

Youth Feedback & Comments After 'Onipa'a Teaching

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'Onipa'a is under Ho'omalua Native Hawaiian Organization

Contact Dave Willweber @ dwillweber@gmail.com

The following responses were provided by youth who have been taught Heritage Keepers in Fall 2022. Most of the youth came from buss'd up family situations & we taught them in a secular setting. Others were church youth on Oahu & Molokai. The **bold** subheadings are categories of repeated themes and emphases in the youth responses. Most responses/emphases could have been placed within multiple categories.

"I am a person of value"

- I would recommend this program so that others know how much of a value they are and for them to not count themselves out. It made me realize that in order to give myself to someone and not feel bad about it, I have to learn, know, trust the person, and get married so I feel good about it. I liked that this program showed me that I have a lot of power that I did not know I had. -Female, 17
- This program helps us understand the reality of sex and why it's much better to have sex within lifelong, loving marriage so that it helps with a better love life. Abstinence helps us women respect our bodies. I liked everything about it. It made me think twice about my sex life & also gave me the target for sex that I want (marriage). No suggestion, ya'll did very good & I thank ya'll for that. Mahalo Uncle Dave & Auntie Maile. -Female, 17
- This class taught me knowledge about how to say no to sex to take care of my body and that loyalty is important in a relationship. -Male, 16
- I learned things I've never known which were mind blowing and mind opening. This program helped me be more aware and to respect my body. This class was outstanding and I would love to learn more. -Female, 17
- I would recommend this program bc it teaches a lot of truth about sex and the truth about what we should aim for (vision for lifelong, loving marriage), instead of lusting. This class, the vision, our bodies, really spoke to me and helped me figure out why I am the way I am. I liked being taught about lifelong, loving marriage and how the lessons pertained to self respect, self love, and woman power. Thank you for having them come and talk with us. -Female, 16

"Reinforced abstinence for lifelong, loving marriage"

- I liked that you taught about the positives of sexual abstinence. I am now going to wait bc this helped me realize I want lifelong, loving marriage which will impact my future. No suggestions. -Male, 16
- This class is going to help me in the future and beyond. It gave me a vision for lifelong, loving marriage and I took notes in the barracks for me to use these tools when I get out and for others and my future. It helped me by saving myself and my insecurities. No suggestions for improvement. -Female, 16
- This class changed my perspective of sex so that now I know that lifelong marriage is the good time to have sex and why I should choose this. It was interesting to learn the pros inside of marriage and the bad things that can happen to you outside of marriage. No suggestions, this was perfect for me. -Male, 17
- I would recommend this bc they are not really aware of the consequences of their actions and life becomes hard. I loved the emphasis on sex and humanity are about reproduction-not everything has to be sexual. I liked how sex is good bc it is a part of God's creation and yet good things can become tainted and become bad 'oni for us. Outside of marriage, sex can become dangerous-for the mother, for their bodies, and their hearts. I loved how the leaders made it clear and real on how to manage your hormones and stay as far away from the "cliff" as possible. Female, mid school
- I would recommend this teaching bc family /friends have not been taught sexual risk avoidance. I liked that this class taught me about discernment and I'm mind blown and has me really thinking about for my safety of feelings. Nothing should be changed to be honest, it is perfectly teaching the things we needed to know. -Female, 17
- This helps you learn about the importance of reproduction. This helped me consider abstinence outside of marriage bc it could lead to you breaking up and you won't be there for your baby. I liked that the teachers were serious and funny at the same time. Nothing could be improved. -Male, mid school

