



UNIVERSITY OF
GEORGIA
EXTENSION

2018-2019 RELATIONSHIP SMARTS IMPACT REPORT

Report prepared by:

Dr. Ted Futris, Dept. of Human Development and Family Science, College of Family and Consumer Sciences.
Mackenzie Molter and Leia Rylee, College of Education

Project Collaborator: Dr. Kristi Farner, Office of Learning & Organizational Development (OLOD), CAES

County Extension Relationship Smarts Implementation Team:

Crisp: Rebecca Stackhouse (FACS)

Elbert: Lauren Dye (4H/Youth Development) &
Sophie Walsky (4H/Youth Development)

Hancock: Randie Gray (4H/Youth Development)

Hart: Brandi Shiflet (4H/Youth Development) &
AnnaMarie Harrison (4H/Youth Development)

Jasper: Kasey Hall (4H/Youth Development)

Madison: Bradley Averill (FACS)

Murray: Stephanie Skojac (4H/Youth Development)

Muscogee: Ashleigh Day (4H/Youth Development)

Quitman: Kayla Wall (FACS & 4H/Youth Development)

Randolph: Kris Peavy (4H/Youth Development)

Stewart: Liz Singley (FACS & 4H/Youth Development)

Washington: Cindy Sheram (4H/Youth Development)

Please send questions to Dr. Ted Futris at tfutris@uga.edu. This program was supported by a grant from the Department of Health and Human Services, Administration for Children and Families and the Georgia Division of Family and Children Services. Its contents are solely the responsibility of UGA Extension and do not necessarily represent the official views of the Department of Health and Human Services, Administration for Children and Families or the Georgia Division of Family and Children Services.

Relationship Smarts Plus (RS+) is an evidence-based relationship education curriculum developed by the Dibble Institute that helps youth (a) understand how relationship connect to their personal development (e.g., identity, goals and values), (b) distinguish between healthy versus unhealthy relationship behaviors, (c) develop communication skills to effectively manage conflict, and (d) make safe and mature relationship decisions. Research has demonstrated that youth who participate in relationship education, in general, and RS+, specifically, report increased relationship efficacy and more positive attitudes and realistic expectations about relationships, and consequently are less likely to engage in at-risk behaviors that result in experiencing intimate dating violence and teen pregnancy.

The University of Georgia Extension delivered the RS+ program to youth across the state through in-school and after-school settings. From, September 11, 2018 to June 19, 2019 a total of **1737 youth** participated in one of **24 RS+ programs** offered across **12 counties**. This included 1630 youth (93.8%) reached through in-school programming and 107 youth (6.2%) reached through after-school programming. **Table 1** provides a summary of the number of programs and youth served by county. **Appendix A** provides a map illustrating the counties across GA where youth were reached.

Each program included at least 8 contact hours and, at minimum, covered the six “core” content lessons from the 12-lesson RS+ 3.0 curriculum (i.e., lessons 2, 3, 6, 7, 8, and 11). **Appendix B** provides a summary of the content covered and how many youth received each lesson. Of the 1737 participating youth, 1578 (90.8%) graduated from the program, meaning they completed at least 67-80% of the RS+ program (graduation based on the number of lessons offered and attended).

Table 1. Relationship Smarts Program Output Summary by County

County	Provider	Number of Trainings (Unique Classrooms)*	Total Youth Enrolled	Youth Graduated ^a	Completed Evaluation
Crisp	Rebecca Stackhouse	3 (3)	105	89	94
Elbert	Lauren Dye	1 (4)*	208	208	160
Hancock	Randie Gray	1 (4)*	171	171	159
Hart	Brandi Shiflet	1 (10)*	282	260	251
Jasper	Kasey Hall	3 (4)*	111	104	104
Madison	Bradley Averill	1 (3)*	71	63	40
Murray	Stephanie Skojac	1 (1)	26	14	12
Muscogee	Ashleigh Day	4 (4)*	80	80	76
Quitman	Kayla Wall	3 (3)*	66	46	35
Randolph	Kris Peavy	2 (5)*	96	76	72
Stewart	Liz Singley	2 (4)*	51	46	49
Washington	Cindy Sheram	2 (18)*	470	433	299
Total		24 (59)	1737	1578 (91%)	1351 (78%)

^a Graduation based on completion of at least 67-80% of the program based on the number of lessons offered and attended.

* In-school programs delivered to either different schools (e.g., middle and high school) or different grade levels within one school (e.g., 7th and 8th graders in same middle school). Each training was delivered to multiple classrooms within the same school or grade. For example, Washington County delivered 2 trainings in one middle school consisting of 10 classrooms of students in the 7th grade and 8 classrooms of students in the 8th grade. Thus, 1737 youth were reached through 24 trainings delivered across 59 unique in-school and after-school classroom groups of youth.

