Project STARS

9-Month Reunion

“Reunited and it Feels so Good”
<table>
<thead>
<tr>
<th>Activity</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Icebreaker: What am I?</td>
<td>10 min</td>
</tr>
<tr>
<td>Motto Review</td>
<td>5 min</td>
</tr>
<tr>
<td>Sista to Sista</td>
<td>20 min</td>
</tr>
<tr>
<td>Turn Back the Hands of time</td>
<td>20 min</td>
</tr>
<tr>
<td>Show and Tell</td>
<td>25 min</td>
</tr>
<tr>
<td>Build your own partner</td>
<td>15 min</td>
</tr>
<tr>
<td>The STARS Hot Spot and Grille</td>
<td>15 min</td>
</tr>
<tr>
<td>STARS Def Poetry Jam</td>
<td>30 min</td>
</tr>
<tr>
<td>Shining STARS</td>
<td>20 min</td>
</tr>
<tr>
<td>Bringing STARS Home</td>
<td>20 min</td>
</tr>
<tr>
<td>Evaluation</td>
<td>10 min</td>
</tr>
</tbody>
</table>

**Total Time: 3 hours**
What am I?

Purpose:
Icebreaker: Get participants reacquainted with each other

Time:
10 min.

Materials:
What am I descriptions

Ice breaker
Welcome back ladies! We want to test your knowledge of some items that can be used to implement your AMOUR action plan. I will read off descriptions of items, and I want you to guess what the item is. We will break up into teams of two and you’ll have 30 seconds to give me an answer. Please do not give your answer until the entire description is read. If you miss it, the other team has 10 seconds to guess what it is. The team with the most points wins.

Descriptions of Items:

Health Educator:
I can be a little greasy to the touch, sometimes I can give off an odor, or I can be a little dry. I can look or feel different ways depending on what type of me that you get. I love to shield people from various dangerous agents. I am relatively inexpensive, but the protection I can offer you is priceless. What am I?

Answer: male condom

Health Educator:
I am odorless, greasy and slippery to the touch. People use me for all kinds of things, from every age you can think of. I am relatively good, but when people use me to make themselves more slick, I can become a bad agent. When things explode watch out! What am I?

Answer: vaseline
Health Educator:
Ring Ring! Ring Ring! That's all anyone cares about when they think of me! What about how warm I can get when I am touched! What about the way I help guide things because I'm so much bigger than that other guy. And speaking of men, who needs them to handle me? I can handle myself all on my own! Who am I?

Answer: female condom

Health Educator:
Can you hear that? What's that buzzing sound? Oh wait a minute, that's me. A lot of people try to act like I don't exist, but I do exist! I do! There are so many different kinds of me, I don't have the time to go into it! I don't know a lot of things, but I DO know that I can hit that spot! What am I?

Answer: vibrator

Health Educator:
When you make kool-aid what do you need? The kool-aid, sugar and water. When you make lemonade what do you need? Lemons, sugar and water. What is recommended that you have 8 glasses a day of? Water! Water is very important for my existence, and my ability to get my job done. It's not just about being able to slip and slide with me, it's the water that is most important. What am I?

Answer: water-based lubricant

Health Educator
Thank you ladies! I see everyone is up on their safer sex items they can use with their AMOUR options!
Motto Review

**Purpose:**
Reintroduce STARS motto to participants

**Materials:**
Motto Poster
Guidelines

**Time**
10 min.

**Health Educator:**
Ladies, I just wanted to remind everyone what STARS is about, and to have us go over the STARS motto!

