

# The Relationship Foundation Student Testimonials

## Health Professions High School Evaluations

In evaluation feedback, the majority of the students at this school found the Nonviolent Communication work to be a valuable interpersonal resource.

*“I’ve found the needs and feelings chart pretty handy, and it has improved my grammar and vocabulary. It has opened up a new way of looking and dealing with things.”*

Sylvain M, Student, Health Professions High School

*“This is the type of class we need to put in high schools because it improves our everyday lives and futures... I’ve learned to be more patient with family and friends.”*

Elizabeth B Student, Health Professions High School

*“This opportunity is not like any other. This class has given us another chance on our relationships.”*

Paula A, Student, Health Professions High School

*“I’m already at a point where I’m dating, so the information I’m gaining from the course is helping me for when I have a relationship in the future. I can look back on this and have knowledge of how to have a healthy relationship.”*

Sharlean D Student, Health Professions High School

*“It’s helped me understand how to communicate without judging or evaluating. It’s helped me understand people’s needs and values.”*

Cassandra F, Student, Health Professions High School

*“It has helped me to understand my friends and family when they are having problems. Now I try to relate and communicate with them in a more caring way... The ability to understand and learn the different types of feelings made me stronger and better at the different types of relationships.”*

Teofilo C, Student, Health Professions High School

*“I have found studying about feelings and needs to be beneficial because it shows me how to speak to my partner better... It teaches me to look for early warning signs ... before I get attached”*

Ori J, Student, Health Professions High School

*“I usually show less empathy and I’ll be the interesting one, but now I’ve learned to be interested and show more empathy.”*

Ying M, Student, Health Professions High School

*“I can communicate more with my mom...without getting frustrated.”*

Christina W, Student, Health Professions High School

*“The needs and feelings showed me how someone really feels instead of just ok or good. The way to find red flags in certain people...interested vs interesting fulfilled verse unfulfilled.”*

Karen D, Student, Health Professions High School

*“The key component of a healthy relationship is communication, and this course teaches me how to communicate whether it be a romantic relationship or a friendship.”*

Cyanasiia W, Student, Health Professions High School

*“I stay more calm, and I’m becoming more understanding.”*

Hassami R Student, Health Professions High School