



ANNEXURE A

SUMMARY OF EVALUATION FORMS

MBSA PEER EDUCATION REFRESHER TRAINING – 2011

Subjects: Stress and Abusive Relationships

Dates: 7th May, 24th and 27th June 2011

The following is a selection of some of the meaningful comments made by the peer educators. Please note that in some cases we have quoted verbatim as written by peer educators.

Was the workshop meaningful to you as a peer educator?

- Yes, it's assisting me in the work that I'm currently doing as a peer educator and a gender activist.
- In depth information was indicated and explained
- Wonderful exercise
- I know more about stress and how to handle and how to handle a person who come to you with these problems
- Yes, because we dealing with stressful life
- Yes, I've experienced lots that I've taken for granted that they can kill me.
- I learnt a lot of things I was unaware of or ignore
- Yes, because I learnt now this about stress and stress management.
- Was very informative as usual an eye opener, because we all take stress and abuse for granted like it does not affect us.
- Yes, it helped me deal with abuse and stress
- Yes, because I did not know that sometimes things I am doing are abusive
- I think since I had restricted information, I am just happy with all the information.
- Yes it discussed issues I normally take for granted
- I realise that I need to get out of my comfort zone and influence what I can.
- Yes, because most of the things you taught us are real and happen in our families and communities.
- It addressed issues that I can relate to and areas I can grow from.
- Workshop was simple and information clear.
- I have learnt so much to show my community

What did you enjoy the most about the workshop?

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- The openness of all the participants, the respect to one another's views. The clarity and openness with which Stella and Debbie presents the presentations.
- Developmental stages of child and the way we do things in our houses
- The whole programme was exciting to me because I have been through the above as well as depression.
- Debbie's experience in her own life about abuse as a child
- To find out that I am not perfect, I've got mistakes then I will make corrections and I got a lot of information.
- New valuable points which were not really considered dangerous were analysed
- The different views and opinions
- The way she was explaining the topic on abuse and she ask questions so we can be clear about what she talking about.
- About the need to ask for help as I always thinking that I can deal with any situation or problem.
- Child abuse – children are being abused every day
- To say what you have experienced in life freely with no fears
- Our coordinator are so enthusiastic I have a lot of information
- The stats facts about the reality that our communities are faced with and also ways of coping with issues.
- The ways of identifying stress and how to deal with it.
- I know the meaning of stress, depression and the different types of abuses and how to manage them. This will make a change starting from my family and then to the community.
- I related well and it pricked me at the very end about child abuse, because my first born is going through some tough stage at her life and I did not know what, but now I am aware.
- I am very privileged to be a peer educator here because now I can rectify some of the problems I am experiencing as individual.
- To understand what is depression and how to identify symptoms of stress
- The participatory nature and the discussions that took place.
- The ABC model; that in our life we should turn negative thing to positive. That will be a better way to life in our life.
- The circle of time in 24 hours; 3 F, flight, fight freeze; ABC, actual, belief and consequences
- The domestic violence cycle – to keep people hooked and abusers say they are sorry.
- Overcoming all kinds of abuse and being able to identify them in your life
- The stages of life (Erickson's theory of development)
- The ABC model and how one's beliefs can contribute to the consequence.
- I enjoyed learning about stress, how to deal with it. Enjoyed the basic needs in relationships and learning about abusive behaviour.
- The way the facilitator presented the workshop and the stories or examples that she gave us meant a lot to us.

Any other issues you would have liked covered during the sessions?

- To look more at child abuse
- Marriage counselling
- Parent abuse
- We need to go deep on child issues and Stella announced that more is coming.
- To deal with adolescent stage
- Assertiveness and communication and effective listening

Any other comments?

- Thank you guys & Vuya
- It was really an excellent workshop, wish there was enough time, so many issues to look at.
- Hope we get to work a lot more with facilitators like Stella and Debbie cause of their personal knowledge and experience and ability to bring it to us openly.
- The suicide issue must be prioritised and must be a topic on its own.
- Happy with the whole programme
- This training is very good. It opens our minds for everyday life, so we can help others
- I always find these peer education trainings very informative and I would like to congratulate all the people involved in organising them and especially Stella and Debbie. Good work guys!!
- The presenters were very clear and knew what they were talking about and I have learnt a lot of information
- Well done, keep it up!
- I look forward to learn more in this programme.
- Teachers are so nice and friendly and try to explain everything so that you can understand.
- Thanks a lot for the training.
- It was the most interesting day. Especially to know how to communicate with family, friends and community.
- All aspects of material are relevant to life situations.
- We are very blessed with the programme we are running here at MBSA.
- We are lucky to have you.
- It has empowered me with a positive attitude and helps me to change.
- I am glad to know that I can change the victim of stress to become victors by being around happy people and to move out of comfort zone and stretch a bit.
- I would like peer educators to be given tasks to do and make a report back within a period of time to show that they are actively playing their role.
- Debbie must have more time with us she is excellent