Table 2 provides a summary of the sex and race of the youth who participated in the program. Of the 1737 youth served, 828 (48%) were male and 909 (52%) were female. Also, most youth (47%) identified themselves as Black/African American and 43% identified themselves as White/Caucasian.

Table 2. Relationship Smarts Program Participant Profile by County

County	Provider	Youth Enrolled	Gender		Race/Ethnicity ^a						
			Males	Females	WH/C	BL/AA	AS	AI/AN	NH/PI	H/L	OT
Crisp	Rebecca Stackhouse	105	60	45	41	60	0	0	0	4	0
Elbert	Lauren Dye	208	102	106	109	49	2	5	2	24	17
Hancock	Randie Gray	171	85	86	4	167	0	0	0	0	0
Hart	Brandi Shiflet	282	136	146	184	61	3	0	0	19	15
Jasper	Kasey Hall	111	54	57	81	22	0	0	0	9	7
Madison	Bradley Averill	71	20	51	65	4	2	0	0	0	0
Murray	Stephanie Skojac	26	12	14	25	1	0	0	0	0	0
Muscogee	Ashleigh Day	80	39	41	36	16	3	1	0	15	9
Quitman	Kayla Wall	66	34	32	14	48	0	0	0	0	4
Randolph	Kris Peavy	96	55	41	24	71	0	0	0	1	0
Stewart	Liz Singley	51	24	27	2	49	0	0	0	0	0
Washington	Cindy Sheram	470	207	263	163	275	3	1	0	10	18
Total		1737	828	909	748	823	13	7	2	82	70

^a Race: WH/C = White/Caucasian; BL/AA = Black/African American; AS = Asian; AI/AN = American Indian/Alaska Native; NH/PI = Native Hawaiian/Pacific Islander; H/L = Hispanic/Latino; OT = Other. *Totals may not equal because some youth identified with more than one race.*

Program Evaluation

At the end of each program, youth were asked to complete a brief evaluation survey where they shared basic demographic information and were asked to reflect on how their beliefs and attitudes related to topics covered during the program changed and how confident they were in their ability to use the skills learned. Of the 1737 youth in the program, 1351 (78%) completed the overall program evaluation survey (see Table 1 above for responses by county).

Participants. A summary profile of the 1351 youth who completed the survey is presented in **Table 3**. The profile of 1351 youth who completed the survey was similar to that of the 1737 youth who participated in the program, in terms of sex and race: 53% were female and most identified as either Black/African American (45%) or White/Caucasian (40%). Based on additional information collected on the survey, the majority of survey respondents were in the 7th or 8th grades (83%) and between 13 and 14 years old (71%). Also, the majority (59%) reported that their parents were not married to each other. As well, 77% of the youth reported that they had been in a dating relationship prior to participating in the program.

Table 3. Demographic Characteristics of Participants (N=1351).

	Frequency (Valid %)		Frequency (Valid %)		Frequency (Valid %)		Frequency (Valid %)
<u>Grade</u>		<u>Age</u>		<u>Race/Ethnicity</u>		<u>Sex</u>	
5 th	1 (0.1%)	10	1 (0.1%)	Black/African-American	598 (44.6%)	Male	621 (46.9%)
6 th	69 (5.1%)	11	18 (1.3%)	White/Caucasian	530 (39.5%)	Female	704 (53.1%)
7 th	615 (45.5%)	12	218 (16.2%)	Hispanic/Latino	59 (4.4%)	Missing	26
8 th	505 (37.4%)	13	506 (37.5%)	Native American	5 (0.4%)		
9 th	112 (8.3%)	14	454 (33.7%)	Asian American	10 (0.7%)		
10 th	22 (1.6%)	15	105 (7.8%)	Other	139 (10.4%)		
11 th	16 (1.2%)	16	24 (1.8%)	Missing	10		
12 th	11 (0.8%)	17	17 (1.3%)				
		18	4 (0.3%)	<u>Parent's Marital Status</u>		<u>Ever Dated</u>	
		19	1 (0.1%)	Married to each other	496 (41.1%)	Yes	940 (77.4%)
		Missing	3	Divorced	266 (22.0%)	No	275 (22.6%)
				Never married	445 (36.9%)	Missing	136
				Missing	144		

Relationship Efficacy. Youth were asked to rate *how confident they felt at the conclusion of the program*, compared to before the program, in forming healthy relationships (2 items) and applying interpersonal skills learned (3 items). As summarized in **Table 4**, a majority of the youth (71%) felt that they were either a little more confident or a lot more confident than before the program in establishing healthy relationships and applying the skills learned. Below are a few sample comments that youth shared regarding how the program helped them feel more efficacious:

- *I believe it has given me more confidence to express how I feel better and made my relationships healthier (Washington)*
- *This program helps me through talking about being mature and how to take on responsibility (Stewart)*
- *I like that it showed me to treat people how I want to be treated (Crisp)*
- *This program helps me understand how to know what a good relationship is and how to listen better when arguing (Muscogee)*

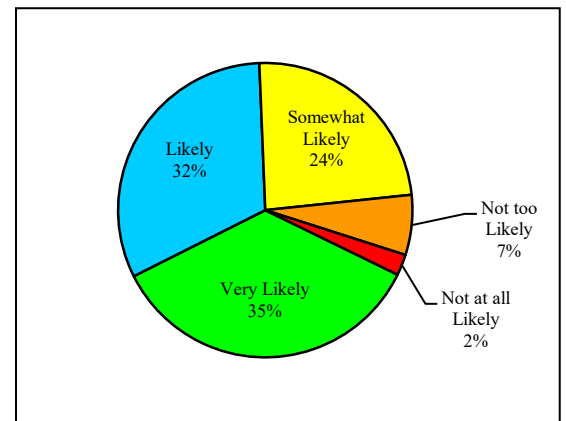
Table 4. Youth’s Confidence After Completing Relationship Smarts Program Compared to Before.

	N	Level of Confidence			
		Less	About the Same	A Little More	A Lot More
1. Having a healthy relationship with family and friends	1327	3.1	26.1	26.7	44.2
2. Being a good and sensitive listener	1327	2.8	30.5	33.7	33.0
3. Handling conflict in a healthy way	1321	5.9	26.9	33.0	34.2
4. Having a healthy dating relationship	1315	6.0	20.1	27.7	46.2
5. Expressing your feelings and sharing what you want from a dating partner.	1314	8.8	24.6	28.4	38.2

Likelihood of Using Learned Skills. Participants were also asked *how likely they were to use the skills learned in this program*. As illustrated in **Figure 1**, 67% of the respondents reported that they were very likely or likely to use the skills learned.

- *I'll remember what we've gone over when and if I ever choose to date someone (Hart)*
- *This program has taught me many things. I would refer Relationship Smarts to everybody (Washington)*
- *I have tried making better friendships and having better family connections (Madison)*
- *I will definitely use things from this program in the times to come (Elbert)*
- *It gave you real examples. It helped me a lot. I would refer to my friends. It was very helpful (Hancock)*
- *I will know what a healthy relationship is, how to handle conflict, and how to be a better listener (Crisp)*

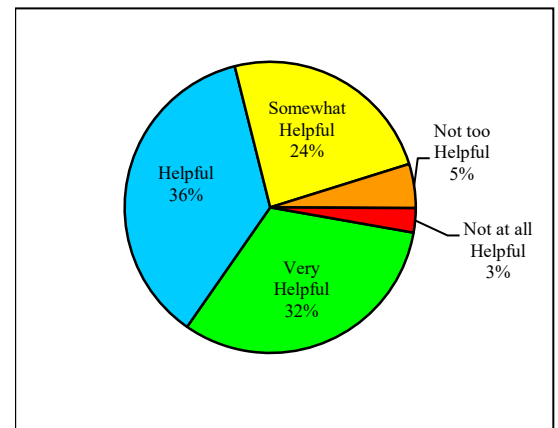
Figure 1. Likelihood of Participants Using the Skills Learned in This Program (n=1321).



Helpfulness of Program. Participants were then asked *how helpful the program was to them*. As shown in **Figure 2**, 68% of the respondents felt that this program was either helpful or very helpful to them.

- *This program helped me think differently about relationships and being a father (Hancock)*
- *It has helped me be more careful about what I send to people (Washington)*
- *It inspired me to open up to people that can help me (Elbert)*
- *This program has helped me with communication with others (Crisp)*
- *It will help me make better relationship choices (Ware)*
- *It helps me think things out before I do them (Muscogee)*
- *I think this program will help me personally in recognizing the signs of an abusive relationship (Stewart)*
- *It has helped me grow a better relationship with friends and family (Hart)*
- *It helped me learn my value/worth and not to make bad decisions (Washington)*
- *I feel like this program has helped me express myself more (Randolph)*
- *It has helped me to be more conscious and to be more considerate (Jasper)*

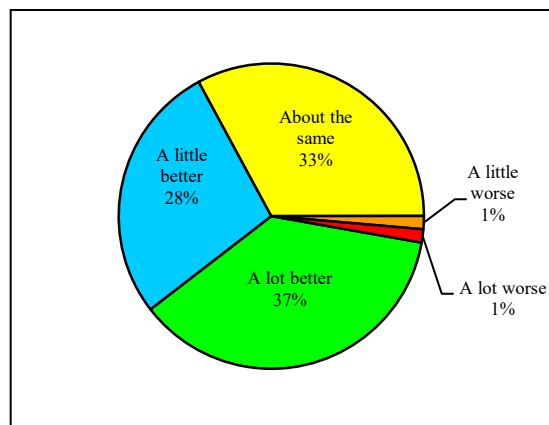
Figure 2. Perceived Helpfulness of the Program (n=1329).



