

The topics discussed were very real and not easy to hear but it's very important awareness is spread and I think this was an amazing workshop.

I loved the workshop! The speakers were so intentional with their words and so authentic in sharing their stories. They really engaged the crowd and definitely made the workshop worthwhile. I can tell the facilitators truly care about helping our youth make informed decisions.

I learned about signs of a positive and negative relationship. Some things I thought were negative are actually positive boundaries, rather than deal breakers for you and your partner. I really liked how the instructors provided their personal stories, that way we could connect more with them and the information felt like a real story rather than a lecture.

I loved how we were able to talk thru the relationship and decide if they were toxic or not. The paper with the red and green color wheel was very helpful bc no there is a visual of what to look for and how to know if you need to leave or not.



This workshop really opened my eyes to situations i have been in in the past. I want to take the experiences I learned from this workshop and apply them in the future. Even though I was quiet and shy during the workshop, I really did learn a lot. Thank you.