



CITY-AS-SCHOOL

Fred Koury Campus

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To whom it may concern:

I strongly recommend the Healthy Relationships 101 program. I first met Michael Jasz at a presentation he gave to our parents' association in December 2012. His work and the communication skills he imparts provide a common language that help young people to develop important skills. They learn to be more effective in communicating and building positive relationships. They begin to identify and critique the many ways that violence is depicted as an acceptable norm in contemporary culture. (For example, in gender roles, in texting, in racial stereotyping, etc.) The Healthy Relationships 101 program uses a non-judgmental approach and establishes a highly effective terminology. I have seen the results firsthand: students who are under high stress find productive ways to handle life's challenges. They learn to articulate their feelings and needs in a way that fosters respect for all. My staff found the training to be helpful in providing an effective way to build positive relationships with our students, parents, and each other.

Incorporating media and creative pedagogical methods, the Healthy Relationships 101 program had a significant impact on our students. They learned to articulate their needs and feelings, without blaming others. The program not only encourages critical thinking, but enables students to feel safe and confident in their self-expression. One incident in particular impressed me during a class when a student took an opposing point of view to one of the communication skills. Michael's patient response allowed the student to self-reflect and consider other perspectives.

Once again, I highly recommend this program for implementing the development of social and emotional learning for students. Please feel free to contact me you have any questions about the program

Sincerely,

Isabella Mackie

Assistant Principal

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