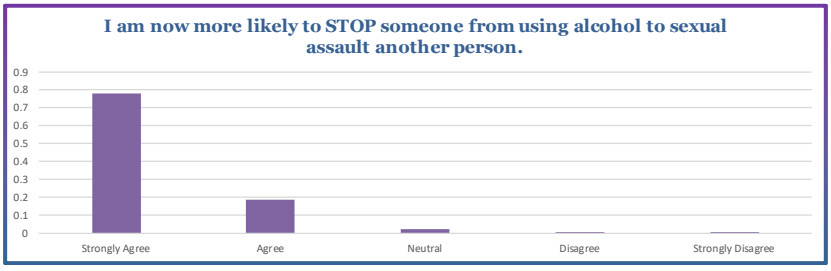
Due to today's program, I am more equipped to talk with my kids about sexual decision-making.

Strongly Agree	**72%**	**98%**	935
Agree	**26%**		343
Neutral	1%		19
Disagree	0%		0
Strongly Disagree	0%		1
			1298



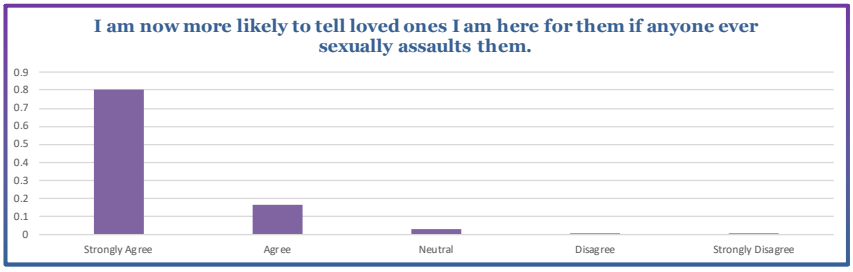
Teaching "How To" is essential to for giving kids the proper tools for making safer choices.

Strongly Agree	**81%**	**98%**	1054
Agree	**17%**		219
Neutral	2%		22
Disagree	0%		3
Strongly Disagree	0%		0
			1298



Today, I gained additional tools for helping my kids fully understand consent and respecting their boundaries.

Strongly Agree	**77%**	**98%**	1002
Agree	**21%**		279
Neutral	1%		17
Disagree	0%		0
Strongly Disagree	0%		0
			1298



the Center for Respect with Mike Domitrz

Parents of Middle School & High School Students attending a 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?**
- "No is a valid answer" - Distinguish between giving a command or a choice - Model the behaviors you want to promote (eg asking for permission)	-Very worthwhile -I took a lot of key takeaways from this workshop
- the 7 steps - People pleasing is an area on which I work, and my daughter has identified this trait in herself (no surprise); awareness is the first step. I look forward to bringing the people pleasing conversation into the consent conversation. This will make a profound difference in her life! - I love the following sayings: *Alcohol lowers your standards. *Alcohol is liquid coward. No is never mean. - I love the Ask First process: *Look in eyes. *Smile. *Ask the question. *Respect the answer! (I will be more cognizant of this as well!)	"You need to listen to this because it frames in a positive way how to approach the topic with your teen. And if you never had this conversation with your parents, you'll learn something about yourself too. Go search up Mike Dormitrz and Center For Respect". Thanks Mike!
-- 'No' is not mean. (Example of how kids have difficulty saying know for same reason parents do.) — Never give kids a choice when in reality it's a directive. (It sends an unintended message that it's bad or not okay to say "no". Instead need to be honoring and applauding kids for feeling okay about saying "no".) -- Kids (and parents) so often use "peer pressure" as an excuse, when in reality almost always it's actually "self pressure". -- 7 step stairway to mutually amazing consensual sexual relationships... Which if all exist, then there's a good chance LOVE exists.	A "how to" for parents on how to talk with your children about healthy consensual relationships
-Encourage learning great intimacy conversations -Follow through when you're giving your children choices	A beautiful exploration of what sex should be at any stage of your life and an important introduction on how to talk about these extremely important, but difficult topics with your children
-Providing the right lens through which to interpret pornography. -The distinction between peer pressure and self pressure	A big reminder of what parents must do…be an educator for your child when it comes to talking about sec
-Scripting for discussions with my teen - Loved "No! Is a sentence"	A completely different way to think about talking about relationships
"I trust in who you are" "I hope you're proud of you"	A conversation about developing trust with your children around sexual conversations
"No" is not mean	A discussion about how our kids are learning about sex and framing how our kids should be viewing consent and relationships.
"No" is not Mean	A discussion on consent and making choices around sexual activity that gives students tools and empowers them. Gives them a framework for (and parents too) how to navigate and think about making those decisions.
"Not tonight!"	A easy, honest discussion on an important topic to all people.
"Nothing you can tell me about your life is more painful than the idea that you couldn't tell me."	A great and comfortable way to present sex and boundaries.
"The child builds the house." I will work on making a food foundation for him. Not saying "I can't imagine what it's like for you in today's world."	A great mind-opening way of how to talk to teens about what goes into sex emotionally and mentally and how to parent in a way that makes the teen feel safe coming to the parent regardless of what happens in their life around sex. With the skills taught here teens are more likely to have the self-respect and self-trust to make decisions that are right for themselves.
1. the 'ladder' containing: respect, attraction, knowledge, trust, safety, mutuality, and oral communication 2. the points on exchanging of nude pictures 3. Saying 'No' without feeling guilty or mean	A great presentation about sexual consent and tools to help them develop healthy relationships.
15 minute convos, focusing on what to do, getting comfortable with being uncomfortable and communicating with my kiddo	A great talk that raises the bar on what sex and relationships can be.
7 stair steps Teaching my kids it's okay to say no to me and others.	A great way to gain insight into the ways our kids need to be taught/guided into having healthy relationships.
7 steps	A hand out with the top tips
7 steps	A helpful pathway to difficult conversations.
7 Steps	A live Changer !
7 steps	A modern take on talking to your kids about sex and how to have a healthy, fulfilling relationship.
7 steps	A modern view on some of the "real" discussions we should be having with our children.
7 steps Saying no	A must attend, not like every other talk you've heard. Candid and real
7 steps for amazing relationships	A must for all parents regardless of kids' ages! I will also connect them with Mike's resources.
7 steps stairways to mutually amazing relationship	A must have
7 steps, multiple short conversations, discussing mutual-amazing-sexual experiences, modeling & respecting "no", dates as auditions, not owing someone anything	A must hear, must read! Refreshing and liberating around a topic that has felt taboo, oppressive, and fear-based. Then I would review my notes with them and suggest they read your materials and listen to your podcasts if they exist.
7steps	A must see
A lot	A must see
A lot of great points were shared - I appreciated the reminders that they do not need to apologize, and aiming for it to be mutual, consensual, and amazing. I've worked with high schoolers on this same topic and I really appreciated this approach.	A must see
A lot thanks so much!!	A must see / hear to help communicate with your teens about sexual activity and all aspects of it.
A lot- I love the chart	A must see / listen
A variety of new tools and conversations	A must see for all parents
About the reality of teen sex and the peer pressure, how kids brag, and that not as many have had "healthy" sexual experiences as it may seem	A must to every parent
Acknowledging rape culture	A must to.listen to!
Active listening	A necessary program for all parents
Addressing nude pictures with my child, talking from the viewpoint of "most teenagers" so they feel less defensive during the conversation, and sooo much more!	A nice high level discussion of an important topic.
Agreement dies not equal consent	A positive perspective on teaching kids about how to approach sex, and decide what factors into what/when is right for themselves. It contains a unique mixture of goal setting (amazing)knowledge, reverse psychology (not just why not & don't), and empowerment for both parties. I'm not sure it is less comfortable than traditional conversations, but think it would lead to greater trust and communication between parent & child, and more clarity on how kids can make safe & thoughtful choices.
Alcohol	A powerful tool to help parents and kids navigate relationships with boys (we are at an all girl school) and consent.
Alcohol lowers standards Consent is not a one time thing Both people should experience pleasure If someone wants to see your body, they will invite you over and also share theirs	A practical session on how to prevent rape and addressing risk factors for rape by empowering students
Alcohol lowers standards Liquid cowards	A presentation on personal boundaries.
Alcohol lowers standards.	A pressure release. I felt less blamed and responsible for not knowing how to wrestle the World Wide Web away from my child on my own. I think parents are wanting to stick their heads in the sand because the digital world is too formidable. Mike broke it down to marketing, which was way easier to comprehend tackling.
Alcohol metaphor, healthy relationships	A program to help students feel comfortable discussing respect and boundaries with others

Parents of Middle School & High School Students attending a 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?**
Alignment in relationships Proud of yourself Consent	A realistic framework to communicate with your children
All	A realistic, current way to approach this very important topic with kids.
All	A session about sexuality. How giving tools to middle schoolers and explaining how they create boundaries and give/end consent can protect them, and expanding on these tools as kids get older to actually discuss the end goal of a mutually amazing sexually intimate relationship can lead to better decisions, more thoughtfulness as kids enter into sexual intimacy, and hopefully healthier overall relationships.
All I can remember!!! Amazing presentation!!	A straight to the point explanation of how to enter a conversation using curiosity.
all material	A talk about how to to kids about their views of sex.
All of it	A teachable moment where you show consent, sex talk into another place, place of empowerment and positivity. Place where you give tools to parents and kids for life. Honestly!
all of it	A thought provoking discussion on a topic that can be uncomfortable to discuss with your child.
all of it	A very fast overview of how to approach the out of date "sex talk"
All of it	A very informative and detailed talk about sexuality.
All of it	A very practical, informative session to share tools to better equip parents to engage with their kids and teachers with studens.
All of it	A whole new perspective of how we were taught and the things talked about.
All of it	A wonderful program that gives parents tools to start conversations with kids about healthy relationships
All of it	Absolutely worthwhile
All of it Courage to talk to my children !	All about respect for self
all of it- how to talk about hard topics	All new information
All of it, but I've got to figure out how to translate this to a younger child, 10 years old, 4th grader	All of the above You really missed a good one - here are links to see more about it
All of it!	Alternative to contrary belief
all of it!	Amazing
All of it!	AMAZING
All of it! ... no is not mean, the stairway	Amazing
All of it! So good!	Amazing
All of it! Than you!!	Amazing
All of it! You gave me the tools and language to have this conversation!	Amazing - eye opening - a Must Have for every teenager parent
All of it!! Loved it	Amazing - great insight
All of it.	Amazing , powerful, words every parent need to hear.... Thanks
All of it.	Amazing and a must!
All of it.	Amazing and educational
All of it.	Amazing and every parent that cares about their kids should hear it.
All of it. Alcohol lowers standards. Mutual amazing sexual experience.	Amazing and Informative
All of it. Focus on what to do vs. what not to do.	Amazing and life changing
All of it. Have to watch again, and again and again.	Amazing and very
All of the great information that was presented and discussed.	Amazing conversation that may help empower our children to make more thoughtful decisions
All the info and advise	Amazing info on making an awkward conversation positive and empowering.
All the tips/tools that I learned today	Amazing information and tools
All the tool's especially the No is not mean	Amazing perspective
Alll of it.	Amazing speaker and content
Allow kids to make choices and have their voices heard at home. The 7-steps to achieve great	Amazing super informative
Allow the choice of saying no. Encourage body as a temple.	Amazing way to teach kids and adults about consent, respect, sex, alignment.
Always can take back your yes. Change scared your kids but educated them	Amazing, and super informative. It broke down the the absence of language to use in the a conversation with my child, when identifying what being ready to have safe choice sex looks like
Amazing information and knowledge	Amazing, knowledgeable
Approach tactics to engage in a productive conversation	Amazing, phenomenal, every parent must see it
As both a teacher and a parent of a middle schooler at a school I will be using the slide letting them know that I will always be there for them.	Amazing, very informative and useful
As much as I can remember	Amazing!
As much as I can remember. I do believe it takes practice and some reminders but hopefully will be able to have some of it at hand.	Amazing!
As much as I can with my 9th and 7th graders.	Amazing! Helped gain a new perspective on healthy relationships
As much as I can: the stairway, self esteem and self trust, not reliving my teens through my child.	Amazing! Must see. This is such a "taboo" subject in so many cultures and families and you have provided us with really good tools and options to help build a healthier culture for our children.
As much as I can!	Amazing! Great source of information
As much as possible.	Amazing! Very informative and it gives actual tools for promoting consent and healthier relationship as well as trusting relationships with parents/children.
As much of it as I can. Awesome info	Amazing! You should see it.
As parent we will always be his support and available	amazing!!!!
Ask my kids questions about issues in a way that doesn't specifically relate to them.	Amazing. Insightful. Powerful.
Asking "would you like to share" versus "are you willing to share"	Amazing. Much better than expected. Learned a lot.
Asking about norms rather than kid's own behavior and experience; staircase as a model for all relationships	Amazing. Share the website.
Asking before the stairwell	Amazing. So informative.
Asking for nudes is about power	Amazingly informative
Asking is the first step to give or receive Trusting yourself is paramount before anything, will lead decision making	Amazingly informative session to start conversations with your kids about consent, as only the starting point to a rewarding sexual and emotional relationship.
Asking kids what they thought about the last episode of ----	Amazingly informative.
Asking questions	An amazing conversation with many enlightening ways to think and talk about sexual relationships
Asking questions to understand the impact of dating in middle school.	An easy way to learn WHY, not necessarily HOW, to talk to your kids about sex. This is so much more than how. It is all the reasons why this is so important.
Asking questions, not making a point	an educational seminar to advise on how to discuss sexual relationships and relationships generally with our children and typical phrases we should avoid so they can develop healthy relationships
Assume that kids will look at porn and rather than focusing on the fact that they should not watch it to focus on why it is unhealthy and unrealistic	An engaging honest conversation on how to talk with kids about consent, sexual activity, and skills for a healthy relationship.
Balance in conversation… not just talking about what NOT to do.	An engaging, informative and thoughtful discussion about a topic we don't discuss enough.
Be more open with my child and create more boundaries.	An entertaining yet informative presentation of how to speak to your kids about very touchy subjects they need to know about and why it's important that they learn from us instead of their friends.
Be open and understanding with my children and what they are seeing online.	An excellent and eye opening presentation about how to approach the topic of sex and relationships with our kids.