- HE go over the STARS motto

We also wanted to remind everyone of the guidelines we set up when we first met. *(HE go over Guidelines poster).*

Thanks ladies for your cooperation! I know we will have a good time today!
Sista to Sista

**Purpose:**
Have STARS women send healthy sex messages to younger STARS

**Materials:**
Handout 1:
STARS Words of Encouragement

**Time:**
20 min.

**HE Note:**
collect this handout and submit to Lead Health Educator

**Health Educator:**
Ladies we need your help! We are developing a new STARS program for younger African American women. This program will get started in about 6 months at Planned Parenthood. The aim of this program is to reduce the risk of HIV for teens in Atlanta. We would like them to hear from you, since you would be their big STARS sista! We would like to be able to connect you with them. I am passing around a STARS Encouragement sheet. In the heart, I want you to write a few sentences or words that might empower and motivate them to seek healthy partners, use condoms and get tested for STDs. You encouraging words might be something you learned in STARS or your own personal experience. You can add your personal touch by signing your initials or first name (just not your last!) by the words. Thank you for your STARS advice!
From one STAR to another....
Turn Back the Hands of Time

**Health Educator:**
We are now going to spend some time talking about relationships and different factors that can influence our decision to engage in safe sex. Understanding how people, places, feelings, and substances affect the choices we make in sexual situations is important in reducing our risk for getting HIV and other STDs.

We are now going to turn back the hands of time. I want you to spend a little time thinking about the very last time you had unprotected sex. I want you to think about what led up to unsafe sex. Think about the person you were with, your mood and feelings, if there were drugs or alcohol around, different factors we have discussed in STARS.

Is anyone willing to share their experience?

- **If no one is willing to share, the HE should have an example available (ie. a friend of mine)**

- **Questions on Flip Chart to ask participants:**
  - Where were you?
  - What were you thinking and feeling?
  - Were you and your partner drinking or doing drugs?
  - Did you or your partner have a condom on you?
  - What do you think stopped you from using protection?
  - If you had to do it all over again, what AMOUR option(s) would you have used to engage in safer sex?
Health Educator:
Do any of you think that if you were in that situation again you would engage in safer sex?

❖ Allow participants time to answer

Thank you very much for sharing ladies. As we have talked about before, the situation that you are in, who you are with, and how you are feeling can influence your decision to practice safer sex. It’s important to realize this if you intend to practice safer sex so you can be prepared.
Show and Tell

**Purpose:**
Have participants demonstrate safer sex techniques

**Materials:**
- Show & Tell Bag
- Show & Tell Strips

**Time:**
20 min.

**Health Educator:**
Let’s refresh ourselves on some of our safer sex skills so we can be equipped next time we enter a sexual situation.

Do you remember when you were in elementary school and did show and tell? Well now we are going to have show and tell STARS style!

We have a Show and Tell bag that has different activities we have learned for everyone to show the group!

We will break up into teams and have one person from each team come up and pick from the bag then show the group! If they demonstrate correctly they get a point, if not, you don’t get a point, and a member from the next team has a chance of getting the point and demonstrating correctly. The team with the most points wins!

Items in Show and Tell Bag:

- Putting on a male condom
- Putting on a male condom with a blindfold
- Putting on a male condom with your mouth
- Putting on a female condom
- Putting on a male condom using lubricant
- Make a dental dam out of a condom
- How to use a vibrator
- Techniques that can stimulate a male partner
- Techniques that can stimulate a female
- Use assertive communication to tell a male partner you want to use condoms
Build your own Partner

**Purpose:**
To have participants identify what characteristics they do and don’t want in a partner.

**Time:**
15 minutes

**Materials:**
Handout 2: Build Your Own Partner
Pen/pencil

**Health Educator:**
Now that we have our skills down, let’s talk a little more about the kind of partner you might want to share these skills with. Now we are going to focus on what you want out of a relationship. How many of you remember Mr. Potato Head? For those of you who don’t, it’s a toy with removable parts, so you can make Mr. Potato Head look however you want him to, by adding a different hat, glasses, mouth, arms, and shoes. Well, today we want you to stretch your imaginations and pretend that your ideal partner is just like Mr. Potato Head, so you can “assemble” him by adding the characteristics/personality traits that you think are most important for your partner to have in a healthy relationship.

**Health Educator:** Everyone please turn to handout 2 and check out the picture of Mr. Potato Head. We’re going to use this sheet to fill out the six most important qualities or characteristics of your ideal partner that you feel are necessary to maintain a healthy relationship.