- I would recommend this program bc of the good advice for life, especially about marriage and relationships including lifelong, loving marriage, the fire getting out of control outside of marriage causing risks/problems. This helped me bc it convicted me to stay abstinent & faithful. The teachers were kind and informative and there was a good dynamic of working together. -Male, 18
- Lifelong, loving marriage is what I want for myself. I liked that the instructors go in depth about everything they bring up. The info helped me consider abstinence outside of marriage and what can happen if I don't. I would recommend this to friends to help them make better decisions for their future. Great program, no suggestions. - Male, 17
- I would recommend this so that peers become more aware of what healthy relationships are. The content was relatable. It taught me to realize that abstinence solves a lot of problems if people just waited. I liked the welcoming environment. Male, 17
- I liked everything about this program, really. I would recommend this bc people need it and it would be helpful. It helped me bc I want lifelong, loving marriage. -Male, 16
- I learned about the risk and affect to our future. Sexual risk avoidance is safer, I'd recommend it to friends so they can think about what they've done. -Male, 18
- This helped bc it showed me that I can have a lifelong, loving marriage if I wait. I would recommend this to my friends to make sure they have a better life. No suggestions bc the program is good. -Male, 17
- I think this program is good bc it's talking about the real deal, lifelong loving marriage. I always thought about waiting. -Male, 16
- I would recommend this to friends so they can learn the truth and not die from a crippling STD. That reason makes me consider sexual abstinence outside of marriage. I liked that this was very informational. No suggestions. Male, mid school
- I would recommend this program because it provides real world examples and resources to benefit future decisions on sex. It helped me to understand what abstinence is and how important relationships are. I liked how it was more personal and interactive. It was a safe space. No suggestions, it was very good. Female, 17
- I would recommend this program because my peers talk about rape and they all want to have sex now instead of later. I liked that everyone was nice and that it taught me to hold off on sex til I'm married. Male, 14
- This class helped me understand more about my body and how sex can affect it negatively. I'd recommend this to others bc sex can be a problem to lots of people. I liked how the instructors explained the difference between love and lust and showed the importance of long-lasting, loving relationships. -Male, 16

“Opened my eyes” (in other categories, several referred to the teaching as “mind blowing”)

- This opened my mind to things I didn't think about, the good & bad about sex; & lifelong loving marriage. -Male, 18
- I would recommend this SRA program to friends so they can know what's best for yourself & your future. This taught me to discern pros and cons which opened my eyes so I can have a better future and not just rush into these without checking if it's right or wrong. The whole program helped me better understand. -Female, 18
- I learned a lot, even though I still wanna have sex out of marriage. I liked that this program opened my eyes. Lifelong, loving marriage, benefits, disadvantages. Thank you guys (drew a heart). -Male, 17
- I liked that this opened my eyes. I would recommend this to inform my friends. STDs helps me think of cause and effect. No changes. -Male, 16

“Helped me understand so much”

- This helped me learn so much more than you think you know and comprehend better what you do know. There's so much better pros in having sex in marriage than cons of having sex before marriage. It helped me with all of my sexual desires and sexual wants which is so important for young people. Self control is so important. Thank you guys for everything. -Male, 17
- This was a great help as I would indulge from time to time, but now I know the consequences. SRA is a very good program that teaches about the negatives while bodying the positives. Kids today are misinformed, misunderstood, and misindependent. I liked how we were taught about drugs as well and that they influence sex. The program is perfect as is. -Male, 17
- It was helpful to understand desires. -Male, 16

- I would recommend this bc it's fun and they teach in such a way that is not AW-Kward. I considered abstinence outside of marriage bc I learned about the consequences of relationships & sex. I liked that the program gave me information & knowledge. -Female, mid school
- I'd recommend this program so others can learn about how sex is like fire which can lead to an out of control situation. I learned more about sex, marriage, and love. -Male, 17
- I'd recommend this so that friends would know what not to do. I learned new things. -Male, mid school
- This class has helped me grow in knowledge. I liked the conversations, the security, the privacy, and just everything in all. My suggestion: Advertise this more so that more people gain this knowledge. -Male, 16

"Sex within lifelong, loving marriage is best"

- This class is very eye opening and easy to understand. Abstinence can prevent so many bad outcomes compared to the reliable & wholesome benefits of sex within marriage. It taught me things that I had never heard before and made me fully understand the importance of it. Suggestion for improvement: Teach everyone. -Female, 16
- I would recommend this program because it makes you aware of the dangers of sex before marriage. Lifelong marriage is better than sex before. It helped me realize that being sexually pure is God's will and is something I should take action on. I liked how their was opportunity to contribute and ask questions. No suggestions to change because it covered a lot of stuff thoroughly. Male, 17
- I would recommend this bc this is something everyone should learn and know to stay safe and to avoid having sex before marriage so that you can give yourself fully to the person in a lifelong, loving marriage. I loved God's amazing design for everything and his amazing way to create life. God has a great plan. I liked everything about this program, no improvements needed. Male, mid school
- The program educates you on love, sex, and life lessons that can make you better. It helps you develop the "fireplace" of lifelong, loving marriage where sex is safe. This taught me a lot. -Male, 16
- This class helped me understand that it's better to have a healthy and stable marriage rather than jumping into sex so fast. It was fun and interesting to learn about. -Female, 19
- I remember that inside the box of lifelong, loving marriage is to have sexual pleasure and bonding hormones. Having emotional, spiritual, and social bonds can help build the relationship. Outside the box are STDs. This class helped me to love my woman and have affection to make a long-term commitment in a relationship. I think young people like me are selfish bc they just want to have it all, including pursuing a body instead of love. I like the freedom of choices in your life bc it will pursue the other person. -Male, 16