Parents of Middle School & High School Students attending a 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?**
Be positive in my discussions not negative.	An excellent understanding of relationships, trust, respect, and consent.
Be proactive rather than reactive.	An eye opener on what are the current reality our children are living and how can we talk to them and offer them information and tools to make their decisions hopefully in a more healthy and safe ways
Being able to talk to my children about what's going on in their lives.	An eye-opening discussion about how to help your child grow to have a truly healthy relationship with sexuality.
Being better about empowering my kids to say no so they know they can	An eye-opening look at a lot of the preconceptions and misconceptions we have about discussing intimacy and consent with kids.
Being comfortable taking with my sons about what "others" are doing and not be afraid to discuss the "do's."	An important discussion on how to approach consent and respect in relationships.
Being courageous and strong enough to say No, based on peer pressure vs making the decisions when they are ready.	An open discussion with an expert in the field. Not to be missed!
being curious about what my kids have heard. I love that!	Approachable, humorous, usable
Being more approachable amd willing to discuss this topic with my kids	attend!
Bodies are real. Love isn't a "you'll just know" but a baseline of mutual principles and boundaries put into action; Turkey doesn't fly with an eagle!	Awesome
building an amazing mutual relationship is the top of the slope	Awesome
Can I kiss you?	Awesome
Candor, spread out over time, and trusted information to counter online and peer pressure.	Awesome and educational
Changing our verbiage. Continuing to talk to our children about healthy sexual relationships and sexual assault prevention.	Awesome and engaging
Coming from a place of positivity and choices vs. don't do something but teaching them what the tools are to do it	Awesome informative very helpful
Communicate! Don't assume they know. Communicate early ... when they're young ... so it's comfortable and not a BIG DEAL.	Awesome presentation on the very important topic of relationships and consent with specific language and tools on how to talk to our teens.
Communicating the goal of mutually consensual amazing sexual intimacy, the idea of trusting yourself, and the advice to make conversations about what "most people" are doing vs. asking what they are doing or talking about what I did as a kid.	Awesome!!
Communicating with my son. Thank you so much!	Be open
Communication is essential. If you're not comfortable talking with your partner, you're probably not ready.	Better than anything we ever had
Communication starters	Better than what we ever had
Communication, at the right moment, no judgement,	Building relationships, being respectful
Confidence and words to use when talking to my kids!	But your book because the info is imperative to know if raising and/or working with kids.
Confidence to make choices	Buy the book!
Confidence. Thank you for the conversation and everything you are doing! So grateful and thankful to have crossed paths with you.	Changes the outlook on how we can care for our kids effectively and equip them for being on their own.
Consent	Changing your perspective on sex for my kids. Shifting from meet consent to mutuality.
Consent	Clear, informative, helpful
Consent and healthy relationships and boundaries	Consent is the middle ground and students should strive for more rewarding connections.
consent and slope	Content good
Consent as bare minimum	Critical skills for learning how to have important but sometimes uncomfortable conversations about sex and relationships
Consent conversation	Crucial!
Consent in the state.	Current, insightful, reframes tradition or personal experiences, focuses on self respect and mutual respect. Nicely addressed deep and heavy topics around sex.
Consent is a starting point; not saying I'm sorry for saying no	Cutting edge ideas about how to frame and discuss sexual experience with kids.
Consent is bare minimum	Definitely need to learn about Mike's tools. So helpful and adapted to reality.
Consent is bare minimum	Definitely watch the video / presentation.
Consent is just the bottom, build relationship	Definitely! It provided me with lots of important information to raise a tween,
Consent is not the standard, no is not mean, remember to spread out conversations over time	Despite the fact that we live in a country we are fortunate enough not having to worry as much about pornographic exposure of our kids, keep watching as Mike shares some amazing ways how to have the conversations with your child and what to talk about, what needs to be addressed and to a degree how to do it with regards to healthy sexual relationships. Worth the watch!
Consent is only the half way point.	Different approach to teaching kids consent and respect
Consent is the bare minimum	Direct conversation about the importance and of communicating clear concepts and value of mutual consent, to growing adolescents.
Consent is the bare minimum	Discussion about how to talk to our kids about sex.
Consent is the bare minimum and stair way conversation.	Drinking from a fire hose
Consent is the bare minimum. Must be proud of yourself.	Dynamic and impactful. Thought-provoking.
Consent is the bare minimum. Alcohol lowers your standards.	Easy to understand and not overwhelming with options to talk to my kids
Consent is the bare minimum. Give commands at home when necessary and respect my children when they are given a choice. Have small conversations, not "the talk".	Education on how real world conversations that must be had to protect our children.
Consent is the baseline. Talk to my children about higher expectations with a mutually amazing partner.	Educational Emotional
Consent is the lowest bar in sexual relationships. Mutually enthusiastic amazing fulfillment should be the real goal. Relationships require respect, trust, knowledge, oral communication…	Educational and entertainment
Consent is the minimum	Educational and informative way to teach about sexual consent.
Consent is the minimum, talking about amazing sexual experience, trust yourself	Educational eye opening
consent should be mutually amazing consensual intimacy	Empower your child to make good decisions and educate and set high standards.
Consent, respect	Empowering
Consider letting her watch a show that most of her peers have.	Empowering
Continue the positives and aim for the ideal!	empowering
Conversation pieces, self-awarenes	Empowering Empathetic Compassionate Full of real tools to be safer with ones body and mind
Conversation starters	Empowering and informative
Conversation starters	Empowering for parents Destigmatizes sex and challenges our own sexual beliefs
Conversation tips . Graph to discuss satisfaction, consent and respect.	Empowering session to talk to your kids in an open way about positive sexual experiences and how to be aware of negative ones.
Conversational queues	Empowering to parents with tools
Conversations about being kind and being able to say no	Empowering, freeing, funny, eye opening, and extremely educational
Conversations about self-esteem, power, and consent	Empowering. Its not too late.
Curiosity in conversation	Empowerment and language tools for effective conversations
Curiosity is the key when it comes to communication. We are laying the foundation!!!!!	Encouraging, helpful
Deep into how teach my children about consent, and emphasize his/her right to choose with more information and the options they have. Definitely need to learn more and share this with my husband too	Energetic. Participatory.

Parents of Middle School & High School Students attending a 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?**
Defining what a healthy relationship is How to handle nude requests	Engaging
Definitely the language	Engaging
Definitely the stairway, the "sharing nudes is sharing child pornography", your body is your temple, consent is a brea minimum, the mutually amazing consensual sexual relationship. After working for four years in child sexual abuse prevention, this was another building block to my knowledge as a parent. I am totally getting the book to get more tools. Thank you!	Engaging & informative.
Definition of consent and mutually amazing relationships. Each of the words from the stair steps. The word bystander and what it really means. I wish I had gone to this assembly when my kids were in middle school.	Engaging and helpful on opening up dialogue in a way that works for both parents and our child.
Definitly be cool at stress free about starting those conversations.	Engaging and honest
Different perspective of Peer pressure ladder	Engaging and informative!
digest the info and then discuss my kids	Engaging info about how to help kids manage their sex lives.
Discuss how to have a healthy relationship	Engaging, approachable, enlightening
Discuss negative portrayals of relationships in media more.	Engaging, frank, thought-provoking
Discuss Nude with my kid and that saying "no" is being kind, not mean	Enjoyed the speaker. Good info.
Discussing 7 steps and importance of mutuality	Enlightening
Discussing movies more and taking time to look for opportunities during everyday interactions with my kids to talk about much of this content.	Enlightening
Discussing with my kids the stairsteps and importance of them in all relationships, loving and sexual	Enlightening a true eye opener on communication.
Discussing without saying "you". Giving a standard for sexual relationships. Giving knowledge and language/scripts.	Enlightening and empowering
Discussion about sex	Enlightening and empowering
Discussion of how porn I'd not realistic and that it is a fantasy	Enlightening on how I view my current relationships and how to more positively navigate healthy relationships
Do not scare my son about sex… it's a choice	Enlightening to understand open and positive communications around a historically difficult topic.
Do's over don't's	Enlightening.
Don't apologize before saying "No"	Entertaining and informative
Don't apologize for saying no Consent is a bare minumum	Entertaining and informative
Don't assume you know what level of info your child has.	Entertaining and informative
Don't need to hug and kiss grandma if you do want to. And no matter who s no in any circumstance.	Entertaining. Helpful to know when and how to talk to kids about making safer choices
Don't need to lower your standards	Equips parents to have the necessary conversations in a confident comfortable way
Don't say "sorry" Have brief conversations- many over long Stairway	Equips you with great resources on how to approach your kids on sec
Don't say sorry & stairwell	Essential
Don't wait too long to speak with my kids	Essential
Don't worry about disappointing the other person by saying no to something you don't want to do.	Essential information for parents on how to talk with your kids about healthy relationships
Drinking alcohol lowers standards	Essential learning
Early Education for my child	Essential.
Educate our kids with right level tools and information	Every parent should come to learn so they can help their kids
Embracing the uncomfortableness Don't ask the You's but about what most kids are doing	Every parent should go to a session and every kid (when it's appropriate) should attend a session!!
Empowering my kids to trust themselves/teaching them to aim for the gold standard and not the bare minimum.	Everyone should attend this to learn how to talk to your kids about sex.
Encourage the confidence to say No;	Excelente, great speaker
Enjoying consent and communication in intimacy.	Excellent
Equip child to say no without shame and teach them to trust themself	Excellent
Especially the guideline to talk about "most kids"	Excellent
Every part…seriously	Excellent - fills the sec ed gap between the mechanics of sex and being in a healthy relationship.
Every single element in this program breathes humanity into sex. It demystifies sex and humanizes people and paves the road towards a healthy and truly loving relationship(s) - whether they lead to sex or not. One of My personal favorite … Alcohol lowers inhibitions but most importantly it lowers standards. May God continue blessing you on this journey in which you are sharing critical lifelong tools for a wise, loving and long lasting relationships.	Excellent and empowering for parents
Every tool you gave us to talk about all these important topics	Excellent and informative.
Everyone has agency and can say: NO. They don't even need a reason. Outside of a committed relationship, the person seeking nude photos wants power- not a relationship. When a child/teen pushes back to a parent, listen to what they're saying. There's probably some truth to it. Parents need to listen. You can circle back later if there is a tone of respect issue that needs to be discussed.	Excellent discussion and let your kids know you love them.
Everything	Excellent information
Everything	Excellent language, facts and suggestions to talk to your kids
Everything	Excellent presentation to give me tools to have good sex conversations with my son
Everything	Excellent session on talking to kids and opening new ways to communicate with adults
Everything	Excellent session, i recommend every parent attend one of Mike's sessions or read his book
Everything	Excellent speaker. Talk about the way to amazing sex.
Everything	Excellent!
Everything	Excellent!! And Mike did an excellent job dealing with angry/aggressive parent and not letting her derail the presentation
Everything	Excellent. Much better than expected.
Everything	Expert lesson on why we as parents need to have the uncomfortable conversations with our kids about sex and sexuality.
Everything	Extraordinarily insightful
Everything	Extremely engaging session
Everything	Extremely helpful conversation
Everything	Extremely helpful on how to help kids be safe and have amazing relationships
Everything	Extremely helpful, provided a lot of tools to talk and empower my kids
Everything	Extremely important
Everything as pissible/needed, have already done one mini chat with my daughter.	Extremely important and valuable
Everything that I can remember.	extremely important!
Everything to build my kids being better and take great decision base in their Knowledge and feelings.	Extremely informative.