Take a couple of minutes to think about what characteristics/personality traits are most important to you in a man. Think about the qualities that you can and can’t live without if Mr. Potato Head was your ideal man, the one you want to spend the rest of your life with. How would you describe his qualities, personality traits, or characteristics? Next, take those ideas and prioritize them from most to least important and fill out the blanks on the handout.

(allow participants time to fill out handout)
Health Educator:
Let’s go around the room and have everyone share what they think are their two most important characteristic requirements for your ideal partner. Please tell the group what your ideal partner’s characteristics or qualities are, and why they are important to you in a healthy relationship.

Has anyone heard the quote by Malcolm X stating, “A man [or woman] who stands for nothing will fall for anything”? Ladies, setting your boundaries and knowing what you do and do not want before you go into a dating situation is extremely helpful when trying to build healthy relationships. Plus, it will help you to feel better about yourself, reach your personal goals, and avoid a lot of unnecessary drama while dating and looking for that special someone. Ladies, even if you are already in a relationship, thinking about what you want in your ideal partner will help you to evaluate the situation you are in right now. Then you can decide for yourself whether you are in a healthy relationship that you want to stay in or get out of, because every healthy relationship you find may not really be the right match for you or your partner. Sometimes you may find yourself in a healthy relationship that simply doesn’t hold your attention for very long. So based on the characteristics and qualities you decide you want to look for in a man, you can determine what you will and will not tolerate.
Handout 2

**Build Your Own Partner**

Assembled on Mr. Potato Head are basic functioning body parts
Have each body part represent a quality or characteristic in a partner that you have to have in order to build a healthy relationship

Characteristics you can’t build a healthy relationship without

- ARMS ______________________
- NOSE ______________________
- MOUTH _____________________
- EARS ______________________
- EYES ______________________
- LEGS ______________________

Prioritize at least 2 qualities/characteristics that you **MUST** have and stick to your standards so you can build that healthy relationship!
THE STARS Hot Spot Bar and Grille

**Purpose:**
Introduce to participants creative means of safer sex

**Materials:**
- Handout 3: STARS Hot Spot Menu

**Time:**
15 min.

---

**Health Educator:**
STARS sisters we wanted to wrap up our relationship discussion by introducing you to our new restaurant the STARS Hot Spot Bar and Grille!

- **Pass out menu to participants**

**Health Educator:**
Welcome to the STARS Hot Spot Bar and Grille, we would like to introduce to you our menu of sexual enjoyment made to order safe and healthy.

This menu will give you ideas of how to remain safe and yet have variety in your sex life. All prices on the menu indicate the level of risk for that activity. For example, for an appetizer reciting a love poem is $0 because there is no risk of exchanging bodily fluids. However, if you move over to the Main Course, intercourse with a male condom costs more because there is more of a risk of bodily fluids to be exchanged.

Everything on the menu covers all of our AMOUR options that we discussed.

**Health Educator:**
How can we creatively and assertively present this menu to our sexual partner?

- **Allow participants time to respond**
  (taking partners order/acting as a waitress/asking them to pick their menu items)

This menu is also a good way to use assertive communication and you and your partner order items from the menu, discuss what you want and enjoy.

- **HEs do an example of ordering and communicating menu options**
You and your partner might come up with other menu items you want to try and even expand your menu! We want you to be able to be creative, spontaneous and fun engaging in safer sex in order to reduce your risk of HIV and other STDs.

Bon Appetite!
This exclusive location, nestled in the heart of Atlanta—better known as Hotlanta—is brought to you by the illustrious Project STARS, Sistas Talking About Real Solutions.

Come join us for an exciting experience as you explore the world of safer sex with your partner.

What's your pleasure...
Where's your spot...

