



# shift

sexual  
health &  
intimacy  
for teens

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## Anonymous Student endorsements 2017-2019

(In their own words)

“I now know I can say no.”

-Student, Rick Hansen Secondary

“They both were very understanding, and seemed easy to talk to, also very convincing so I know I’d definitely go to Hope for women if I ever needed help.”

-Student, Walnut Grove Secondary

“It opened my eyes to things I didn’t know and it was presented well.”

-Student, Abbotsford Senior Secondary School

“The presenter was absolutely amazing and I believe that she is the best speaker we’ve ever had in this class. Her kind and confident voice really got me to pay attention throughout even though I thought I was going to zone out.”

-Student, Rick Hansen Secondary

“The speaker did a great job connecting with us sharing her personal experience as well as the presentation being very informative.”

-Student, Walnut Grove Secondary

“I normally don’t like presenters, but they made it fun and entertaining to listen.”

-Student, Langley Secondary School

“The girl was very interesting and I felt compelled to listen.”

-Student, Walnut Grove Secondary

“The most interesting part was when she explained that none of the three options [Parenting, adoption, abortion] to be a quick fix.”

-Student, Mission Secondary School

“The presenter was very passionate about the topic; It was funny and relatable; I learned a lot and it made me emotional; I learned things that school doesn’t even teach.”

-Student, Yale Secondary

“I’ve been considering meaningless sex a lot lately but my only confliction are my values. This really helped me understand the value of sex and my body.”

-Student, Walnut Grove Secondary

“She made us all feel very comfortable with ourselves and was easy to talk with because of similarities in age.”

-Student, Sardis Secondary School

“I understood everything you both said and I felt that if I had a problem I could come to you.”

-Student, Walnut Grove Secondary

“It was comfortable, not judgemental and informative.”

-Student, Sardis Secondary School

“It was very informational because we learned lots about STIs and many other things about sex and pregnancy.”

-Student, Abbotsford Traditional Secondary School

“Really good, really confident! Explained everything clearly and thoroughly. Gave excellent examples on what we are actually worth.”

-Student, Sardis Secondary School

“Non-judgemental.”

-Student, Aldergrove Community Secondary School

“She seemed very comfortable and confident, didn’t make it awkward or uncomfortable and added some humour in some cases, which made it more interesting. Everything was well explained.”

-Student, Sardis Secondary School

“I liked talking about the not so good relationships because I went through something similar.”

-Student, Langley Secondary School

“She was very kind and expressed to us that she genuinely cared.”

-Student, Sardis Secondary School

“Very, very interesting facts, giving details on ones I know and ones I had no clue about. Solid presentation, I would listen again.”

-Student, Mission Secondary School

“Everything was the most interesting to me. The speakers gave a wonderful presentation with many facts.”

-Student, Sardis Secondary School

“It was funny and relatable.”

-Student, Yale Secondary

“It was very interesting and I thought I knew everything about sex but I learned way more from this presentation.”

-Student, Abbotsford Traditional Secondary School

“I learned things that school doesn’t even teach.”

-Student, Yale Secondary

“Great volume, passion and enthusiasm.”

-Student, Mouat Secondary School

“Talk more about this to other schools!”

-Student, Abbotsford Senior Secondary School

“They did not make it feel awkward.”

-Student, Robert Bateman Secondary School

“The most interesting part was when [the speaker] talked about relationships and respecting

yourself.”

-Student, Abbotsford Senior Secondary School

“I felt it was helpful. I learned a lot of new facts that could be useful in my future.”

-Student, Robert Bateman Secondary School

“They were very blunt, which is good. We need to hear it without getting talked to like we are kids.”

-Student, Yale Secondary School

“They are energetic, knowledgeable, and relatable.”

-Student, Robert Bateman Secondary School

“Great presentation!”

-Student, Abbotsford Senior Secondary School

“They talked unbiasedly and didn’t judge or disapprove some topics and also shared personal stories. They also presented info that was relevant.”

-Student, Abbotsford Traditional Secondary School

“I was most interested in finding out that there are so many ways to get STDs.”

-Student, Abbotsford Senior Secondary School

“I was expecting a very plain boring presentation, but it was not like that at all. I had personal experiences with certain parts of the presentations so I felt more drawn in to it.”

-Student, Langley Secondary School

“The emotion expressed was real and raw, and the speakers showed that they care about how we feel, and the decisions we make can emotionally impact us.”

-Student, Mouat Secondary School

“The presentation was very engaging.”

-Student, Chilliwack Secondary School

“Thank you so much you completely changed my perspective on a lot of things and I appreciate that. So thank you.”

-Student, Mouat Secondary School

“She gave good advice about sex and how to avoid pregnancy.”

-Student, Robert Bateman Secondary School

“I enjoyed it because the speakers have had their own share of problems with pregnancy and they actually understand what people are going through.”

-Student, Mouat Secondary School

“Exceptional. Good speech and serious along with happy expressions.”

-Student, Chilliwack Secondary School

“Overall a great presentation! Wish it could be longer.”

-Student, Robert Bateman Secondary School

“The speakers were very open, not shy, welcoming. I felt comfortable.”

-Student, Chilliwack Secondary School

“The speakers knew what they were talking about and it was serious and light at the same time.”

-Student, Robert Bateman Secondary School

“The most interesting part was when the speaker really talked about love and how important, normal, and healthy it was. It’s a human need.”

-Student, Chilliwack Secondary School

“I really enjoyed how real you were. You didn’t talk to us like little kids. The speakers were very interactive and made the presentation very interesting. I liked how you sang and made it

relatable!”

-Student, Chilliwack Secondary School