



August 27, 2009

To Whom It May Concern:

I am writing to highly recommend the *Healthy Relationships 101* program. I am a teacher at the NYC Lab School for Collaborative Studies, where I worked closely with Michael Jasz over the past year. In my past four years as an educator, I have come to realize that the teenagers in our educational system truly need exposure to a course that innovatively addresses relationships the way that this curriculum does.

This past school year, my students who studied the *Healthy Relationships 101* curriculum have gained a deeper understanding of why some relationships succeed and others fail. Over the course of the year it was a pleasure to watch the transformations that occurred among the students, as they discovered a newfound respect for themselves and for their peers. One of the most inspiring portions of the curriculum is the section on Non-Violent Communication (NVC), which helped the students develop highly effective communication skills.

I would highly recommend this curriculum to any educator who wants to fortify their school's culture by encouraging students to communicate more compassionately and effectively.

Sincerely,

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