Parents of Middle School & High School Students attending a 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?**
Everything was great	Extremely insightful
Everything you teach us.	Extremely insightful
Everything- the stairway, mutuality, no is not mean	Eye opener
Everything!	Eye opener, great tools
Everything!	Eye opener.
Everything!	Eye opening
Everything!	Eye opening
EVERYTHING!	Eye opening
Everything!	Eye opening
Everything!	Eye opening
Everything!	Eye opening
Everything!	Eye opening
everything!	Eye opening
EVERYTHING! Thank you so much. Great program.	Eye opening
Everything! Great perspective.	Eye opening and informative providing necessary tools to facilitate import conversations with our kids.
Everything! Such great advice framed in an easy-to-do way. I will talk to my kids about what their classmates are doing (not making it personal to them) and bearing in mind consent as the bare minimum, a fulfilling sexual life as the gold standard!	Eye opening and perspective shifting
Everything! This is An excellent program.	Eye opening and thought provoking
Everything! I love the ladder and plan to rewatch your interview with Christy and take copius notes. Also because my daughter is better in writing, I will follow up our talk with a letter I'll write for her (which will also help prepare me for our talk). These are exactly the things I needed to hear as a teen and I had a very open mom who was willing to talk about anything. But she couldn't share what she didn't know for herself! Thank you! I'm looking forward to watching again as well as the bonuses!	Eye opening and very helpful to have tools, words on how to discuss it with children. We did not discuss it with our parents so we don't know how to discuss it with our kids. So this session helps reducing the discomfort by giving words.
Everything! It was amazing. Thank you!	Eye opening discussions to take away the stigmas that exist around sex
Everything! Please come back to our school and speak to our children again!	Eye opening, challenging preconceptions, takes you to an edge that was not fully expected and challenges you as a parent to go there and remain despite discomfort
Everything! So happy I was able to attend.	Eye opening, crucial
Everything! Super helpful for talking with our kids about sexual activity.	Eye opening, informative, priceless.
Everything! Teaching my children saying no is ok - even to us as parents, give them opportunities to exercise their consent in our home, that amazing is the goal.	Eye opening, positive, entertaining, real.
Everything! The idea that saying yes should feel like a wonderful choice. Expect more, get more. Also the "7" key elements in connection/alignment in non-sexual relationships early on and then placing attraction in that connection/alignment place, so this is something kids are familiar with..	Fabulous
Everything! The ladder, the phrases. Thanks !!	Fabulous and informative
Everything!!	Fantastic
Everything!! While I am a talker and have had lots of conversations with all my aged kids… your insights and ways to communicate was amazing. Thank you for the new tools you gave us tonight. Every parent should have come tonight.	Fantastic - need more time.
Everything!!!!	Fantastic, so open and helpful
Everything!!!!	Fantastic!
Everything. Thank you	Fantastic! We'll worth the time!!
Explain what to do when you receive a text asking for the nude pictures	Fantastic. Doable. Important.
Explaining consequences of sexual activity along with general information to explain new concepts	Fantastic. Even if we think we are informed we can always learn more and see a different perspective
Explaining how my child can engage in sexual activity in a safe way vs not engaging	Fascinating and helpful
Expressing to my child that I am there for them no matter what they experience or choices they make.	Fast paced and full of great ideas
Find out where they are in their minds to have the talk	Fast paced, insightful, optimistic view about setting high standards for relationship goals
Finding to talk to them on their own time	Fast-paced, easy to understand slides and information
Finish talking to my child and have more meaningful convos with my older ones	Find a session and go!
Flipping the script on alcohol conversations	Find a way to be there
Fly with eagles	Focus on building Self Esteem
Focus mutual. No means no.	Frank. A new perspective that makes total sense. A helpful point of discussion to start with our kids today.
Focus on mutually amazing sex instead of everything has gone wrong.	Frankly essential.
Focus on the positives - use Stairway	Full of awareness. Eye opening
For my work as the Wellness Center specialist at a middle school.	Full of energy and insight. Inclusive and expansive.
Get this info out to more TTUSD parents	Full of great ways to talk to our youngsters about sex, healthy relationships, how to support loved ones and friends to prevent sexual assault, not just "don't s" but also very important "do's." Interactive, engaging, wise.
Getting a better understanding oh how to talk to my child.	Fully required for any high school parent
Getting on same page with my partner to be there with door open for our kids using skills	Fun and informative
Girls are normally taught to "be nice" we Need to change this mindset..being nice does not mean they can't stand up for themselves, they have to deal with whatever comes their way and they can't be aggressive in sports..so may changes need to happen..	Fun, informative, thought provoking, useful
Giving them the option and not forcing them to do things. Like "kissing grandma". Gives them independence of their decisions and helps them make better choices when they need to make them for themselves.	Fun. Educational & sincere
Go high in conversations	Funny and relatable, helpful
Great presentation	Gave the perspective that although things are different than when we grew up, it's really the same.
Great questions to ask about why they want to do date and why they want to have sex and love the steps to MACS!!	Getting the right tools to execute the foundation and stable strategy to be a good parent
Great thanks	Gives insight into how to navigate conversations.
Guidelines to talk and teach my children when age appropriate.	Gives practical, data-based info about handling sexual relationships and sexting
Have an open conversation with my child. Consent is the bare minimum.	Gives you a tons of tools on how to talk to your kids
Have conversations about what sex can be like	Gives you tools to talk to your kids about sex, dispels common misconceptions.
Have conversations with my kids who both listening to the Zoom.	Giving the language to start hard conversations, empowering our kids to love and respect their bodies and others
Have conversations. Ask them about your talk tomorrow.	Go to the website.
Have more conversations! Continue to talk about these topics with my children using the seven steps to guide our talks. Also, clearly establishing the end goal.	Go!
Have more open conversations with my children	Good and practical, gets you to think how to approach
Have more open conversations with my daughter.	Good presentation on how to deal with sex
Have more open discussion with my children.	Good starting point to thinking differently about talking and guiding our kiddos.
Have more realistic conversations with my children.	Good tools for how to reframe to positive
Have open conversation with my daughters	Good tools to have better conversations
Have realistic discussions with my kids about pornography.	Great

Parents of Middle School & High School Students attending a 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?**
Have these conversations even if they are difficult	Great
Having a conversation about videos the kids might have seen and correct perspective and the human body and sextaulity	Great
having a more open discussion about consent	Great & empowering
Having a to do conversation, even though it's scary.	Great advice on how to discuss sex with your kids!
Having healthy discussions with my teens about the 7 steps to a loving relationship and also to be better aware of our approach to parenting ("you must be proud of yourself vs I am so proud of you")…teaching choice, self-worth, respect etc. Great, great take-away! Thank you!	Great guidelines and information how to talk to your kids about sex, porn, etc. Very thought provoking!
Having open and healthy conversations about consent and porn with my boys.	Great info to build a vocab on sexual discussion
Having open discussions about sex - mutually amazing sex. And not making it about my mistakes!	Great information
Healthy Relationship definitions and approaches	Great information
Help my child realize that it's not peer pressure, it's pressure one puts on oneself; it's PK to say No.	great information buy the book
Help my daughter to strengthen and learn the steps she needs for a healthy relationship.	Great information for all ages
High standard for my kids and their friends	Great information regarding relationships, respect, consent & boundaries for parents & their children to be armed with for life. This info is applicable to so many types of relationships, not just for dating/intimate situations! If this discussion helps just one person avoid a terrible situation, it's a success in my book…although I believe it will help many more than that! Loved Mike's ability to educate, connect & reinforce through humor & real life situations!
Higher standards. The bad boyfriends are the exception	Great introduction on about what parents should and shouldn't do with their Middle and High School students.
Honestly taking about sex with young adults	great introduction to parents, opening up our eyes to what may be going on that we thought wasn't happening yet.
How to ask for consent. Importance of being ready on all steps of the ladder	Great overview to rethink the general structure of how we approach these conversations.
How to ask…how to say no	Great parenting and relationship discussion tools
How to communicate with my child and what to speak.	Great parenting tools
How to frame conversations on these topics	Great perspective change, growth producing!
How to handle requests for nude pics	Great perspective to what we know but with context for today's world and ways to engage with our kids.
How to have conversations	Great practical ways to help communicate with my child
How to have honest conversations about tricky topics	Great presentation. Have to find a way to listen
How to make sure someone asks the question but more importantly respects the answer! Also how those 7 steps can work in many relationships and are essential!	Great primer, especially for parents of younger kids, to set the whole family up for success in relationships.
How to raise their expectations	Great session
how to say no, and that it's ok.	Great session - gives parents suggestions on how to have a discussion with your teens in a more confident and comfortable way about healthier relationships
How To say No. Respect who they are.	Great session to learn how to talk to our kids about sex, alcohol, consent, trust, relationship. And very useful to open a conversation with our partners about our own lifes.
How to say say no and interpret a no	Great simple ways to open easy conversations and a space of connection with kids.
How to set boundaries and learning to say no.	Great tips for how to be the best resource for your kid as they get curious about sex
How to start a conversation with my daughter	Great tool for sexual education with kuds
How to start the conversation!	Great tools to improve the sexual conversation with my kids
How to start the conversations with my kids	Great tools to talk to your teens about healthy intimate relationships.
How to start this very sensitive conversation	Great way to feel more comfortable talking to kids about uncomfortable subject.
how to talk better to teens	Great way to talk about sexual behavior and relationships with other people and our kids in a more positive approach.
How to talk to my child about these uncomfortable topics.	Great, but bring a recorder.
How to talk to my kids in a different approach and be more understanding.	Great, very useful, ludic ,pragmtical ,
I	Groundbreaking and empowering
I absolutely loved the slope line with the goal being amazing sexual experience. What a shift in thinking for adults and to raise kids to have this as well!	Healing. Meaningful. Worth my time. Applicable to any stage of parenting.
I absolutely LOVED this talk. I loved everything. It was all helpful. You are such a great speaker to get this information across. I am so happy that parents and kids have you as a resource.	Hear him!! He's amazing
I am going to ask my husband to talk to my 9th grader son about sex instead of avoid.	Hearing words and languge to use to talk about sex & relationships.
I am going to be courageous and brave to talk to my daughter about these topics…in small chunk conversations ;) Going to be more intentional in my conversations.	Helped ne get into the mind of a teen and understand their challenges and world.
I am going to create a loving and safe space to have critically important discussions with my daughter regarding the topics covered during the presentation, which will empower her throughout her life!	Helpful
I am going to figure out a way to integrate the steps to healthy consent into talking about sex-related topics with my kids.	Helpful
I am going to have a conversation with my 13 year old daughters that "no" is not mean. And discuss social media and how people asking for inappropriate pics etc are seeking to control and because they think you "will"	Helpful
I am going to have an honest discussion with my kids about consent, as the LOWEST standard, and why we need to expect more from sex than what the media shows us	helpful
I am going to make sure to have those uncomfortable conversations with my daughter so she knows that she can put her natural people please characteristics on the shelf and trust herself enough that she can say no or that she does have the right to say she wants to stop at any point.	Helpful
I am going to put more emphasis on self love and being loyal to your true self and core values. The power of no and how to not be afraid from it.	Helpful clear
I am going to talk about the importance of asking for a kiss and waiting and honoring the answer.	Helpful information
I am going to use the 7 steps and staircase template to discuss the qualities/ skills that make up a healthy relationship	Helpful information for parents on how to broach sexual topics with teens.
I appreciate some of the examples of: making sure it is not about you, so not to use 'well I turned out okay' or 'I didn't do this....'; from the chat to use the scale of 1-10 to measure how they might view/value their relationship; I will definitely use and quite frequently 'nothing you can do or say can hurt more than you not thinking and being able to come talk to me openly'	Helpful tools for hard conversations with your children
I appreciated the whole conversation and am interested in watching something more in depth.	Helpful way of thinking through the issues.
I can start talking to my 7th grader about Sex and consent	Helpful, engaging, honest,
I feel I have more confidence to speak to my teen daughter about sexuality, making healthy choices and the importance of feeling respected.	Helpful; interesting; practical.
I feel more confident talking about sending nudes and talking about sex with the child. Specifically the stairway to a healthy relationship.	Helping kids navigate what healthy sexuality means in a world with thousands of unhealthy examples/modeling.
I feel so prepared to talk to my daughter (and students) in a way that I was never talked to as a teen: focused on the positives and positive decision making. Thanks Mike! It was so great having you at MSHS! I hope we can bring you back in future years to expand on the great start we had with our community today.	Helping make awkward conversations less awkward.
I first have to reflect on that question with my wife	Helping parents who were taught about sex to know how to talk to their kids about sex.
I found everything useful	High energy and very approachable! Funny and thought provoking and great resources provided!
I found the graphic where "Consent" is the bare minimum for sexual intimacy to be helpful when talking with teens about being in a relationship.	Highly informative, inspiring, and left me with a sense of hope