Change in Feelings About Self. To determine how participants felt about themselves after the program, they were asked “*Compared to before the program, how do you feel about yourself as a person now?*” As noted in **Figure 3**, 64% of the respondents felt better about themselves.

- *I feel like I know how to handle myself in relationships a lot better (Jasper)*
- *It really helped teach me how to act more mature (Washington)*
- *I feel I can now express myself more clearly and can better understand the types of relationships I want (Muscogee)*
- *This program helped teach me how to be proactive for challenges in life (Randolph)*
- *I feel that I am more confident in going into a relationship or being in a relationship (Elbert)*
- *This will help me because it taught me how to control my anger and talk the problems out (Jasper)*
- *This program will help me to open up to people about personal things (Crisp)*
- *I feel more confident about having a healthy relationship and now I know the signs of an unhealthy one (Hart)*

Figure 3. Participants’ Feelings about Themselves Now (n=1330).



Conclusion

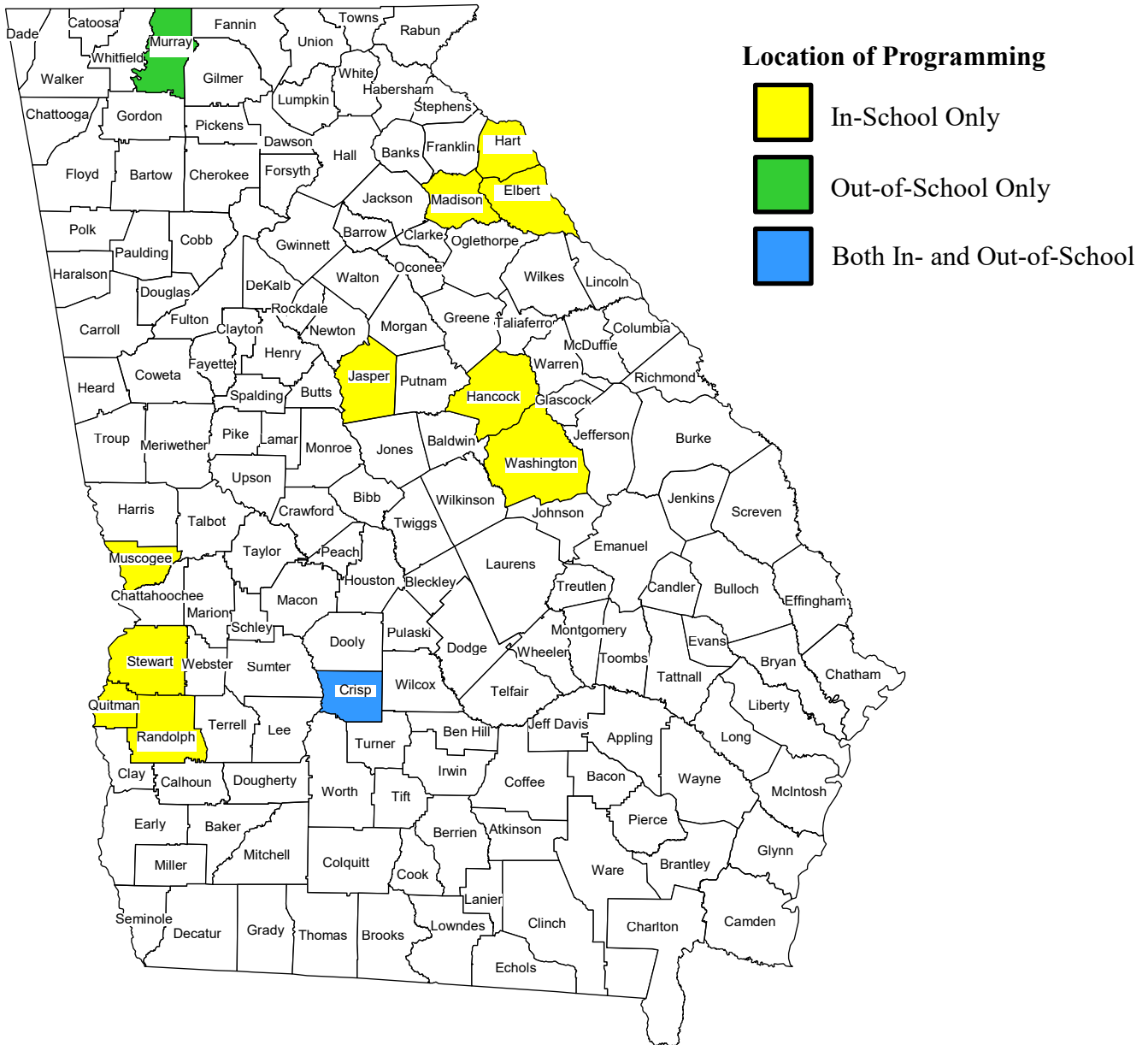
Overall, the program appears to have had a positive influence on these youths. These results suggest that, on average, program participants reported gaining awareness and understanding of what it means to have a healthy relationship and feeling more confident that they can use these skills and behaviors in their everyday lives and future relationships. Also, participants felt that the program was helpful to them and felt better about themselves after participating. More so, 62% of the respondents reported that they would refer this program to their friends.