"I see the danger of sex outside of lifelong marriage"

- I would recommend this program to friends bc even if they might treat this as a joke, they need to know the risk of sex and more. I learned that porn is a bad habit that I should get rid of; and I should pay attention to how the other person feels bc it's not always about ME!! :(but WE!!:) This program made me think about whether I really love that person and the risks of sex. The teachers are awesome. -Male, 17
- Abstinence outside of marriage is a good thing bc sex outside marriage can be dangerous. Sex could be for lust or just for fun which isn't good. I like how the leaders didn't make the conversation very specific. Female, mid school
- I liked that they taught me about disease that I could get from having sex and now I can prevent it from happening. I would not recommend to my friends bc they won't listen. -Male, 16
- I would recommend this to my friends bc it is very informational & is useful for the future. This made me consider abstinence outside of marriage bc it can be dangerous for the mother and scary to be left alone to care for the baby. I liked it that the presenters made it easy for us to understand and having doughnuts. No need to make this mo-bettah. Female, mid school
- This helped me bc I don't want to get STDs. I want to stay clean. I liked that the teachers taught me how to stay safe, they did a good job. -Male, 16
- I would recommend this program bc some people need to learn to abstain since teens don't know how to use other methods correctly and could get STIs. -Male, 16

“Better than school sex ed”

- I liked that this taught me more than the public schools. It taught the rights and wrongs about sex and that marriage is healthy. -Male, 17
- This program helped open my eyes to not have sex before marriage bc of all the pros within lifelong, loving marriage and the many consequences outside of it. It taught me a lot more than my schools ever taught me, like real life kind stuffs. Keep it up! Thank you guys so much! -Male, 16
- I liked how this was more informational than regular school. I don't want a one night stand, I want Mo Betta. I would recommend this to friends bc it's informational and mo betta. No changes, it's an amazing program, we all win. -Male, 17
- This class is very eye opening and easy to understand. Abstinence can prevent so many bad outcomes compared to the reliable & wholesome benefits of sex within marriage. It taught me things that I had never heard before and made me fully understand the importance of it. Suggestion for improvement: Teach everyone. -Female, 16

“Gets me thinking about my life & my future”

- This class I recommend to all challenged youth to help them learn important life lessons like what makes for a healthy relationship, the consequences of sex and things to do to make your life better. This class makes your life better. It helped me to understand what and why I do things and it will help me achieve and thrive in this journey of life. No suggestions, this program is very good for young people to help them in life. -Male, 16
- I would recommend this to friends so they can have a happy life. This program helped me think about how I would talk to my future kids about my sex life and theirs. What I liked about the program was Aunt Maile & Uncle Dave!! And learning new things! My suggestion: have this program more than once a week!! -Male, 17
- I would recommend this to my friends bc it is really good for you, your body, and your future. Keep doing what you are doing. -Male, 16
- This class is like a mentorship where I learned lessons on marriage, sexual well-being, and self-awareness. It made me think about how I should choose my choices wisely. I liked everything and enjoyed the program. -Male, 18
- I would recommend this bc there are people out there that need to know the risks. The teaching will help my relationship in the future because it helped me understand so much. -Female, 18
- I would recommend this to friends so they can start thinking about the future. -Male, 17
- Getting married is a strong relationship. Watch who you have sex with. -Male, 17

“Taught me about healthy relationships”

- It taught about adult type stuff like being in a healthy relationship and having a healthy sex life. -Male, 17
- Thank you for your time, advice, and guidance in relationships. -Male, 16
- I liked everything, it helped me know what to look for. -Male, 16
- This showed me the importance of having sex and the dangers of it. This taught that love is better than lust and what to avoid in a relationship. You guys did great, I understood everything. -Male, 17

Additional responses that did not fit “neatly” into the categories yet were noteworthy:

High school-Males

- I would recommend this sexual risk avoidance program to friends bc it covers everything that the Bible said. No suggestions, this was perfect. -Male, 16
- I would recommend this program because it is important to know this information. I liked how it was taught, how it was fun, and how you brought God into it. Male, middle school

FOR MORE INFO, CONTACT...

Dave Willweber

dwillweber@gmail.com