Parents of Middle School & High School Students attending a 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?**
I have alot more in common with our teen than I ever imagined !	Highly recommend
I have three children in high school, and I will use this information to have healthy, open conversations with them. Thank you so much for an excellent presentation.	Highly recommend
I hope to use all of the great wisdom that was shared. I have a teen.	Highly valuable in regards to ways to communicate with your kids about sex, and social issues they are going to experience in that regard.
I hope to use all the material to discuss with my children.	Honest and practical look at how we do and don't talk to kids about sexual relationships, and how we can improve communication (so they can improve theirs!)
I intend signposting parents. I will use everything.	Honest and transparent Great job
I like the idea of talking to my child about "most teenagers". I have to get over my own discomfort on this subject because if I don't talk to my kids about this, someone else will. I also like what he said about "not reliving my teenage years though my child", and how I can't teach them by saying "don't do what I did".	Honest discussion of what we should be talking to our children about
I like the statement about NO being about yourself and your choice in who you want to be. 7 steps are clear and factual how t Balancing discussions w the good and bad. Discuss as (general age group) not from personal experience.	Honest, positive and practical
I liked the advice that you should not share your own experiences or ask my child to share theirs; instead it is much more helpful to share what "all my friends" did (even if some of these experiences were actually my own)	Honest, relatable, relevant & positive. Worthwhile and a topic I'm grateful our HS recognizes is important to address as a community
I liked the visuals of the slope of sexual activity and ladder of steps to healthy relationships.	Honest, which is refreshing when talking about sex on a catholic campus!
I liked what Mike said about kids not being able to say no because we (parents) don't allow it at home. This is so true! It was a good tip to give directions for tasks where kids don't have a choice and to ask for things where out children truly have a choice.	How to be smart with talking to your kids about sex and sexual activity
I love the seven stairway steps to amazing relationships that I can use to reinforce mine and my teenager's knowledge.	How to do these in divorce homes.
I LOVE what you said about separation being the driver of kids/ adolescents seeking or being vulnerable to at-risk behavior (their own/ others). So reinforces how important a secure attachment is with parents.	How to help kids make better choices and open conversations
I loved the idea of teaching that the goal of sex is for it to be "mutually amazing" because it opens the doors for so many conversations about what that means. I have never wanted to approach conversations around sex where sex is always made out to be this scary thing with lots of potentially negative or dangerous consequences. This places sex in the larger framework of healthy relationships, both physically and emotionally.	How to talk to kids about sex
I loved the idea that consent is the bare minimum requirement and that the goal is enthusiastic mutual enjoyment (paraphrasing).	How to talk to your children about consent
I loved the standards Mike laid out for who and how to select a sexual partner. His ladder to what needs to be in place for a safe and enjoyable experience for everyone was fantastic advice!	Hugely valuable and go to his website.
I loved what my son came home saying You definitely can't just trust that you know how to read body language.	I already have told my best friend that this is everything we need to know so that we can talk with our kids about what they need to understand and think about for themselves.
I make good choices because that's who I am.	I believe the session was good, whether you had children or not. I believe it would help older people in a relationship.
I plan to initiate conversations with my kids so that they know I am open to discussing topics about sexuality with them, and do my best to give them truthful information about how they can best advocate for themselves in their relationships, whether they are sexual or not.	I found the session very insightful and a new way to approach this and other important subjects with my child.
I promised myself I would talk with my kids about sex better than my parents, but I haven't! I'm more confident to go to the uncomfortable places and won't have the expectation that they won't have sex as teens and I will acknowledge that. And ask more questions about what they think about kids in general, not focusing on "you." And i will use the phrase nothing you could tell me would be more painful than if you couldn't tell me.	I had a interesting talk today about consent which erased some perspectives i had
I realized today how important my language is to my child's understanding of consent and I will be adjusting it!	I had attended last year's presentation and I was very impressed. I felt that this session explored various ideas of how we got here on a societal level and what we may be inadvertently teaching our children at young ages that can be dangerous. I believe that the first lecture defined the problem in a clear and nuanced way and this session explored what may be some of the causes of the problem.
I really like the workshop and the examples	I have told many friends you are the best speaker I've heard and the information presented is so relevant and important for parents
i want to learn how to talk about sex when my child comes to age. And working the skills of communication between mother and son from now on.	I straight forward, positive approach to having difficult conversations.
I want to read more and learn how to make my daughter know it is ok not to hurry up . Learn more about how teens interact today	I think others would like it because Mike asks questions most of us don't think to ask and empowers people with information.
I will be using the parent's level of discomfort to have a conversation isn't more important than having the actual conversation with their child	I took bullet point notes to tell a friend about the talk
I will begin by asking my kids about their understanding of the steps/staircase and then see if they have questions or other reactions. I think the idea of having a series of small conversations over time is a manageable place to start.	I will tell my husband who is not here that there is a positive way to talk to our son about his sexual life.
I will definitely use the stairway slide and talk more about consent being the minimum requirement.	I wish I would have attended this 5 years ago so I could be better prepared with my teenagers.
I will easily engage into an open conversation with my son by being curious and let him speak now that u feel more quipped	I would describe it to someone else that even though you think you got this figured out with your kids, you don't. There is always so much more to learn and how to make it a better conversation with your kids.
I will give mi children the choice to say no and the option to lower their expectations keeping their standards.	I would say it is a great reminder and blueprint for conversations we should be having with our children around healthy boundaries, self-respect, communication, and examples of loving relationships.
i will have a conversation about nude pictures with my daughters, and I also feel bette equipped to talk to them about the foundation of a mutually amazing physical relationship.	I would say it was a really good training and eye opening. Would definitely recommend
I will reinforce that individuals who don't respect your choices or guilt you into things you don't want to do DO NOT have your best interest at heart.	I would say it was very informative and insightful.
I will sleep on it first, have conversation with my wife before making a decision	I would say that this uncomfortable talk would give them the tools to be prepared to face with your children the challenges life throws at them. I didn't have this information available for myself when growing up.
I will talk to my girls about what a healthy sexual relationship should look like and not be afraid that it is giving them permission to go out and have sex.	I'd say it's a necessary parenting class that should be required.
I will tell my daughters that nudes are never okay.	I've told all of my friends about this and look forward to seeing you again this year!
I will use the robust definition of consent	If you have a child in high school you of course need to watch this. This is something that is going to protect not only your son's but absolutely your daughters. I wish I had something like this when I was in high school. We were shown the MADD presentations repeatedly junior and senior year and this would have been the perfect adjunct. I also believe that parents of special needs children could truly benefit from this program. Depending on what the child's diagnosis and level of understanding this is the perfect way to begin explaining consent, what it would feel like to be with someone who they like and who likes them back. It does begin with the parents and their comfort level, so they need to get over being uncomfortable and step up
I will watch your presentation with my son.	Important and powerful
I would like to discuss "XYZ" when would you like to talk about this. Patience! I also like taking topics from the news and inserting into a topic for a conversation	Important discussion.

Parents of Middle School & High School Students attending a 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?**
I'll be sure to educate my kids about how, especially now with AI, what they see online may be fabricated. I'll also talk about the ladder! Great stuff.	important embarrassing conversations that need be had
I'll be using the 7 steps to start the conversation with my kids and work up to helping them understand the mutually amazing consensual you standard	Important info
I'll use to talk for my kids	Important information for every parent. Mike made it interesting and not awkward.
I'm especially going to use the first slide, that consent is just part of the puzzle	Important to have sexual conversation with kids.
I'm going to continue talking with my daughters and encourage them to strive for mutual positive relationships, thank you so much!	Important.
I'm going to talk about the choices decisions with my kids.	In sex Ed there is a facts side and a morals side of ever equation. This video goes over how to begin the conversation on the morals side of sex Ed.
I'm going to use the language with my children to discuss consent and pomography	INCREDIBLE
I'm going to you so much including an understanding that she is a 10 and deserves to be in an amazing mutually consensual and healthy relationship, sexual, or otherwise! I'm going to talk with her about needing all the steps in the staircase in order to achieve that. I'm gonna talk to her about how alcohol lowers our standards for ourselves and the other person. I'm going to continue to stay involved in the shows my child watches or my hair about and have conversations about it. I'm going to let her know, but I'm always available to talk.	Incredible Real and relatable
I'm not going to tell my children I don't know what they are going through	Incredible information that I wish I would have known earlier. Knowledge is power and so disheartening to realize the information parents lack - most parents to busy they don't seek the information.
I'm proud of you and you should be proud of yourself.	Incredibly Informative and also entertaining
I'm ready to have more talks with my kids about how sex should be awesome, not just consensual	Incredibly informative, candid, relevant, relatable and helpful!
I'm the mom of a middle schooler and the eagles analogy was great!	Incredibly informative.
Ideas/tools to be able to talk with my children	Incredibly insightful and a must see for great conversation
If anyone has or ever does sexually touch you against your will or without your consent, I'm always going to be here for you.	information about talking with your teen fulfilling and healthy sex
If I give you a clear choice you have the right to decide.	Information to educate on how to approach discussions about sexual relationships and consent
Ill finally talk about the topic openly with my kid.	Informational
Importance of getting to say no	Informative
Importance of making sexual conversations normal. Importance of communication in relationships	Informative
Importance of talking about more than what sex is.	Informative
Incredibly helpful language to have the conversations with my 12 year old	Informative
Initiating conversations	Informative
Instead of saying " you" to them, say "many kids...."	Informative
instead of talking about me and my kid I will talk about people and other teenagers the staircase to mutually amazing consensual sex Nothing you say to me and share about your life, will be more painful than the idea you feel you couldn't tell me.	Informative
It is important to set my child up for responsible and positive sexual experiences. I liked the wording and staircase. It is a whole new perspective.	Informative
It is not mean to say no	Informative
It ok to say no. Mutual consent makes for happy stronger relationships.	Informative and a great addition to get input.
It validated my point of view, which is reassuring as a parent. We are on the same page.	Informative and actionable.
It was a reality check on how accessible info is to our kids, so it is important to be relevant.	Informative and approaching subjects with how to's tools
It's never mean to say no.	Informative and appropriate
It's not mean to say no 7 steps	Informative and as Parents, we THINK we know, but should never assume.
It's not mean to say no Respect yourself Stair case message Mutual experience	Informative and caring conversation about our culture and our relationships with our children in regards to sex
It's ok to say no and consent is the bare minimum	Informative and comfortable. A must attend.
It's okay to say no unapologetically	Informative and educational
it's okay to say No, teaching mutual consent	Informative and exciting.
its kind to say no	Informative and eye opening
Knowledge I didn't already have, scripts etc	Informative and eye opening
Knowledge to help my kids	Informative and eye opening
Ladder	Informative and eyes opening
Ladder Mutually amazing consensual sexual experiences.	Informative and helpful
Ladder talking points	informative and helpful
Ladder to mutually amazing consensual sexual relationships.	Informative and helpful
Ladder to mutually amazing sex	Informative and helpful to understand points we are not emphasizing or discussing as parents.
Language in conversation	Informative and important
Language to begin to talk to teens about sex.	Informative and important topic
Language to teach my kids how to say "yes" and "no"!	Informative and insightful.
Language to use when talking to the kids about consent and porn	Informative and layman language
Language to use with the kids Don't make it about me	Informative and more than just talking to your kid about sex - it's about boundaries and healthy relationships.
Learn how to say no once and if not learn to not give up saying no because peers will stop asking eventually	Informative and real
Learn to say No	Informative and relevant
Learnt making conversations with my kids	Informative and thought provoking
Letting them no I'm always here to support them, how to be more strategic talking about sec with them. Letting them know how special sex can be with a Person you respect, trust, are attracted….	Informative and upfront about issues today's teens face
Lifting the children up. For example, "You're so amazing and other people dont see what I see."	Informative regarding reality for middle and high school.
Like the seven steps and how applicable it can be in other areas too, not just sexual relationships	Informative session about how to discuss healthy sexual relationships.
Limit the time to educate my kid to no longer than 15 minutes	Informative session on how to discuss dating with teens, which helps to understand how harmful some of the things we were taught when we were their age
Liquid coward	Informative, a different angle to approach the topic
Listen to my kids curiosity on the topic	Informative, down to earth
Look for common experiences. Telling me teen that I don't understand what they are going through will make them lose confidence in me.	Informative, encouraging, empowering
Looking and talking about all the steps for a healthy relationship.	Informative, engaging, helpful, hopeful
Looking at the steps in my own life.	Informative, enlightening, inspiring!
Lots of small conversations	Informative, entertaining, language you can use with your kids
Lots of small talks instead of The Talk	Informative, insightful and actionable
Loved the idea on focusing on the good things on what to do	Informative, open-minded, useful considerations for understanding consent and talking about it as well as talking with kids about sex