Below are a few additional sample comments that youth shared reflecting what they liked about and benefited from the program (see **Appendix C** for additional comments):

- *The program talks about all the important things that people are going through in their life (Crisp)*
- *This program helped me learn how people should be treated (Randolph)*
- *I believe Relationship Smarts gives confused and unexperienced kids pointers on healthy relationships (Washington)*
- *I liked how the program gave me advice on relationships and how to stay safe (Hancock)*
- *Relationship Smarts is information that is good for students to know (Murray)*
- *It teaches us to be responsible and to have a brighter future (Madison)*
- *I learned what having a healthy dating relationship should consist of (Muscogee)*
- *This program helps me because it talks about being mature and how to take on responsibility (Stewart)*
- *Relationship Smarts will help make me a better person and make smarter choices (Washington)*
- *It showed me the negatives of a relationship and how I should handle certain things. I also learned and have a vision on what a healthy relationship looks like (Hart)*
- *I liked that we had a lot of real life scenarios and problems. It made me think and gave me things to watch for (Stewart)*
- *The best part of this program was that I could participate with my friends (Ware)*
- *This program gives you skills and teaches you strategies about dealing with different things like relationships and abuse (Crisp)*
- *I liked how it covered every aspect of a relationship, whether platonic or romantic, and that it was very thorough in explanation (Jasper)*
- *Relationship Smarts provides a forum of how to properly discuss issues without oppression (Muscogee)*
- *I liked how it addressed a sensitive topic in a mature way (Elbert)*
- *The best part of this program was learning not to start a relationship with sex and get to know each other before you start getting romantic and having intimacy (Hart)*
- *I liked how honest it was and how it talked about having a healthy relationship and how to communicate with others (Washington)*

Appendix A

Georgia Counties Where Relationship Smarts Plus Was Delivered (2018-2019)