The STARS HotSpot Bar and Grille

WE ACCEPT ALL MAJOR CREDIT CARDS
OPN MINDS, CREATIVITY AND SPONTANEITY APLUS
**Foot and Back Massage** 0.00
**Play with Partner’s Hair** 0.00
**Tickle Your Partner** 0.00
**Cuddle** 0.00
**Sing a Love Song** 0.00
**Take a Romantic Walk** 0.00
**Recite a Love Poem** 0.00
**Play/Listen to Sexy Music** 0.00

---

**Foot and Back Massage (no clothes)**
Break out the water soluble lotions and body butter! 2.00

**Mutual Masturbation**
You can simultaneously bring each other to orgasm 2.00

**Self Masturbation**
Bring yourself to orgasm while your partner watches 0.00

**Intercourse with a Male Condom**
You know what to do, you know what you like...remembering OPRAl is essential! 2.00–5.00

**Oral Pleasures**
Use a flavored male condom/dental dam—bring each other to orgasm with your mouth 2.00

**Tongue Action**
Trace partner’s body with tongue, lick their HOT spots 0.00–5.00

**Intercourse with a Female Condom**
You know what to do, you know what you like... 2.00–5.00

---

**STARS Specials**
Break out the goodie bag and try some new “toys” to please yourself and your partner...remember to go at your own pace and only do what is comfortable for you!

**Feathery Delight, Love Cuffs & Other Stuff**
Use feathers or fuzzy clothing to tickle your fancy while you tease your partner

**Feel the Vibe**
Use a vibrator or a bullet to stimulate you and your partner

**Taste Test**
Try using flavored lubricants/ powders or body butters that are edible and water soluble to spice things up

**Practice Makes Perfect**
Communicate/practice with your partner foreplay and masturbation techniques that really get you HOT—this requires assertive communication!

**Dirty Dice, and More**
Explore different fun things with your partner—i f you’re comfortable, go to the sex shop together and pick a new toy

---

**Dessert**
Hmmm...feel free to use your imagination here!

**Round Two**
A second helping of anything on the menu...yum yum! 0.00–5.00

**Shower with Your Partner**
Use some fragrant body gels and have fun playing in the water 0.00–5.00

**Share a Fantasy**
Tell partner about a fantasy...then you can act it out if you like 0.00–5.00

**Try a New Position**
Broaden horizons—have intercourse in a different location or position 2.00–5.00

**Long Kiss Goodnight**
A long, sensual, romantic kiss can do a lot...(na-mean?!) 0.00

**Take a Nap**
Tired yourselves out? Go to sleep. 0.00

---

**Middle Course/Intermezzo**
Foreplay is always a great way to get things going!

**Watch a Sexy Video/Read Erotica With Partner**
This can be very tantalizing 0.00

**Full Body Massage by Candlelight (clothes on)**
This is relaxing, but it tease the senses 0.00

**“Strip Tease” Performance**
Do it STARS style...need we say more! 0.00

**Butterfly Kisses**
Softly kiss partner’s sensitive areas (with clothes still on) 0.00

**Undress Each Other**
Nice and slow...and sexy 0.00

---

**Main Course/Entrée**
Now it’s time to get down to business...take the clothes off...uh oh it’s getting HOT! Items in red require proper use of “condom-ments”

**Full Body Massage (no clothes)**
Break out the water soluble lotions and body butter! 2.00

**Mutual Masturbation**
You can simultaneously bring each other to orgasm 2.00

**Self Masturbation**
Bring yourself to orgasm while your partner watches 0.00

**Intercourse with a Male Condom**
You know what to do, you know what you like...remembering OPRAl is essential! 2.00–5.00

**Oral Pleasures**
Use a flavored male condom/dental dam—bring each other to orgasm with your mouth 2.00

**Tongue Action**
Trace partner’s body with tongue, lick their HOT spots 0.00–5.00

**Intercourse with a Female Condom**
You know what to do, you know what you like... 2.00–5.00

---

**On the Go**
In a hurry? Just gotta have it? If you know your HOT spots, this is fast and easy...Sounds

**Lunch Special**
Meet your partner somewhere for lunch and do anything on the menu 0.00–5.00

**Sleeping Beauties**
If you have kids, you know the art of being QUIET and QUICK when necessary—do anything on the menu 0.00–5.00

