

“RESILIENT FAMILIES, SAFER WORKPLACES & COMMUNITIES” ONE-DAY PRACTICAL SKILLS WORKSHOP POST-TRAINING SURVEY – CLOSING SESSION

Date: _____ Location / Client: _____

INSTRUCTIONS

Please answer the following questions honestly and thoughtfully. Your responses are private and will help us improve future training. **You do not need to write your name.** There are no right or wrong answers, we simply want to know what you have gained today.

QUESTIONS

1. Name one early sign of GBV, bullying, coercive control or family stress spillover that you can now recognise more clearly.

2. What are the five Ds in the Upstander Framework?

3. Give one example of a supportive response when someone discloses something difficult.

4. On a scale of 1 to 5, how confident do you now feel to use at least one of the skills from today in your work, family or community life? (1 = not confident - 5 = very confident)

Circle your answer: 1 2 3 4 5

5. What is one specific action, norm or commitment you are taking away from today to strengthen safety for children and families?

Thank you for your honest feedback and for the care you brought to today’s training.

Your **Certificate of Attendance** and the full **resource pack** will be emailed to you within the next few days.

You are now part of a growing community of Upstanders building safer families, workplaces and communities across South Africa.