Appendix B

Curriculum Content Presented and Number of Adolescents Present

N	Curriculum Lesson and Description
302	Lesson 1: “ <i>Who am I and Where am I Going?</i> ” helps adolescents get in touch with their sense of identity and possible selves. Identity formation is a central task of adolescence that influences and is influenced by experiences in romantic and other close relationships. Emphasis is placed on who the adolescent is within their family, friendship, and dating relationship contexts. The adolescents create a possible selves tree in order to visualize their future self-goals and ways to attain them.
1343	Lesson 2: “ <i>Maturity Issues and What I Value</i> ” explores the concept of maturity. It identifies four aspects of maturity—physical, emotional, mental and social—and points out how the latter three don’t happen on their own, but take conscious effort. The lesson then moves on to an activity, “a values auction,” that helps participants identify the values that are important to them.
1367	Lesson 3: “ <i>Attractions and Infatuation</i> ” begins with a “love smarts” quiz to gauge prior relationship views then moves into creating a “relationship pyramid.” This schematic approach assists teens in thinking about the building blocks of good relationships. Adolescents are helped to visualize the foundation of good relationships as well as what happens when relationships move forward too quickly and without strong foundation. In addition, the chemistry of attraction and the nature of infatuation are explored with a fun infatuation/love match activity.
234	Lesson 4: “ <i>Principles of Smart Relationships</i> ” provides practical guidance for developing positive relationships. The first part introduces seven principles for “smart relationships”. An activity in which teens identify Smart and Not-so-Smart relationship decisions provides practice for applying these insights to real world teen relationships. The lesson also helps adolescents develop a realistic concept of love through a three-sided model of chemistry, friendship, and trust/commitment.
227	Lesson 5: “ <i>Is it a Healthy Relationship?</i> ” offers concrete and practical guidance about how to tell if a relationship is healthy or unhealthy. By trying to answer three essential questions, the lesson explores what healthy and unhealthy relationships look like in the real world. A fun sculpting activity aids in visualizing the negative and positive answers to the questions. An emphasis is placed on personal care and attention to one’s personal growth in healthy relationships. In addition, youth are encouraged to remember the importance of fun in healthy relationships by making a list of activities to do with friends and partners.
1312	Lesson 6: “ <i>Decide, Don’t Slide!</i> ” begins with a “Sorting Baggage” activity in which youth reflect on behaviors and attitudes that can either help or create challenges for young people. By examining their positive and/or negative patterns, teens decide which patterns they want to carry forward or work to leave behind. Next, a key concept, “Decide, <i>Don’t Slide</i> ”, introduces a low-risk “deciding” approach to relationships. Too often young people slide into situations instead of making clear decisions with good knowledge about the person they are attracted to. Practical tips are given to help teens slow down and make clear decisions when it comes to relationships.
1360	Lesson 7: “ <i>Dating Violence and Breaking Up</i> ” starts with the topic of breaking up and how to know when it is time to break up, how to do it, and how to move forward afterwards. It then moves to the topic of dating violence by increasing teens’ awareness of what abuse looks like in a relationship. This lesson addresses the continuum of unhealthy relationships, from disrespectful behavior to the most dangerous problems of intimate partner violence. Adolescents are taught to recognize early warning signs of abuse and practice assertiveness skills to respond to disrespectful comments and behaviors.
1283	Lesson 8: “ <i>Communication and Healthy Relationships</i> ” teaches a valuable set of research-based skills to help young people communicate and manage conflict more effectively in all kinds of relationships. After becoming aware of the <i>Four Danger Signs</i> that tend to harm relationships over time, they are introduced a new set of skills to reduce and exit out of negative communication patterns. For example, the <i>Time Out Skill</i> and the <i>Speaker/Listener Technique</i> are two tools that teens are taught to practice during sensitive and conflict-ridden issues.
284	Lesson 9: “ <i>Communication Challenges and More Skills</i> ” looks at challenges to good communication and provides more skills for teens to add to their communication toolkits. Participants learn the Do’s and Don’ts for effective complaining, practice voicing complaints with a “gentle start”, and learn about the importance of daily appreciations in healthy relationships.
577	Lesson 10: “ <i>Sexual Decision-Making</i> ” encourages teens to clarify their sexual values by linking what they have learned about healthy relationships to sexual decision-making. Teens are presented with a six-part framework to define intimacy and are asked to consider a context for sex that is personally meaningful and protective to them. Youth participate in activities that examine the risks and benefits of their sexual choices and reflect on realistic scenarios after watching a short film. Teens also learn hands-on strategies for staying true to their boundaries and preventing pregnancy and STDs.
863	Lesson 11: “ <i>Unplanned Pregnancy through the Eyes of a Child</i> ” offers teens a larger context for thinking about the importance of making wise relationship and sexual choices. Participants are encouraged to step outside of themselves and look at the consequences of unplanned pregnancy <i>through the eyes of a child</i> . This lesson emphasizes the benefits that are provided to children through healthy, committed parental marriages/unions.
417	Lesson 12: “ <i>Teens, Technology, and Social Media</i> ” aims to help teens understand the impact of digital technology on relationships and social life. Teens examine the risks of engaging in sexting, cyber-bullying, harassment, etc. and are given the opportunity to develop standards and policies for their engagement with technology.

Appendix C

Overall Program Evaluation - Representative Sample of Comments

What did you like best about this program?