Parents of Middle School & High School Students attending a 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?**
Make it clear to my child that when she's given a choice, even by me, she has a choice. Tell my child she shouldn't think she upsets me or anyone else by saying "No", and that what she wants is important too.	Informative, relevant, enthusiastic, interactive
Making sure it's okay to give my kids options and be able to accept their no when reasonable. I want my kids to know it will take about 3-5 times for a kid/friend to try to convince them to drink and to stay on their ground. Taking screenshots of people that si asking them to send inappropriate photos/videos	Informative, thought provoking, practical and helpful
Making sure my kids know saying No is not unkind.	Informative. Never too late to have the discussion but earlier is better.
Making sure my son knows he's a 10 Making sure he understands consent is a bare minimum Making sure he doesn't share any info or pics that shouldn't be shared Making sure he knows about the power dynamic involved when anyone asks for a nude pic	Informative. Offers shift in having "the conversation".
Making sure that my kids feel more comfortable and confident when talking about sex and safe to enforce their own boundaries and in saying no	Informing
Making the distinction between giving my son a choice, versus a designated responsibility.	Insightful
Manage the minefield of my 6th grade and 9th grade girls.	Insightful
Many items	Insightful, thought provoking, relevant, and immediately applicable
Many of the conversations - small/short not overwhelming	Inspiring
Many of the tools will be used	Inspiring to have these conversations with our kids. Eye-opening.
Many points	Intense. Lots of information. You will leave with tools
Many small conversations, 7 steps	Interesting and very informative
Many things are going to be used.	Interesting concept re: aiming high and how kids would agree that they are not ready / mature yet at their age.
Many things but definitely the mutually amazing sex goal	Interesting, informative
Many things but mutually amazing sexual intimacy	interesting, makes you think
Many things. Bonus. It mean and don't mix a demand with a question.	Invaluable
Many thinks	Invaluable and informative!
Mike's levity when approaching these matters. I realize I feel so heavy and overwhelmed by the new world issues, that I forget we're still all human. We can still relate to our kids and have them relate to us. Today's presentation made me feel like there's still hope:)	Invaluable information we didn't know we needed.
Modeling and normalizing consent with my husband (somewhat to his chagrin — we both learned a lot.) :)	Invaluable. Cant miss/must see. Vital parent coaching to make us better prepared for these important conversations. I talked my wife's ear off for an hour. Cant wait for her to see the online resources.
Modeling consent at home.	It addresses the things we need to talk about with our kids.
Modeling consent in every day activities (hugging, kissing, etc)	It has been a priceless, guided discussion with specific suggestions about how to discuss important but awkward subjects.
More direct, thoughtful conversations w/our daughters. Discussing specific topics about relationships, consent & respect with a very different awareness....THANK YOU!	It is a way to have honest conversations with your children that respects consent and boundaries in a thoughtful manner.
more mini talks about sex and how to protect my girls	It is fantastic and deals with the issue of Sexual assaults that most parents want to protect their kids from. Thank you
More open conversations about relationships	It is full of great information that teaches parents how to discuss what sexual intimacy/relationships look like with their teen. Mike takes heavy subjects and makes them lighter with humor and matter of factness.
More open convos with my highschooler AND my 5th grader, mostly about pleasure and knowing about your own body before touching another person's body.	It is something that all parents need to see. It is definitely what parents of teenagers need but for any parent of a child who is beginning to question their bodies and start to ask questions this is a great way for parents to get the foundation they are going to need.
More positive approach to this discussion	It is super useful.
More safe conversation	It is very informative.
Most all of it, but was glad to know I'm already doing a lot of it with my girls. I see where I can do more too.	It is vital to equip your children for the world
Most everything for my 14 & 12 y/oz Thank you!	It offers great tips and tools to make sure your child is prepared for sexual encounters/experiences.
Most of it!! No shortcuts to excellence. Reasons pls request a nude is bc they think you will give it	It opens the door to having the most important conversation as children become sexually fulfilled adults.
Most of the suggestions that were discussed	It spun the conversations we want to have with our kids from what not to do, to what to do. No is not mean.
Mutual agreement	It taught parents about why kids have a hard time saying no to something they don't want to do (social, education, disappointing the other person etc). Then, it gave us tools to have confidence and feel comfortable talking to our kids about sexual behavior and how to ask.
Mutual Consent.	It was a fearless, honest, relevant presentation.
Mutuality Respect No is not mean	It was a fresh approach to converse with my children about sex, dating, sexting, etc.
Mutually "Amazing" consensual intimate relationship.	It was a great, how-to (and why-to) presentation about intimate relationships. It was provided in an entertaining, honest and appropriate manner, giving useful tools to communicate better with our teens.
Mutually amazing Talking about respect	It was a great, quick presentation teaching parents how to speak to their children more effectively about difficult topics.
Mutually amazing consensual sexual intimacy to help people find their safe space.	It was a positive way to help us parents discuss this topic with our children.
Mutually amazing, respect, power	It was a talk about how to help teens have good love relationships and even friendships now and into their adulthood, how to talk to them about what a good relationship looks like rather than focusing on what not to do, that conversations will be awkward and that's ok, conversations about this need to happen often, not just once. It's absolutely ok to say no, you are not being mean.
Mutually enjoyable experience	It was a very eye opening talk that encourage parents to take the lead on teaching their kids about healthy consensual relationships. Instead of leaving it in the hands of the internet or peers. Gave us tools to show kids what a healthy relationship is and advised us not to use much the no or don't versus encourage them to pursue the ideal relationship. He is a very good speaker who's sister went through a lot and inspired by what happened he started this passionate talks to avoid the same happening to more kids. He told us to remember to treat same way boys or girls when talking about sex.
My children are young and I need to get ahead of the needed conversations but in an age appropriate way	It was a very helpful session. Mike is an engaging speaker.
My daughter came up to me after the program to see how we liked it and started a conversation herself. She broke up with her boyfriend 2 weeks ago partly because things went too far physically between them. She thought it was mean to say no and this program resonated with her. Now for future relationships I know she will better understand that for both people it should be mutually amazing. The boy did ask for consent and she said because she said yes she felt it was her fault, it really became a lengthy 2 hour discussion with our family therapist. However the simple words, "It's not mean to say no" was a huge take away for her at age 15 and will stay with her for life. Thank you!!	It was a very informative way of talking about sexual activity with teens. Insightful with all the varying different degrees that goes into a relationship.
My family	It was about having conversations to empower kids
My partner and I both listened. We are going to unpack our our values and beliefs about sex and continue to improve our communication around our sex life.	It was amazing, educational and so important for all parents and students to hear!!!
My son is now in college. I am going to talk to him consent. Mutually consensual amazing sex!	It was amazing!

Parents of Middle School & High School Students attending a 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?**
My teen's answer is the he knows he doesn't owe anyone anything. As a faith based family, as a parent I enjoyed that you touched on this topic.	It was an eye opener session. I learned that kids today are living in a world different from the one I lived and there are new challenges that I need to be prepared if we want to help our kids to succeed and be happy in their lives.
Need to talk more. My son is learning things way faster than I did at his age.	It was an honest discussion about topics that matter. These subjects are avoided many times because we don't feel we have the tools to properly discuss these issues with our kids. As parents, this is where we need to educate ourselves and do the hard work!
New found language when ready to engage in conversations with my kids; suggestions for how to address topics and what to avoid doing; so many other gems of information to have on hand. Thank you	it was an incredible eye -opener for me
New tools. Better awareness. Different point of view	It was an open and honest conversation about sexual consent and how to talk to your teen about it. Excellent!
No does not mean you are being mean. No means no the first time. Consent is only the starting point of a relationship.	It was awesome!
No is a complete answer. Stairway. They don't owe sexual acotó out to anyone. Is their choice and they are I control.	It was awesome! Informative. Real.
No is a complete sentence. If anyone has or ever does touch you inappropriately - I will always be here for you. ALWAYS!!!	It was eye opening
No is enough	It was fantastic and opened my eyes about the subjects that I was not aware of at all. It gave me the tools to open the discussion with my kids.
No is never mean	It was fantastic! We were never spoken to by our parents about this! My mom truly tried to talk to me the night before I got married. So grateful for the tips how to open this conversation with my children.
No is No	It was great.
No is not a mean word. The slope of intimacy	It was important and informative. Go check out his website. I couldn't do his info justice.
No is not being mean and know your boundaries.	It was really helpful in pointing out the negative influences of the language and thinking around sev that our society promotes and finding ways to replace those negative phrases and attitudes with healthier perspectives. It also provided a framework for approaching these important conversations with kids. I also appreciated the information shared about how kids react to the keynotes. This session insured me to branch this topic and more with my kids and gave me tools and places to start. Thank you!
No is not mean	It was very beneficial to look at this through a more positive lens. Consent is the bare minimum. They should mutually and enthusiastically consent. Respect us very important.
No is not mean	It was very important knowledge to help us and our kids be more effective parents and open the doors to discuss life's issues.
No is not mean	It was very informative and made the process of talking to your teen about sexual intimacy feel easier by providing an easy to follow/understand framework.
No is not mean	It was very informative and pushed the boundaries of important discussions about what we as humans should consider the gold standard for sexual relationships.
No is not mean Choices are important Mutually amazing consent is important	It wasn't someone telling us how to talk to our kids. We got the tools!
No is not mean Reframing language	It wasn't what you think, it helps you realize how important good self esteem is for your child.
No is not mean, stairway Never confuse a command with a question.	It would be great if we are all having similar conversations with our children.
No is not mean; give them opportunities to say no.	It's a "must-attend" event for you if you have kids, especially teens and teenagers.
No is not mean!	It's a great resource to help you prepare your children for safe physical intimacy and gives you many actionable ideas on how to build your kids trust in themselves so they feel empowered to advocate for themselves.
No is not mean! Overall the presentation was very eye opening and very usual for multiple aspects of life	It's a highly informative, transparent, and intimate method of learning more about our child's growth and sexuality.
No is not mean.	It's a very helpful session that provides plenty tools on how to open up the conversation with teenagers and also think about different perspective.
No is not mean.	It's about helping your teen to have the power to make smart choices on their own and not be influenced by others.
No is not mean.	It's everything that you haven't heard before about how to be a responsible sexually active person.
No is not mean. Stairway is good for all relationships.	It's eye opening and corrective
No is not mean. The stairs.	It's great! Lots of very good info!
No is not mean. Trust in yourself.	It's greatly useful.
No isn't mean	It's helping to guide the conversations that its important to have with your kids.
No isn't mean	It's practical, interactive, and efficient.
No isn't mean And many more!	It's truly informative and an eye opener. Wonderful tools for skill building and learning how to say No.
No isn't mean Amazing consensual sex	It's very important at to have this conversation
No isn't mean, mutuality.	It's was eye opening
No isn't mean, watch what your kids as the watching.	Its an ongoing conversation and "shoot for the moon, if you miss you will land among the stars"
No it's not mean.	Just attend if you can, or by the books.
No more sorrys	Just come!
No need to say sorry about anything	Keep learning on how to engage your kids
No one time is enough.	Knowledge
No peer pressure. Self pressure. (Pressure to beliked) Okay to say no. No is not mean. Love confronts Consent should be "mutuality". Not just a "yes". Stairway - all steps = love Clear is kind	 Knowledge Funny Important
No shame	Knowledge and tool to use
Not ambush children when we get home	Knowledge of bringing up sex to your children
Not asking a request as a question. Resources for teens - I'm a pediatrician and internist and have some of this conversation with my teen patients	learn how to communicate with your kids on these sensitive topics
Not asking my kids what they think about sex but instead asking what they think most teens think and are going through.	Learning about effective ways to speak to your children about consent and confidence.
Not peer pressure, but self pressure; the importance of positive self-concept	Learning how to talk to teens about sex in the world today