**Foreplay Fun**
Build up anticipation with your partner using flirtation, notes, phone calls, etc before a special evening 0.00
**Purpose:**
Have participants perform healthy sexual relationships through a poem, skit or song

**Materials:**
None

**Time:**
30-40 min.

---

**Health Educator:**

HE Note: Be extra excited and lively during these activities, participants may be reluctant to participate. Walk around the room with each group, possible give ideas.

Ok ladies! Russell Simmons is looking for new performances for his Def Poetry Jam. He called STARS because he’s looking for poems, songs, skits or activities that focus on having a healthy sexual relationship!

Now is your time to show us what you are made of! What we’re going to have you do is form into your own groups, and each group develop their own poem, song, skit or activity to perform or show us that focus on healthy love! Instead of us showing you different activities, we want to see what you got!

You will have a maximum of 15 minutes to develop what ever you are going to perform on this topic. Be as creative as you want! When each group is finished brainstorming you will perform for the group, and we’ll have our very own STARS Def Poetry Jam Auditions!

- Walk around the room and check-in with each group. After about 15 minutes call participants to perform 

*(after the performances)*

Thank you for your performances ladies! I’m sure Russell Simmons will be happy to hear from such STARS!
Purpose:
Discuss gender pride and what it means to be a black woman, and to share positive thoughts with each other

Materials:
- Envelopes
- STARS
- Flipchart with questions
- Handout 4: Allow positive thoughts handout

Health Educator:
Remember when we talked about being a black woman and holding on to our self-esteem and self-worth, and the things we liked about being a black woman?
It is also important as black women that we help uplift one another and keep each other up. Often as black women we bring each other down, and are competitive. We all have our own treasures and talents that we bring to the table and need to respect and affirm each other.

I want us to start that now. I am passing out envelopes and STARS, and would like us all to affirm each other. On the STARS I would like you to write something positive that you like about some of our STARS sisters in the room and put them in their envelope. It can be anything.

Please take a few minutes to write what you like about different STARS sisters and put it in their envelope

(allow participants time to affirm each other)

Now why don't we go around the room and everyone read at least one of their STARS. When you read your start I want you to start out by saying "I am..." and then read your comment.

(go around the room and have each participant read their comments)

Thank you everyone for affirming each other.
Health Educator:

Something else you can do to encourage positive thoughts about yourself is to write two positive things about yourself or two things that you admire about yourself in your journal every week.

Many times it is not just the way you think about yourself that is negative. You may also treat yourself poorly. You may do things to your body that are not good for you, as well as allow others to do things to your body that are not good for you.

Handout 4: Allow positive thoughts is also a way to help you think positively, when you feel negative thoughts.

- HE go over handout, and give some positive examples

By remaining positive you have a healthy outlook, and having a healthy outlook will help you keep positive and do what’s healthy for you.
# Negative Thoughts…..Positive Thinking