- I liked that we had a lot of real life scenarios and problems. It made me think and gave me things to watch for
- I enjoyed learning how to make relationships better. Really liked the games!
- I liked listening to the presentations
- That we got a chance to talk about these things that aren't usually spoken about
- I like how it showed us what to do in certain relationship situations
- I learned how to communicate effectively with people I love/care about
- It is information that is good for students to know
- I liked that it taught how to resolve conflicts in a relationship in a calm and understanding way
- When the program talked about being a good listener and letting your partner express how they truly feel
- I liked learning how to handle an argument without going overboard
- How it taught us about red flags in a relationship
- I like everything about this program. It's fun and it gives us life lessons
- I love how we all connected with the activities she had us do and we all got to know each other more and know what healthy and unhealthy relationships are
- I liked that it taught me to be careful and watch what I post on social media
- How it used real world examples
- It teaches me to be an active listener for my friends or partner
- I liked when we did the game of white and red flags, like what was bad and what was good/acceptable in a relationship
- How it taught you how to figure out if your relationship is healthy or not
- I liked learning how to talk to my partner or parents about my problems
- About how you should choose your dating life more carefully
- How it involves things that are happening in my life and helping me through them
- I like that it showed me to treat people how I want to be treated
- The program showed me things that could happen in a relationship. Showed me ways to have a healthy relationship
- I liked being able to have an open conversation and being able to write down little notes in the book
- How it was informative and telling us not to slide into relationships
- What I like best about the program is how it helps you with real life problems
- Learning not to start a relationship with sex and get to know each other before you start getting romantic and having intimacy
- Gets me out of actual school work
- I liked learning about social media
- It's very relatable and open. You can talk about real relationship problems
- I liked how they were okay talking to us like our age and not as some young, innocent children
- Learning why deciding is better than sliding
- I liked the lesson about trying to express yourself to your partner through real life instead of texting
- We can be honest about ourselves
- We learned different things about having a healthy relationship
- How to deal with a breakup
- It teaches us about a lot of things like dating and sexual violence
- I like that this program helped me on how to be in a relationship with friends
- It educated me on how to notice a toxic relationship
- I liked that we got a lot of information on how to keep us safe and keep us out of trouble
- Learning how to handle conflict in a healthy way
- I like that it is easy to understand
- Talking about stuff that parents wouldn't talk to me about
- I like the pyramid because it shows us ways to build a relationship and not to rush in a relationship
- How to have a healthy relationship/waiting to have sex and abstinence is the best choice
- The dating topics that we discussed
- What I liked about the program is that the lessons can be applied to anyone. Also, the lessons are very helpful
- I like that this program gives you good ways to handle your life when you get older
- It taught me about things I would use when it comes to a conversation and life
- That they taught me how to deal with tough situations
- The fact that it helps with a lot of situations I have been through
- How it talked about how to raise a family the right way
- They talked about how to set standards when you start to have a relationship
- About how it is better to talk to someone about problems in person
- I liked watching the videos, they really helped me
- How it tells us to take things slow in life and wait
- I like how the program was taught and how well each slide and topic was explained
- I'm not sure what I liked best about the program
- It guides you through everything calmly and slowly with just enough time to think
- It talks about the risk of having sex
- Learning about how and why to get out of a bad situation with this informational program
- That we learned about bullying and cyberbullying
- You learn new things about yourself and others
- There are many reasons and ways to maintain a healthy relationship
- I really enjoyed how we went over warning signs and the baggage activity
- You can express your feelings without being judged
- I liked how we learned to make solid relationships
- Ways to get help
- It helps motivate people to wait until you're grown and married to have a baby
- Talking about abusive relationships

What did you like least about this program?

- I didn't like the noise and corruption everyone else was causing while trying to learn something new
- I didn't really dislike much but I just wish we did a few more hands-on type activities like the triangle card game
- I don't like to admit the facts about what's really true
- The videos. They were super boring
- The group work
- Some information might be more suited to family conversations. Perhaps some advance notice of some topics would be helpful
- I didn't really like the violence towards women
- I don't like how things people do in love hurt people
- That sometimes the program will try to get in your business
- How they try to tell you what your relationship is supposed to be like
- My classmates not taking the program seriously
- I did not like having to fill out the book
- The session was too long
- That it brings back bad memories
- When we talked about things that we already knew about
- That she was not sugar coating anything
- It's not something I would like to talk about
- The class was rowdy and it was hard to pay attention
- How we talked about the same thing repeatedly
- The part when we had to read those cards about stuff like sex
- Sometimes it would hit close to home due to my past experiences, but I'm glad I got to participate in the program
- How I felt uncomfortable
- Doing the worksheets
- How they don't think about how the students feel
- I didn't like talking about breakups
- It was a little uncomfortable to keep talking about diseases and having sex
- How it was not interactive enough
- Learning about sex
- The upside down pyramid
- Talking about abuse in relationships
- I didn't like how they mentioned next to nothing about LGBTQ+, since people need to know about it
- That the topics about sex and dating sometimes made me uncomfortable
- That they didn't come every week
- I feel like this program has helped me express myself more
- Some of the material seemed overly fluffy and dramatic. You can't just count on outside people helping you all the time
- Having to just sit and listen
- I am scared of the real world
- How much it had to do with sexual relationships
- It's a lot of talking rather than actually experiencing something
- The breakup part
- I didn't like that it was very long
- Some topics annoy me
- I do not like that it had to end so soon
- It got a little boring and awkward sometimes
- The part where we had to learn about all of our responsibilities
- The program ending
- When your kids don't have a mother or father in their life
- It made me realize how bad this world is coming to
- Learning about sex and reproduction
- The program made some ways of my life harder to understand
- I knew most of it
- Bad flash backs
- There was a whole lot of information for each topic
- We talked about subjects and assumed everyone had experience in them
- It was dull and lacked fun
- The topic where we have to discuss expressing feelings with your partner
- The videos when they were bullying the other people and making people feel bad
- The way some children can turnout without a healthy family
- When I had to say stuff to the class
- Sexting
- Talking about being pregnant
- The part of children in divorce
- Make it more current
- About the sex message and pictures because nobody should send pictures of their body
- Accidental bullying
- How lengthy the program was and what we didn't get to learn about
- I didn't like the fighting videos
- It can be a little hard to listen to but I know it's important
- Talking about abusive boyfriends
- The slides and working in the book
- I just wish we did a few more hands-on type activities like the triangle card game
- People didn't cooperate with each other enough
- Some things did not make sense
- Talking about relationships
- I could relate on some negative things
- Maturity part of the program
- It wasn't the most exciting
- That your relationship won't work all the time
- I felt that it was a bit repetitive at times
- How they were talking about love
- Expressing my feelings
- The advice about your parent relationship
- The fact that it hasn't helped me
- When the teacher is boring
- People that didn't listen because all of it was very important
- That students didn't have a choice about whether or not to play the games/activities
- The cheating part
- I did not like being uncomfortable

