



September 22, 2016

To Whom It May Concern:

I am the Supervisor of Secondary Instruction at Halifax County High School, a comprehensive high school for grades 9-12 and the only high school for the Halifax County Public School System. On September 14, 2016, our school hosted a Secure/ Higher Ed (S/HE) P³ training for parents and female students. Prior to the training, I gave notice to all parents of the training and provided the opportunity for parents to attend or opt their child out of the training. No parent exercised the opt-out option.

Our school chose S/HE because its programs are created by professionals with significant experience in relevant fields, are based on empirical research, have extensive evidence demonstrating their effectiveness, and are endorsed by prominent professionals. S/HE promised an exceptional program and they delivered.

The S/HE program contained all content set forth in the Virginia Board of Education Guidelines and Standards of Learning for Virginia Public Schools, plus extremely useful information on substance abuse, by-stander intervention, and communicating honestly with their parents. The students also pledged to be supportive if someone tells them they've been sexually assaulted and avoid victim-blaming. Between informational segments, the students learned self-defense techniques designed for use against a stronger and larger assailant. This not only empowered the students, but also improved content retention by combining information with breaks for movement.

Although the subject was serious, the content was presented in a very entertaining way, using relatable analogies, interesting stories, and appropriate humor that kept the students engaged. The students seemed to understand the seriousness of the message while having fun and enjoying the training. Parents who attended were effusive in their praise and gratitude for the program. I highly recommend S/HE training to other schools and organizations.

Sincerely,

Karla D. Gravitt
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