<table>
<thead>
<tr>
<th>Negative Thoughts</th>
<th>Positive Thoughts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. All – or – Nothing:</strong> You interpret things as all or nothing. Everything, including yourself, is either all good or all bad.</td>
<td></td>
</tr>
<tr>
<td>“I am __________ (stupid, ugly, fat, bad, not loveable).”</td>
<td></td>
</tr>
<tr>
<td><strong>2. Over – Generalization:</strong> You see one problem as the end of the world. If one bad thing happens to you, you think that bad things will happen to your over and over again.</td>
<td></td>
</tr>
<tr>
<td>“Nobody will ever want me.” I’m no good in a relationship.”</td>
<td></td>
</tr>
<tr>
<td><strong>3. Mental Filter:</strong> You get stuck on one negative thought that you can’t get out of your mind.</td>
<td></td>
</tr>
<tr>
<td>“I tested positive for a STD and my life is over.”</td>
<td></td>
</tr>
<tr>
<td><strong>4. Disqualifying the Positive:</strong> You reject positive experiences by insisting that they &quot;don’t count&quot;. For example, when someone compliments you, you respond with….</td>
<td></td>
</tr>
<tr>
<td>“Oh, this old thing” or “She is just being nice.”</td>
<td></td>
</tr>
<tr>
<td><strong>5. Jumping to Conclusions:</strong> Either by mind reading or fortune telling. For example, a friend passes you on the street without saying hi….</td>
<td></td>
</tr>
<tr>
<td>“He is ignoring me so he must not like me anymore.”</td>
<td></td>
</tr>
</tbody>
</table>
Health Educator:
Ladies this is our last health education session together. In 3-months when we see each other again we’ll be having our graduation ceremony. I know that we have covered a lot of information in these past months everything from how to protect yourself sexually to valuing yourself spiritually, emotionally, mentally and physically. To help you recall some of your most memorable moments let’s all sit in a circle just a little wider than shoulder to shoulder. (HE also takes a place in the circle holding the ball of yarn).

All of you came to these workshops as individuals, with different values, experiences and with different attitudes about relationships and even thought you’ll leave as individuals we hope that we have help to add a sense of community through the sisterhood bond that you’ve been experiencing here. In addition, we hope that your decisions about protection and relationships are based on the knowledge and strength that you have acquired through your commitment to STARS. I want everyone to answer these two questions when the ball is thrown to you.

1. Name one thing you’ve learned about yourself in these workshops
2. One way you are going to use this information /skills in your current and/or future relationships

After you answer the questions wrap the end of the yarn around your wrist twice and throw the yarn to someone else.

Health Educator:
What do you think this web represents? (Allow participants time to answer)
It completes a web of knowledge you have gained and the ties and bonds created with each other. (HE cuts the string and gives everyone a strand)

Remember your AMOUR options and Protection Plan Coverage ladies!
EVALUATION: 9-Month Booster

**WHAT DO YOU THINK ABOUT...?**

Group______ Team_______ Cohort______ Date_________

What do you think about today's workshop? Use this scale from 1 to 5 to tell us what you think.

<table>
<thead>
<tr>
<th>1</th>
<th>Poor</th>
<th>2</th>
<th>Fair</th>
<th>3</th>
<th>Good</th>
<th>4</th>
<th>Very Good</th>
<th>5</th>
<th>Excellent</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Overall, how much did you enjoy today's workshop?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. How well prepared were the STARS Health Educators?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. How well were the activities/information presented?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. How well did the activities encourage your participation?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. How clearly were your questions answered?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. How clear were the session handouts?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Was there enough time for discussions?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**How would you rate each of these activities you did today?**

<p>| | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>8. Icebreaker: What am I? Guessing safer sex objects</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>9. Sista to Sista Writing words of encouragement to younger STARS</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>10. Turn Back the Hands of time Remembering risking sexual experiences</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>11. Show and Tell Game showing Different safer sex techniques</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>12. Build your own partner Mr. Potato head activity</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>13. The STARS Hot Spot and Grille Safe sex menu!</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>14. STARS Def Poetry Jam Create own safe sex skit, poem song</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>15. Shinning STARS Positive affirmations of each other</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>16. Bringing STARS Home What I learned yarn activity</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
17. Was there anything about today’s workshop that you did not like?

______________________________________________________________________________________

______________________________________________________________________________________

______________________________________________________________________________________

______________________________________________________________________________________

18. What did you like the best?

______________________________________________________________________________________

______________________________________________________________________________________

______________________________________________________________________________________

______________________________________________________________________________________

19. Something new I learned was:

______________________________________________________________________________________

______________________________________________________________________________________

______________________________________________________________________________________

______________________________________________________________________________________

20. Did you have to pay a babysitter to participate today?
   YES
   NO

21. Did you have to take the MARTA or any other form of paid transportation today?
   YES
   NO