Parents of Middle School & High School Students attending a 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?**
Not talk about my own personal experiences. Listen I learnt about teaching the kids to have open communication with their partner. And to ask them what they like.	Like getting hit by a bus full of very helpful information. That language matters and that the tools are useful for even younger aged kids, especially around saying no and getting them comfortable doing it. Have my husband and I a LOT to think and talk about with each other so we're on the same page going forward with the kids.
Not to ask a question when I mean a command.	Lots of really helpful information and provides a different viewpoint on the topic.
Not using my own experiences	Love it
Nothing you can tell me will pain me more than you feeling you can't tell me. And the people pleasing piece. The stairway was good too but not sure I'll remember it all.	Makes you think.
Nudes, staircase of steps, consent, etc.	Meaningful
Oh my goodness! Everything! I'd definitely use mutually amazing consensual sexual intimacy, emphasising they have the ability to control themselves, I'd teach them about not owing people anything, I'd talk about what you said about how you shouldn't sleep with someone you aren't attracted to and how harmful that is, I'd talk about the "thank you so much for asking" (love that!) and teach them to ask and talk about sex and intimacy with their partner, I'd try and instill trust in themselves...so much useful content! I'm actually a public health nurse so would use this with kids and parents I work with (also my niece!).	Meaningful and helpful!!
Ok for kids to say no to parents	Mike brings awareness and share tools about teenagers sexuality in the most humorous way.
Okay to say no. Making sure my child is informed.	Mike created a great conversation and gave helpful suggestions about how to talk to our kids about safe choices, consent, and sexual intimacy.
On how the answer no is not a rejection but a choice.	Mike gives you the tools to have conversations with your child to prevent sexual assault, create a healthy relationship and console a friend in need.
Ongoing conversations Teach what to do Vs what not to do	Mike is a guy who knows how to talk about sexual assault without making it weird or too technical
open communication teaching the steps	Mike's guidance on what to say to your kid about sex, instead of saying "Just don't do it."
Open communication with my child.	Mike's presentation was engaging and filled with practical useful tips for how to speak with our kids about a topic we typically try to avoid. It was very interactive. His style is to be responsive to the questions and needs of his audience. It was an excellent use of the time, and we wish we had more!
Open communication, turkeys vs eagles	Mind blowing
Open conversations Lots of trips for icecream Consent is the bare minimum	Mind blowing!!!!
Open dialog w my sons about the conversations today	Motivating and informational
Open discussions	Must attend
Open talk, have the star talk	Must see
Open talk, understanding that talking about these things doesn't make kids more likely to engage	Must see.
opening conversation with teen	Must visit
Opening more convos with my children about amazing healthy sexual relationships	Mutually amazing
Openness	Myth Breaking and getting honest about what & why kids are thinking and behaving as they do in today's environment.
Opportunity to discuss this important topic with my children. And husband.	N/a
Peer pressure is not about peers - it starts with wanting to be like, or liked by another person	Necessary
Periodic conversations	Need to watch
Permission Communication	New perspective on keeping helping our children gain confidence in recognizing healthy, loving relationships.
Place responsibility for nude pics on the asker, normalize amazing mutual experience as the goal	Not sure - wasn't able to watch the whole presentation.
Plenty as my daughter gets older.	Not sure.
Positive approach and build self esteem	One learns what's going on for kids for real, as opposed to what the "mass culture" tells us is happening, and how to empower kids to protect themselves.
Positive reinforcement discussions.	Open conversations
Positivity over negativity.	Open eyes, super helpful, talking positive about sex.
Powerful context for future conversations.	Open minder and super helpful if you have teens!
Practice empowering and showing what TO vs what NOT to do.	Open my eyes to a wolf I don't hear about
Practicing no,, questions to ask before dating, steps for a healthy relationship, supporting statements.	Outstanding must know knowledge that you need
proper lens for porn	Outstanding.
Realizing times are different but handling feelings regarding pressures; expectations; wanting to be loved are the same. AVOID "I can't imagine being a kid today" that will lose child's respect for parent's guidance.	Please attend a session! Incredibly informative for any parent, including any who try to be well informed.
Really reiterate to my daughter that "No" is a full sentence.	Please find Mike and listen to his presentation
Reinforcing the trust my son has in himself.	Please watch it and be informed
Remind my boys about how fun it can be when you're in a mutually respectful relationship. Also that there's no reason to say Sorry.	Positive information for teaching kids to build relationships and respect themselves
Reminder to talk to kids about what's going on	Positive way to discuss sexuality
Reminding students and my own child not to ask for nudes.	Powerful and full of information
respect no.	Powerful and gives you tools
Respect, trust and self-worth	Powerful and meaningful, very moving conversations.
Respecting No as no. Dating is an audition. Communication skills Mutuality Trust Info on sexting and porn	Powerful tools for oral communication about sexual topics
Rewording certain questions with my kids by asking about their peers; and not sharing too many of my own mistakes with my children.	Powerful, helpful, substantial guidance on having direct conversations about sex
Say No	Powerful, helpful, full of great information in a fun way
Say No is not mean	Powerful, meaningful and a must.
Saying no and peer pressure vs self pressure	Powerful, we all need to hear this.
Saying no is not mean	Powerful!
Saying no is not mean! Plus everything rose. The stair step, etc	Powerfully informative.
Saying no is not mean.	practical and can be used effectively
Saying no is not mean. Talking about what middle schoolers are exposed to instead of what he is exposed to.	Practical and received useful tools to empower me and my kids
Saying no isn't mean.	Practical tools to help!
Saying yes should be wonderful and exciting. I plan to have a discussion tonight at dinner about what consent is. Loved this talk.	Priceless! I came very hungry because I missed lunch, but never once felt hungry because the message was so valuable. Thank you!!!
Saying"no" is never mean Stop saying boys only want one thing	Primer for talking to your kid about sex
Scripts are so helpful. Loved the new definition of consent. You are so right about needing to give kids the tools to decide what would make the situation right for them instead of all the fonts and fears; they need more empowerment.	Proactive parenting

Parents of Middle School & High School Students attending a 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?**
scripts, how to talk about mutually amazing consensual sexual intimacy	Provided a guide for discussions with my teen. Outlined qualities in healthy relationships, developing confidence in our teen and squashed the victim blaming in society.
Self pressure	Provides great tools for candid conversations with kids about sexuality
Self pressure not peer pressure No is not mean	Provides important information to parents and kids regarding how to talk about sex.
Set high standards for mutually amazing consensual sexual relationships	Provides vocab & pathways to conversations that don't have to be uncomfortable AND can lead to healthy outcomes in every relationship (not just sexual!)
Seven steps Short conversations Communication	Providing essential skills about how to have strong respectful relationships. Helping learn how to treat yourself better and others.
Seven steps!!!!!!	Providing tools for conversations
Several of the topics will be added when I talk to my kids.	Providing tools of how to successfully navigate adolescence
Several points and getting into the uncomfortable parenting conversations.	Quick overview of how to reframe sex and boundaries w teenagers
Shifting the perspective to empowerment and teaching what a healthy mutually amazing consensual sexual relationship looks like.	Rather than speak about abstinence, teach kids how to have healthy conversations about sex and how to get to mutually exciting and amazing sex
Short conversations.	Read my notes!
Short Conversations. Exercise NOs.	Read the book!
Shorter conversations	Real
Show compassion	Real and honest, and fun.
Since my kids are still very young (5 & 7), I'm going to continue to foster a safe, loving environment in which they know they can share openly with me. I loved how you said, "Nothing you can tell me about your life is more painful than the idea that you couldn't tell me." I want to make sure they always know they can talk to me...and then take that skill of open communication into their relationships.	real talk that is completely oppo the way we were raised!
Slides	Real world, empowering, and hopefully
Slope Use words most teens instead of directly asking	Real, honest, informative
Slope, stairway, survivor quote, lots of the questions and statements as talking points to open the doors of communication between my kids and I.	realistic and helpful
So many great ideas. Liked what does it mean to be more than friends.	Realistic approach to sexual encounters addressing curiosity and needs.
So many things - watch porn with the right lense - no is not mean - alcohol lowers your standards	Realistic tools to guide your child's relationship journey
So many things, my favorites were equating Sexting to trafficking in child pornography, and saying that alcohol lowers your standards rather than your inhibitions. But really, the most important was the need to have these conversations at all. I had tried to have conversations with my two teenage daughters in the past and they were embarrassed and upset and asked me to stop. I know now that this is important enough to push through that reaction.	Reality check Tools to help parents engage kids in sexual conversation
So many things!	Really awesome
So many things!	really clear and helpful
So many things. Love the never apologizing for your choice	Really effective
So Mitch. The stairway	Really eye opening reminder of the conversations we should be having with our kids and some tools to start having them.
So much - but the discussion on standards and expectations and saying no was helpful.	Really helped me to think of consent being so much more than just saying yes
So much good information it's hard to remember it all. I should have taken notes.	Really helpful!
So much! What a great perspective - the language, the steps, helping understand what it happening with nudes....	Really informative
So much! Normalizing saying no, focus on empowerment,	Really informative & helpful to talk about a difficult topic to my teen
So much!!!	Really informative and great at providing language to discuss sex with young people.
Solidary from other parents!	Really informative and useful
Some of the scripts and ideas to help start the conversation	really positive, a lot of good tips for how to have healthy conversations with kids.
Some scripts to talk to my kids	Really practical, makes difficult topics much more manageable
Some tools to discuss with kids	Really terrific-very informative and real. Great nuggets that I can take away and use in my conversations with my son
speaking in the positive, and not using old clichés, when talking about genders or stereotypes of behavior	Really thought provoking, practical excellent examples, realistic things.
Speaking to my teenage sons about pornography consumption	Really useful how you will get into your kids attention and language without block you or walking away
Stair and slope	Refreshing and informative. What a way to look at educating our children about respect and consent.
Stair case	Relationship discussion
Stair model	Reread the presentation first and have an open conversation
Stair steps to healthy relationship	Respect and Consent.
Stair steps, trusting yourself	Revolutionary in helping parents think about comfortable (as possible!) ways to talk to their kids about sex and equip them with the language and tools to make the safest decisions possible in a world where there is so much pressure on adolescents to look a certain way, and perform sexually a certain way, which is neither healthy nor realistic.
Stair which Respect Trust	Riveting
Staircase	Rude awakening of what is to come as your child goes through puberty and middle school.
Staircase	Run to the next session
Staircase	Safe and smart relationship skills
Staircase	Safe parenting and teaching our kids about sex in today's world!
Staircase	scary informative
Staircase Alcohol as lowering standards rather than inhibitions Telling our kids directly that we would prefer they get information from us rather than their friends or porn	Seminar about consent
Staircase !	Sex positive
Staircase, followers are not friends.	Simple and informative containing universal and powerful truths, and specific ways to talk to kids about healthy relationships (sexual and otherwise).
Stairs	Simply speaking about sex caregiver to child. It is so necessary.
Stairs	So beneficial for any child!
Stairs	So enlightening and positive in approach
Stairs Ask first respect the answer	So good.
Stairs Conversation in a open safe space.	So I gomstive
Stairs of relationship, talking about sexual assault, consent	So important!
Stairway	So informative and energetic Powerful stuff!
Stairway	So informative!!!
Stairway	Something every parent needs to enlighten themselves with! We are all shaping our children's futures and the future of their children as well so very important
Stairway	Something every parent of a teenager should participate and learn from.

