BYV Qualitative Quotes

“[The drum circle] was the best part. Like, with the drums and with the stuff, I had *fun* with that… when we were doing the heart beat, and everybody just like, came in there played about their feelings together… I think it was good bringing everybody together. Having everybody say how they felt and stuff, I think that was good.”

“[The program] was actually helpful, it helped me when I was having a hard week, and helped me know how to start writing my own music, and express my thoughts.”

“There were days before, like this summer, that I wanted to do more [music] and I couldn’t because I really didn’t know where to start. Like, how do I start this… thing? And I would just start putting myself on the loop and… it just didn’t turn out how I liked, so I just deleted it. I didn’t think I sounded good, I didn’t have that much confidence in myself… the program made me feel more confident.”

“Every time I was here it was nice, like, it was real nice, I liked it. I mean, everybody was feeling this groove, and participating, like, at first, in the beginning, nobody was participating. And then, like, towards the end, everybody just started getting into the groove and feeling comfortable. It was cool. I guess everybody getting to know each other was my favorite part.”

“The program was helpful. I had done, you know, classes before… but I never opened up to nobody. I don’t know why, I just don’t like to talk to people really, I guess. I’m a quiet person. But, everybody here was cool, so I felt like I could talk to them.”

“It was helpful, it was different. We ain’t had nothing like this before, going around the circle like that. It was helpful… Yeah it helped me to open up more to people.”

“Probably the biggest thing was that it built up my relationships and helped me work together with a group of people. It helped me gain more confidence in myself and also helped me make new friends. It helped me do a lot of different exercises that I probably never before would have thought to do.”

“Like going around the room doing the drums, or doing different beats. I couldn’t really—like when I first come I couldn’t really catch up with the beat but then I catched up cause like the people encouraged me. Cause I was like, “I can’t do it” but then we all stayed for it to make our parts for the song and we all stuck together. I was kinda shy to like tell why the struggles were related to my life, and so like everybody made me so comfortable that I felt good about it.”

“I’m not usually like, the leader in a group, but I kinda liked like, being in charge of something. Usually I like being the side-kick or the right-hand man, I don’t like being like the leader. But, haha, it wasn’t that bad being the leader, being, you know, the one out there.”

“Here it was just a safer environment and not that much will happen if I screw up ‘cause like, there’s always somebody here to help you when the real world’s messed up.”

“Yeah it was helpful to me because I could understand how other people thought, like when were making the song, everybody had their own opinion and stuff. I learned like how I think, and how other people think. Usually, it was just about stuff like “hey I want it to sound like this” or “I want to bring out the bass here,” but we started talking about some emotional stuff and the lyrics it was cool to watch people express their thoughts.”

“Well at first I thought we were just going to be like sitting there and talking about stuff, kinda like school, and I was like “… no.” But then it was more fun and I was like “ohhh, this is gonna be fun, yay!” Because we wasn’t just sitting down doing paperwork or people saying things like “hey, this is what you gotta do.” It became more like, “hey, what do you want to do” and we could decide together.”

“It was a great experience to have everybody come together and talk about bad things, good things… I wasn’t sure it how it was gonna go cause like, sometimes I didn’t feel like opening myself up… but then eventually I would and it was good. It kinda got me in a better mood, with the drums and everything.”

“I was happy with the program because of how everything came out in the end. Somehow we got better at like, listening to each other, and, I don’t know, learning how they felt about the group too”