



“Healthy Foundations for Future Families”

Student Evaluations

Millbrook High School in Raleigh, NC – A public high school

December 17 – December 20, 2019

Instruction: ETP conducted 8 presentations, with 35-40 students per class. Instruction time: 3 hours.
 Program conducted in classrooms. Host teachers: Coach D., Coach Saby

This report summarizes the survey data from 247 students and provides highlights of their comments.

As a result of the course, I think I will be better able to

	Disagree	No Effect	Agree
Wait to conceive a child until I'm ready for this responsibility	<1%	6%	94%
Consider a partner's ability to be a good parent, before we conceive a child	0%	3%	97%
Provide for, protect, and nurture my child	0%	2%	98%
Avoid or address major threats to healthy parenting (poverty, mental health, substance abuse)	0%	2%	98%
Enable my child to fulfill his potential and his dreams	0%	2%	98%

Student Comments (highlights)

What I **liked** about the course

- “I liked how I got to prepare myself for my life in the future” Male (14)
- “It gave me more insight on my future and I got answers to things I couldn't just ask anyone” Female (14)
- “They taught me a lot of stuff about babies that I didn't know” (Teen)
- “I liked how educational and eye-opening it was” Male (15)
- “I liked how there were different activities to help plan our life to nurture a child” Female (15)
- “It taught positive solutions” Female (16)
- “I liked learning about how to have a healthy life, relationship and family” Male (15)
- “I liked how they gave a lot of other examples of how to discipline your child instead of violence” Female (15)
- “Engaging and to the point” Male (15)
- “It was entertaining and had a balance of visual, hearing and doing” Female (15)
- “It informed me of real-world things that I will use in my life” Female (14)

What I **learned** from the course ...

- “I learned how important it is to plan out our life before having a child” Female (14)
- “Starting a family is a lot of time, care and money” Male (14)
- “I learned how to soothe a baby without hitting/shaking him/her” Female (14)
- “Don't take out your anger at a child, instead work to meet your children's needs and wants” Male (15)
- “I learned how to find a good partner for a family and have a healthy family” Female (14)
- “I learned children are an all-day 24/7 thing” (Teen)
- “I learned how to be a responsible parent” Male (15)
- “I learned how to parent a child (provide, protect, nurture)” Female (14)
- “You must be fully prepared to have a child to ensure the child will be in a good environment” (Teen)

- “Learned the long-term effects of harming children” Female (14)
- “I learned there is not only one way to handle things” Male (14)
- “I learned about how I need to manage myself and not the child when dealing with difficulties” Female (14)
- “I learned how to take care of a baby better than I knew how before” Male (15)
- “I learned about child abuse and how to avoid it” Female (15)
- “I learned how to calm a baby and a child without violence” Male (14)
- “I learned how to make a successful family and help your kids fulfill their full potential” Female (15)
- “I learned statistics, financial skills, parenting skills” (Teen)
- “I learned how to protect and love my future child” Female (14)

What I **will do differently** after taking the course...

- “I will not get angry at my baby sister for crying and will practice the 5 S technique” Male (15)
- “I will start planning my future and make sure I'm ready before I have a kid” Female (14)
- “I will consider the consequences of actions, and how they will affect my future” Female (14)
- “Focus on myself and wait for a relationship” Male (15)
- “Consider my partner's capabilities and abilities” Female (15)
- “I will think before I act when disciplining my future child” (Teen)
- “I will not shake a child” Male (14)
- “I have new methods to calm siblings, cousins and people I'm babysitting” Female (14)
- “I will take care of kids better and try to be safer around children” Male (15)
- “I will thank my parents for what they do” Female (14)
- “I will try to be more vigilant and watchful with how I behave and help kids” Female (14)
- “Be less aggressive with my baby (when I have one)” Male (14)
- “When I see a kid being mistreated, I will help” Female (15)

The topics I **want to learn more** about ...

- “I want to learn more about how to recognize that someone is mistreating a child” Female (15)
- “More ways for the child to listen without yelling” Male (14)
- “How to get good paying jobs for my future” (Teen)
- “I want to learn how to make a baby stop crying because I am not prepared for that” Male (15)
- “Best ways to support children's mental health” (Teen)

Would you recommend this course for other students?

Yes – 82% Probably – 17% No - 1%

Why would you recommend it?

- “It teaches a lot of things we need to know before we become parents” Female (14)
- “Informs them of how big of a responsibility it is to have kids” (Teen)
- “It's a great way for teens to learn about things before making decisions” (Teen)
- “It had a lot of very important information for life” Male (15)
- “Because it helps set your adult life up for success” Male (14)
- “Teens need to learn at a young age in order to make responsible choices” Female (15)
- “It helped me obtain more knowledge about parenting. This shows me how serious it is.” Female (14)
- “It's important for teens to know this sooner than later” Male (15)
- “I don't want a child to suffer cause of their parent not being prepared” Male (15)
- “I want kids, but I didn't think or know a lot of this” (Teen)
- “This is a great way to spark a teen's future” Male (14)
- “It provides valuable techniques and information about children necessary in life” Female (14)
- “It teaches you what you need to do to be a great parent in the future” Male (14)
- “It's so important to our lives and our future children's lives that we are prepared” Female (15)