Parents of Middle School & High School Students attending a 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?**
Stairway	Something I needed a long time ago
Stairway	Something you have to see and listen too
Stairway	Soooo helpful and potentially life changing
Stairway Trust yourself: you can say No	Sorry you missed it. It was great to hear, learn, and digest the information.
Stairway - for ALL relationships, not just sexual! Consent is the bare minimum - shoot for MUCH higher! Much more! Thank you!!	Sorry, You missed it!
Stairway and slope	Straight talk about things we MUST speak with our families about.
Stairway for healthy relationships	Straight the the point, enlightening, in touch with what's happening with teens today,
Stairway for sure and more!	Straightforward, change of approach from 'don't do this...' to 'this is what we do and why'
Stairway of consent, peer pressure, consent	Succinct and to the point. Provided great tools, wish I had learned these tools earlier.
Stairway of respect. Speak about "what are other kids doing?"	Such a good talk you have to make sure to look at his website
Stairway steps	Super informative, eye opening, but most of all positive and empowering
Stairway steps to fill in the gaps from previous conversations	Super useful
Stairway to mutually amazing relationship.	surprisingly informative!
Stairway to mutually amazing to healthy relationships	Takes you outside your comfort zone and makes you comfortable there. Today is different than our time and we are given tools on how to talk about it and navigate it together.
Stairway was awesome! Screenshot solicitations.	Talk more about the dos not the donts
Stairway, "No", everything	Teach your teens how to achieve amazing mutually-consented sex is better than telling them "No" to ban their development of healthy and safe relationship.
Stairway, consent is bare minimum, mutual amazing consensual sex is the goal	Teaching kids a healthy lens through which to view all the messages about sex and sexuality in our culture
Stairway, consent,	Teaching kids these topics empowers them to make better choices and reduces behavior kids are not ready for. This talk gives parents more tools to have the conversations with their kids.
Stairway, how to ask them questions, explanation of curfew.	That it was very heterosexual lots of parents around here were so against and afraid of gender fluency in this talk. Which makes me sad . But around here they might listen more because of that.
Stairway, info about nudies	The best and most important workshop in any parent's life.
Stairway!!!!	The importance of having constant communication with your child.
Stairwell	The instant availability of porn makes sex today very different than when we were kids. Mike tells us how we need to change our approach to talking about it with our kids.
Standards!	The session equipped me with a way to feel comfortable talking about this topic with both my kids
Start a talk with my kid.	The session gave us info to allow us to broaden the conversation about sex/dating/consent into more that just a 'don't do it' or 'it's ok' conversation.
Starting/modeling consent for my kids at young age, practicing it is okay to say no (especially if given a choice), no does not equal mean, striving for consensual, mutually AMAZING should be the standard when kids are ready	The session gives parents words to use to begin the talking about sexual intimacy.
Step ladder, I will ALWAYS be here for you, permission to say no	The session provides so much easy to understand information that can be applied when you are ready
Step model and 7 words	The session was about we start to think what information we are given our children's, and do reflecting the values we are educating them and how this impact their life's relationships sexula or not
Steps	The session was short and informative. It is information that is crucial to raising children in this world. We have to be able to communicate to our kids how to have healthy and safe relationships.
Steps to an amazing sexual experience Discussing nudes with son	The title describes it: safer choice
Steps to discuss with my kids	The workshop helps parents to understand the school and social environment our teenagers are facing and the way they view relationships. The session provides tools to help parents talk to their children about setting boundaries, respect, and consent.
Steps, watching shows kids will watch	There is my view on things but there is another one from kids standing based on the realities that we live now and it's important for us as parents to understand these so we can provide better guidance to our kids and have better and more trusting relationships with them.
Steps. Always here for you	There is no captivating series on tv, movies, netfix etc...than this session breathing true love and life into a young person's world. It is a manual for finding healthy relationships and more importantly - allowing oneself to choose the right path via the seven steps.
Steps/stairway What to do if someone asks to send you a nude video	They missed a hugely important lecture!
Stop is a full sentence.	They missed an awesome and informative program that all parents should hear.
Stop saying "I made this mistake and ..." ; Listen and let them say No. everything it was amazing	They missed it
Stop threatening my kids	They need to come next year.
Strategies	They really missed out.
Stress to my child that young relationships would be best to be friends and not a serious relationship	They should come
Strive to have the conversations to share the building blocks for a healthy relationships	They should have attended, very realistic and helpful approaching and presenting infoemation
Structure questions, so that "no" is an acceptable response and understood.	They should have been there
Such good information. The slope was a great visual. Also, raising the standard of consent to include enthusiasm. Good information regarding the unrealistic world of pornography.	They should have gone
Taise my kids standards even higher	This is a helpful paradigm shift for parents of tweens/teens when it comes to what sex can/should be -- a mutually amazing, consentual experience! Consent is the BARE minimum requirement.
Talk	This is a session that all kids should hear in school
Talk about Consequences and Rewards. They need to Love their bodies first	This is a very informative talk for parents that have teens to teach them how to deal with the situations in dating and relationships that will come up in a healthy way.
Talk about how much I love and care to my kids	this is an eye opener and a great resource
Talk about loving yourself first, discuss choices, consent, and the stairway	This is REQUIRED attendance by the students - especially for Lower School (tailored for the appropriate age)
Talk about saying No. Talk about being ready to date.	This is something every parent should attend and it's never too late.
Talk even if it uncomfortable and some of your Phrase "Mutually Amazing Consensual Sexual activity"	This presentation was an opportunity for our students to have an informed choice. Mike was able to share with them relatable insight to a positive relationship with peers, friends and deeper when the time is right.
Talk in small chunks. Talk what to do rather than don't do.	This session changed how I will look at sex not just for my child but my own marriage.
Talk more openly with kids	This session discussed the importance of the qualities/skills that make up a healthy relationship, that it's okay to say no, and what to do regarding intimacy.
Talk through the ladder	This session gave me the knowledge, tools, and motivation to better patent my child and help them navigate issues around sexual intimacy.
Talk to kids about porn	This session give me conference to talk about sex with my teenage son.
Talk to my child about what his values are so that he enters tricky situations he can hold himself to his own standard.	This session helps you think about what your actual goals are for your kids when it comes to sex and what the tools are that you need to give them to help them make the right choices for themselves.

Parents of Middle School & High School Students attending a 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?**
Talk to my child more	This session talked about best practices in parenting for the modern family specifically centering on the topic of challenging subjects.
Talk to my kids about how to empower themselves with screenshots and that it is okay to report people who ask for nudes.	This session taught me to have an open conversation involving no shame.
Talk to my kids about respect.very helpful	This session was extremely informative about how important it is to realize how and what we say to our children matters.
Talk to my kids differently	This session was like screwing in a new light bulb. Communication is key. The intimate discussions will be tough, very tough and uncomfortable, but we need to make sure that our kids are armed with information, knowledge and skills to make decisions surrounding not only relationships and sex, but consent. That these discussions, even about some details, will help our children build an understanding about relationships and sex and how and where they might fit in. Mike does a wonderful job of different ways, should you need a starter, to get 'down and dirty' in an appropriate way with your kids.
Talk to my kids more and differently, thanks !	This talk contains very useful and specific information on how to start the sensitive topic with your teen. Worth listening
Talk to my parents (my kids' grandparents) about consent	This was a chance to examine how to approach difficult conversations that our teenagers need to have with us about intimacy and relationships.
Talk to my son about goal is amazing consensual sex.	This was a must listen for all parents. Real and encouraging.
Talk to my son about how he can keep himself safe when he has sexual experiences.	This was a very informative session about how important it is to open up and communicate with your children about consent issues, especially when it comes to sexual relationships.
Talk to my teenagers	This was eye-opening.
Talk to my wife and discuss how to help our kids.	This was super informative and resented a lot of great examples and practical advices.
Talk to your kids by learning from yourself.	Thought provoking
Talk with my kids	Thought provoking
Talk with my kids openly and give some advice like respect the partner, and consent	Thought provoking and enlightening
Talking about consent and freeze/flight/fight.	Thought provoking and NECESSARY.
Talking about the positive not just about what not to do	Thought provoking. A must read & watch. Every parent and family should learn from the presentation !
talking and communicating with my kids all the time and having uncomfortable conversations	Tips and language on helping our children be intentional about their sexuality.
Talking more about kids respecting each other and themselves.	Tips for unblocking communication with our teens about sex.
Talking more about the positive	to a parent - go watch/listen
Talking more about what to do!	To the point.
Talking openly with my children about consent.	Tool focused. Open and honest. Insightful
Talking to daughter	Tools for having uncomfortable but necessary conversations with kids about sexuality
Talking to my daughter as a parent instead of having a stranger talk to her.	Tools for speaking to kids about six.
Talking to my kids about how to approach relationships, being sure to have consent and how to say "I'm just not ready for that" in case of needing "an out."	Tools to speak to kids
Talking to my kids in a completely different way, make them feel comfortable and work on their self steam	Totally important!
Talking to them about most children and not them.	Transparent Mature
teach kids how to say no, how to stay safe, and to make sure they feel safe talking to us inf anything happens.	Uncomfortably impactful, entertaining, and important concepts to discuss. I like how it started with Kids and ended with important of marriage because showing kids a healthy marriage help somebody to a healthy marriage themselves .
Teach my children the power to say "no"	Understand today's kids on their sexual pressure and talk to them on doing what they want, not what others want them to do
Teach my girls that saying no isn't mean.	Understanding from a kids perspective
Teach my kids that it's okay to say no	Understanding the value of having the conversations on sex and how to make the greatest impact through logic and facts.
Teach my kids the 7 stages of love.	Upbeat, optimistic, positive, encouraging, supportive, refreshing, real
Teach my kids the definition of Love (7steps).	Uplifting and positive
Teach them to have higher standards	Useful
Teach them: What consent really means No is not mean The ladder of positive intimacy To call out positive role models	Useful
Teaching about the stairway, mutually amazing sex as the goal (raising their standards)	Useful
Teaching counter balance	Useful and entertaining
Teaching kids that it is ok to say no to me even if it hurts my feelings.	Useful to anyone breathing.
Teaching my kid to practice saying 'No'	Useful tool for the foundation of healthy relationships. I
Teaching my kids it is ok to say NO.	Useful, practical
Teaching respect, ok to say no and no can be removed. Learned a few tips about how to let kids talk. I always know that's a good thing to do but just didn't know how to get started.	Valuable
Teaching self worth to my child	Valuable
Teaching subject from different perspective as well as strengthen my personal relationship	Valuable and informative
Teaching the power of no and respectful choices.	Valuable reminders and tools for talking with our teens about building healthy sexual relationships with others. The reframing of consent as bare-minimum requirement for these relationships.
Teaching the ultimate goal in sexual relationships, the 7 steps, Nothing you can tell me about your life will be more painful than the idea you couldn't tell me. And if you can't tell me that's not your fault, that's mine.	Valuable, engaging
Teaching victims of sexual assault that they're not to blame because they were intoxicated.	Valuable, helps us frame conversations that are awkward
Tell kid that saying no is ok	Valuable!
Tell kids to say "Can I kiss you"	various aspects of understanding how teens deal with peer and personal pressures to "date" and what they may go through after "breaking up". How to help the teen know if they are really ready to have a relationship with someone else.
Tell my kids you are stronger than you think, you are loved and I will always be there for you!you are the best!	Very current, engaging, full of helpful tools and food for thought!
Telling my son how he needs to respect himself first most so that he respects girls and their response.	Very educational
Telling my son what to do and not what not to do.	Very engaging and informative
Thank you for an open and honest conversation!	Very eye opening and important for all students to know about.
Thank you for this. Incredibly helpful insights.	Very eye opening. Made me feel worried about my grandsons not receiving enough information.
Thank you!	Very good
That all students have the opportunity to make a positive choice that can move them forward past difficult times and step them on to a fantastic future.	Very good and informative
That is not about me. And I don't build their house.	very good/ listen
That it is ok to say no and it's not mean and also to let them know it's ok to keep their choice and wait for the highest level of a sexual relationship	Very helpful
That love isn't part of the respect and consent staircase!!!	Very helpful
That my kids deserve ALL seven steps	Very helpful
That no isn't bad and to give directions not choices if it really isn't a choice.	Very helpful