How do you feel this program has or will help you personally?

- I am prepared to have better relationships. I also know warning signs of bad relationships
- I feel that this program will help me by teaching me how to solve more problems
- This program will help me take care of myself mentally
- It will help me when I do get in a relationship
- I feel so much more confident about my social skills and I think I will be able to have a healthy relationship in the future
- It will help me by expressing my feelings to my future boy. Also, when to leave an unhealthy relationship
- The subjects taught me how to sustain healthy friendships, dating relationships, and life tips
- I feel like I could use these tips in the future when I need to fix a relationship, have one, or even get out of situations in a peaceful manner
- Be careful in life and be sure to think about your child
- It helps me better myself while dating and become a better listener and help me with relationships with my family and friends
- I feel the same about everything
- It will help me not post anything inappropriate or mean on social media and not to start a relationship with sex
- By knowing when to leave an unhealthy relationship and how you know when you're in a bad relationship
- It will help me have a healthy relationship with my future husband, my family, child, myself, and my friends
- I will be more careful about who I have sex with in the future
- I feel that this program has helped me personally by making me understand what is happening in reality about relationships
- It tells me how to help others in a bad relationship
- It will help me to talk to my mom about my needs
- It teaches me about real world things that I can use in the future
- It helps us to get ready for the future and helps us be prepared
- I feel like it will help me personally with communicating more effectively with people I am in a relationship with
- It helps me with knowing that I need to have a healthy relationship with family
- It's helped me because I do get harassed on social media
- They have helped me realize the dangers of an abusive relationship
- I think I will be able to avoid some of the bad things that come my way
- It makes me see how I control my life
- It will help me to solve relationship problems
- It will help me personally by giving advice and knowing how to be treated
- I feel this program will help me in the future as in family and friends
- It will help me have a brighter future
- It has taught me to be more responsible and wait until marriage for sex
- It helped me make mature decisions
- This program helps me because it talks about being mature and how to take on responsibility
- I feel it has helped me express my emotions
- It hasn't. I don't feel that much different about how I feel about myself
- It will help me be a better listener
- I feel more confident about having a healthy relationship and now I know the signs of an unhealthy one
- It inspired me to open up to people that can help me
- I feel like it will help me to communicate with my husband one day so we can raise our children the correct way
- I have learned my boundaries
- It helped me to understand what a bad relationship looks like
- Learning to wait for sex
- The program taught me to always be smart
- It will help me be safe
- I feel good about this program because it helped me realize that I can be myself
- To not rush into relationships
- It helps with being more careful of what girls I hang with
- I think it would help a little bit where I am at right now and the state of mind I'm in
- It made me feel more mature
- It was helpful for me because it taught me a lot of lessons that will be useful in the future
- I will now know how to treat the person I will date
- This program is helpful to kids because it teaches lessons and talks about what will happen in the future
- Don't send nudes to people
- It helped me to speak up and be a good man
- I can now sit down and have the confidence to talk to my mama about anything even if she might be unhappy with me
- Teaching me how to deal with my parents being separated
- I think it will help me with my relationship and how I talk to people. Also, how to deal with certain situations that can be hard
- I feel like it will help me be a little more cautious with my relationships
- I think it will help me when I'm older and in high school
- I will know what to do before doing anything bad or inappropriate
- I'm not planning to date or have a boyfriend, but I guess it's helpful
- This program has helped me a little bit by how to solve conflict
- It can help so that I will know when I'm ready to have kids
- It cannot, my parents already taught me this
- It has helped me personally because it showed me right from wrong and how to be better
- This program has helped me become a better listener for my friends and family but most importantly myself
- It helps me get my life on track
- It will make me think before I take action
- My personality has increased in confidence