Parents of Middle School & High School Students attending a 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?**
That the word No is not mean- In all areas of life. The stairway to amazing sex Alcohol lowers standards Building self esteem Building positive relationships with my kids' partners when that time comes	Very Helpful
That we will be there for them always no matter what, the importance of having a healthy relationship.	Very helpful
The 'steps' element - I appreciate this as a more succinctly defined piece of conversations we are already having in our home	Very helpful for parents
The "steps" in healthy relationship. Asking about "others" and not specifics about my child.	Very helpful in guiding discussions and what to discuss.
The 7 step tool	very helpful with tough conversations on teen relationships
The 7 steps	Very helpful with useful strategies
The 7 steps	Very helpful! Watch Mike's stuff online!
The 7 steps	Very imformatove
The 7 steps for a mutual sexual relationship, and I really resonated with his definition of 'mutual' = no one is talking the other into something. Basically what he presented tonight was exactly how I do feel about relationships but didn't have the 'right' words to describe to my son,	Very important to watch it. A must!
The 7 steps image was powerful. I will now use more direct language and stop using" don't do this," but instead will guide them to their conclusions	Very important-consent is just a minimum. Open communication is so important
The 7 steps to sexual consent and/or amazing relationships, to help my teen learn their sexual boundaries	Very informational - I wish my parents had these kinds of conversations with me when I was a teen. I'm grateful that I have this info to interact with my teens.
The 7 steps.	Very informational!
The 7 steps.	Very informative
The ability to have language to use when speaking to my 13 yr old about steps to safe choice sex.	Very informative
The ability to make sure that my son who has ASD and does not understand a lot about boundaries the necessity of consent and that he needs to be with someone who he really wants to be with and wants to be with him. That trusts him not to hurt her. That I trust him just like I always have and reinforce that he can always come to and ask me anything. We have our own little mantra, "Who loves you?-Mommy, Who will always be there?- Mommy, Who will never give up on you?- Mommy" I hope over the years I can reinforce this over the years enough that he continues to trust it the way he does now.	Very informative
The ataircase	Very informative
The confidence I was given to speak to my teenage daughter about mutually awesome sexual relations.	Very informative
The dteps	Very informative
The example of Peer Pressure- if someone you didn't like asked you to do something you would you do it?	Very informative
The high standard, how we as parents affect our kids ability to say no	Very informative
The idea that we teach students not to send nudes but that we should teach people not to ASK for nudes was powerful.	very informative
The ideal of what sex should be	Very informative
the information about pornography	Very informative
The ladder	Very informative Abel realistic
The ladder	Very informative about boundaries
The ladder as well as having a much higher standard than consent in relationships.	Very informative and
The ladder but everything was vey informative	Very informative and a refreshing, practical and realistic take on how to talk to teens about sexual behavior.
The ladder is a great tool for "amazing" relationships	Very informative and easy to follow
The ladder steps & teaching kids it is ok to say no	Very informative and empowering.
the ladder was super helpful	Very informative and engaging.
The ladder!	Very informative and eye opening on some things!
The language The staircase	very informative and helpful
The language and framework you presented	Very informative and helpful
The language of conversations.	Very informative and helpful
The language you used around self pressure and reminding my children to trust themselves (not if they trust their friends).	Very informative and helpful discussion about talking about sexual topics with our kids
The most important would be reversing the stigma of providing information equals encouraging.	Very informative and helpful in gaining tools to speak with our kids.
The My use pictures request on the phone	Very informative and helpful to bridge the perspective between parents and children.
The only person you need to trust is yourself. Excellent tools, info and conversation. Thank you!!!	Very informative and helpful tools to discuss with my children
The porn lens was very powerful!	Very informative and helpful. New way to look at helping parents reach their kids.
The reminder that we owe no one our bodies. Even when we feel bad for them.	Very informative and helps parents and teens. Great to attend as a family.
The seven step visual was amazing. Also going to start reinforcing that it is ok to say no. And Mutuality will be a part of my on going communication with my kids.	Very informative and impactful
The seven steps	Very informative and insightful
The seven steps for a healthy relationship (ingredients for the recipe of LOVE)	Very informative and interesting.
The seven steps for mutually amazing relationships	Very informative and user friendly
The seven steps to mutually amazing consensual relationships, no is not mean, "how will that help you" and what are most kids doing?	Very informative and would recommend
The sexual chicory slope	Very informative approach to understanding what kids are dealing with and how to talk with them about sexual Maturity…,
The shirt I won.	Very informative with useful tools you can use right out of the gate.
The slides on the slope and steps were great and the image of the nudes texting messages	Very informative, efficient and evidence based.
The slope	Very informative, engaging and practical
the slope and porn conversation	Very informative, interactive and supportive
The slope and the stairs.	Very informative, useful and eye-opening
The speaker is amazing. I would prefer for next time to hear more about the presentation and just a few questions at the end.	Very informative! Definitely go next time he comes
The stair	Very informative.
The stair steps visual. The power of self pressure. Embrace the awkwardness and talk with our kids.	Very informative. Received talking points to communicate with my child.
The staircase	Very informative. Great tips on things to say or not to say. Tips to figured out when your kid is ready to date.
The staircase	Very informative. Helpful in terms of understanding how kids think today
The staircase	VERY informative. Thank you for speaking to our kids.

Parents of Middle School & High School Students attending a 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?**
The staircase Your sayings	Very insightful, helpful and powerful.
The staircase model Mutuality Explaining real sex versus porn acting	Very insightful. The concept of teaching to set boundaries from a standpoint of what you want in your life (positive) as opposed to what you want to keep out of your life (negative) was really refreshing and thought provoking. It was an opportunity to learn a very different approach towards talking with our children about these subjects.....more on their terms than ours.
The staircase of what makes a healthy relationship	Very knowledgeable
The Staircase to help my son understand his new budding relationship	Very meaningful
The staircase to understand mutually amazing sexual relationships.	Very open and informative
The staircase, no is not mean!!!	Very positive.
The staircase, not talking directly about my kids' experience	Very powerful and positive!
The staircase, you should never need alcohol to have intimacy	Very practical
The staircase!	Very practical and informative
The stairs	very real
The Stairs	Very real! Mike took a very positive approach to how you can talk with your kids about sex and relationships and gave great examples of what our kids are thinking when it comes to sex.
The stairs explanation	Very resourceful
The stairs, the alcohol explanation and anything and everything I can remember.	Very Thoughtful
The stairway	Very timely and informative.
The stairway	Very useful
The stairway	Very Useful
The Stairway	Very useful
The stairway	Very useful
The stairway	Very useful for helping young adults understand what a healthy relationship is
The Stairway	Very useful tools for talking to kids.
The stairway	Very useful, thought provoking, Amazing and fun
The stairway	Very worthwhile
The Stairway	Very worthwhile
The stairway	Vibrant and informative
The stairway No is a complete sentence Can I kiss you The slope	We need to talk to our kids about sex so they don't learn it from porn or their peers, and we need raise the bar from consensual to an amazing experience for both people
The stairway and raising the standard of respect in relationships	Well thought out and gave parents an idea what kids are experiencing
The Stairway and the importance of having all 7 steps in place.	Wished it was longer. It was very helpful.
The stairway graphs, instead of "don't" what is a more effective way to talk about the subject..... it's still very challenging but after the talk we get a better idea on how to start the conversations	Wonderful
The stairway to amazing relationships	Wonderful speaker- informative and engaging
The Stairway to building mutually healthy relationships Nudes is distributing child porn Sex is a gift	Wonderful tools to share with your children about consent and what this really means.
The stairway to mutually amazing sexual intimacy - it's a fantastic tool!	Worth attending
The Stairway visual Focus on the positive	Worth attending next time or get someone's notes.
The stairway, changing the conversation to what they can do and the amazing mutual relationship to strive for vs. what not to do.	Worth going to
The stairway!	Worth the time - not what our parent taught us
The Stairway!	Worth the time spent and I would catch it again!
The Stairway! What a fantastic visual, very thought provoking and helpful.	Worth the time!
The stairway.	Worth to attend
The stairway.	Worthwhile
The stairway. Convo about peer pressure versus self pressure. Resources for quick conversations.	Worthwhile and extremely insightful. Provided me with a new and fresh perspective for having difficult conversations.
The stairway. Mutuality What should be the end goal of a healthy relationship-raising their expectations for their intimate relationships.	Worthwhile and very informative for any parents to attend but especially for teenage parents.
The starway for a healthy relationship	Worthwhile. Offers good tools
The step chart, phrases that were discussed.	Wow! I made lots of notes. will have to go through it again. It was meaty. Lots to chew on. Thank you.
The steps	Yes - I took notes as well
The steps in conversation with my teen	Yes totally recommend it.
The steps of a healthy relationship	Yes, absolutely
The steps of a healthy relationship	You had to be there!
The steps of building the relationship and attributes of loving one.	You have to find a way to attend his next session.
The steps to having healthy, amazing sexual experiences	You have to go to be part of it, if you have a chance!!!
The steps to having mutually amazing sex. Consent, respect, knowledge, trust, attraction, etc.	You have to hear Mike! He was fantastic!
The steps with my child and with my spouse.	You missed a HUGe learning moment to make honest and challenging conversations.
The steps, the porn text, no is a complete response etc	You missed a wealth of great knowledge how often do you travel to Massachusetts
The steps!!	You missed it! A parents must hear.
The supporting of the being a 10!	You missed out!
The text message about dispersing child porn being equivalent to sending a nude	You missed out! Talk to your kids.
The tip about choice vs directive as a parent is really good.	You really missed out on great and very useful Information
The tips and tools for talking with my kids.	You should attend or visit URL
The tone and how to approach the topic with your teen is so helpful. It comes from a place of respect and understanding, which I think is crucial to keeping the communication doors open.	You should be open to participating in this conversation. The kids are talking about this and we should be a part of and understand what is happening in their lives.
The tool what an amazing relationship contains	You should go
The tools for talking with my own teens and students about texting nude photos, shutting down requests for them, shutting down the sharing of them. Creativity a student culture of respect. Also the steps/qualities of healthy relationships, both plutonic and sexual.	You sold my toolbox with the tools that I didn't know I was missing. And it was great that you also mentioned it from a religious perspective. I can't imagine anyone walking away and not feeling that their eyes had been opened and they learned a lot.
The tools to help aid/guide conversation with my son.	You will get the tools you wish someone would've given you.
The tools to talk to my kids	
The visual stair step. Different talking points.	
There are so many concepts I learned from this presentation. My daughters aged fourteen and fifteen have for the most part been very open with me and willing to talk. This discussion taught me to navigate these conversations about sex, respect, self esteem, saying no and what that really means and not referring to what I did or didn't do many years ago. I really liked the ladder and I didn't take a picture of it. These tools will definitely be beneficial.	

Parents of Middle School & High School Students attending a 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?**
There was so much amazing information shared. I will share with high school students and parents groups. I will refer to Mike's website.	
These conversations need to happen	
they asked you because they knew you would say yes. (like sending nudes) but also works for friendships	
Thinking about consent as mutually agreeable rather than just hearing or saying ok.	
This has been excellent	
This helped me begin the conversation with my husband about when and how to start talking to our boys. They are much younger than the age group discussed in the presentation but still very informative. My favorite part was the ideal situation of a mutually amazing sexual experience. I want to give my kids a healthy ideal without it being unrealistic.	
this is my second SA program with him. He is fantastic and each time I learn from him.	
This was amazing!! Mike was so energetic and such a great presenter!	
This was excellent. It gave me a few tools to address the issue in a positive/proactive way.	
This was helpful in how I should approach the conversation with my daughter.	
Tips for conversations with my student. Difference of how no means no and yes means yes isn't really true.	
Tips for parent's who aren't able to or haven't had conversations with their kids about sex.	
To ask open-ended non-judgmental questions to see what my child thinks about the concepts on the slides as a conversation starter	
To be open and honest with my children about sex	
To better talk and understand my kids! Thank you!	
To build on respect for myself and teach my daughter that good decisions begin there	
To communicate with my kids and talk about Sex.	
To give my kid a true choice at home to say " no "	
To have open conversations to check in	
To help conversations with my daughter	
To help mentor our grandkids.	
To make sure to tell my kid, I love them and support them no matter what choices they make and situations they encounter. Plus a lot more!	
To reinforce to my kids that they don't owe anyone anything. Lots of very helpful materials. How to talk to kids about consent, respect etc.	
To speak to my grandson	
To teach my kids that it is better if they know how to enjoy a mutually amazing consensual relationship	
Tools to share with my children	
Tools to slow down the process Tools to talk about sex	
Trust herself	
Trust myself as much as potential partner.	
Trust you!	
Trust your kid!	
Trust yourself	
Trust yourself Alcohol lowers your standards	
Trust yourself first	
Trust yourself more than your partner and alcohol lowers standards.	
Trust yourself, respect yourself and want to, not agree or consent if not interested.	
Trust yourself!	
Turkey/eagle The staircase of consent	
Turkeys and Eagles The stairs The slope	
Understand that giving a choice to the student means we really need to give them the ability to say yes or no.	
Understanding that a lot of struggles that I saw amongst my friends in high school are still prevalent today	
Unfortunately I was only able to come for an hour but you had so much great information to give us in order to make our kids aware when dealing with consent in today's world. I especially liked all the advise about sexting and that when someone asks for a nude picture of you, it doesn't mean they necessarily like you. Thank you!	
Use an approach that avoids shaming or embarrassing a child and encourages a strong sense of self and choice.	
Use current events to ask my child what she thinks about it, as an indirect way of understanding how she thinks of it for herself. Also, never speak to her for more than 15 minutes, after that she'll stop paying attention.	
Use Mutually amazing consensual sex, rather than only "consensual sex"	
Use popular shows on TV that they're familiar with to start up the topic of relationships	
Use these tools with discussions for both my MS and HS aged kids.	
Using questions and commands in parenting at the appropriate times. "No" is not mean and no need to apologize for your "no"	
Using the phrase "most kids" when asking about what behaviors kids really engage in.	
Very informative!	
Vocabulary to talk to my kids	
Watch more what he is watching and discuss with…	
Ways to talk to my kids - using words like "most teenagers"	
what love means and and consent as a bare minimum	
What's necessary to build a mutually amazing experience/relationship	
When I present things as a choice in my household I need to make sure I respect my child's choice and not try to encourage them to make a different choice because I think it is a better choice.	
When I was in high school .... Most kids ... instead of you	
Who she thinks she is? Don't apologize for saying no. Staircase	
Will learn more from the resources provided in this semina	
will talk/educate my middle school kid about what I learned from this program.	
Will teach my daughter it is okay to say no.	
Will use all No is not mean was something that really stood out as well. All of it is info that my was never shared with me as a teen.	
Wonderful program. This was very helpful to learn how to talk to my kids about a difficult topic	

Parents of Middle School & High School Students attending a 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?**
Work on respecting my son's boundaries: to not force him for affectionate hug if kiss if he says no, especially as a good night. Have tools now for open duscussion.	
Worksheets	
Would love to share with my kids school and not just the one I work at	
You don't owe anything to anyone	
You have a choice to say yes or no in every situation. 7 steps	
You should be proud of yourself. Consent is the bare minimum.	
Your YouTube page for jumping off conversations with my kids and the slides	