

Power of Peace

Results 2008

Introduction

This report describes the results from the Power of Peace program which was implemented in the New Rochelle High School, Peekskill High School, Ossining High School, and Port Chester High School in the fall and winter of 2008. In addition, included in this report are the results from workshops delivered at the Mount Vernon Youth Bureau and at the Youth Shelter of Westchester.

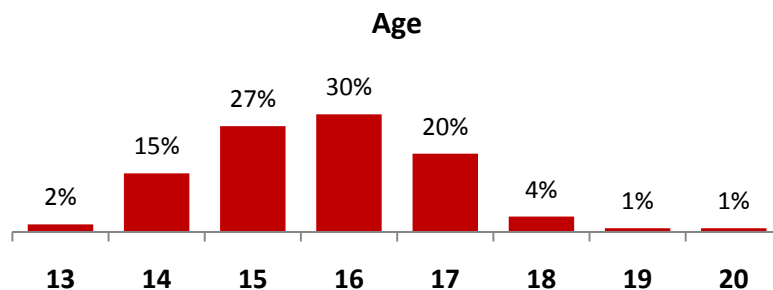
Power of Peace is a conflict resolution and anti-violence program that focuses on developing self-esteem, group cohesion, and leadership. Michael Arterberry of the Youth Voices Center, Inc. developed the program and also facilitated the sessions.

A six question pretest and a seven question posttest were used to evaluate the effectiveness of the program. Answers to each question were on a five point Likert scale from "Yes, definitely" to "No/Never." Students completed the pretest prior to beginning the program and completed the posttest at the end of the program.

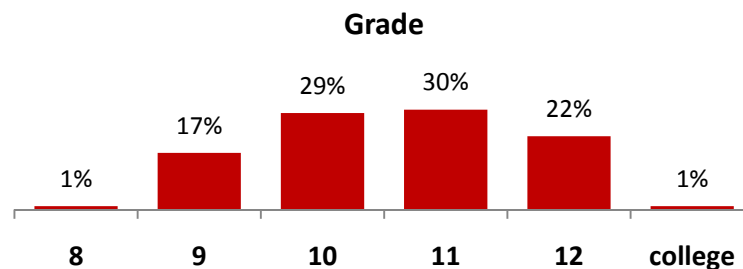
Demographics

There were 363 students who completed the pretest and 346 who completed the posttest. An equal percentage of boys (50%) and girls (50%) completed the tests.

The age of the students ranged from 13 to 20 years old: 2% were 13, 15% were 14, 27% were 15, 30% were 16, 20% were 17, 4% were 18, 1% was 19, and 1% was 20.



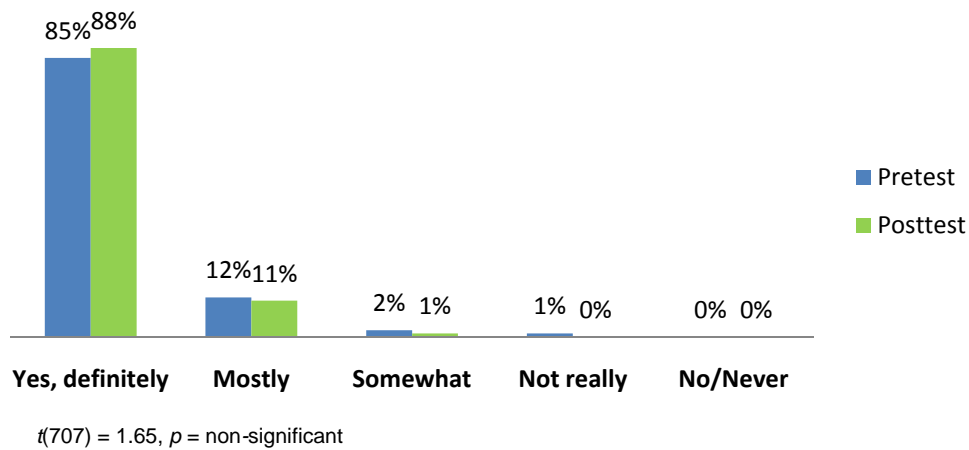
The grade level of the students ranged from 8th grade to college: 1% were 8th graders, 17% were 9th graders, 29% were 10th graders, 30% were 11th graders, 22% were 12th graders, and 1% were in college.



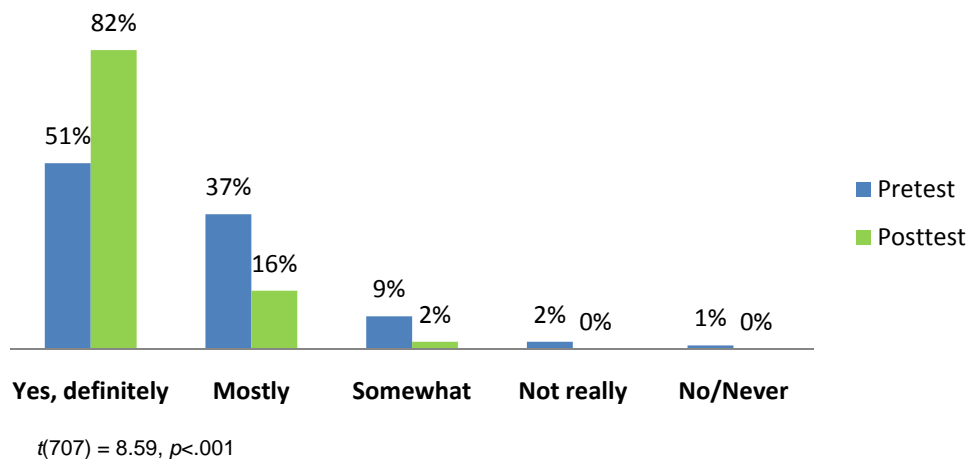
Results

From pretest to posttest, significant ($p < .001$) positive changes in attitudes were seen on questions 2 through 6. Data were analyzed using t-tests comparing pretest answers with posttest answers.

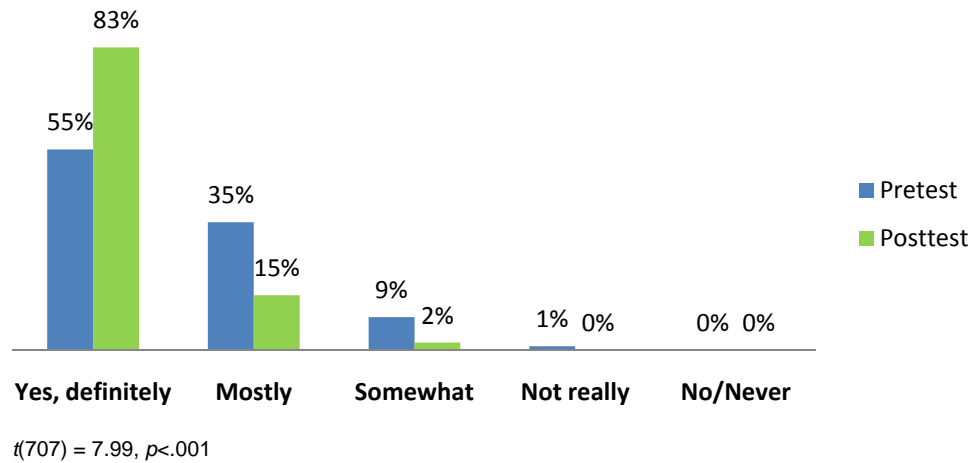
1. **I respect myself.** Overall, the percent of students answering “Yes, definitely” at pretest=85% and at posttest=88%.



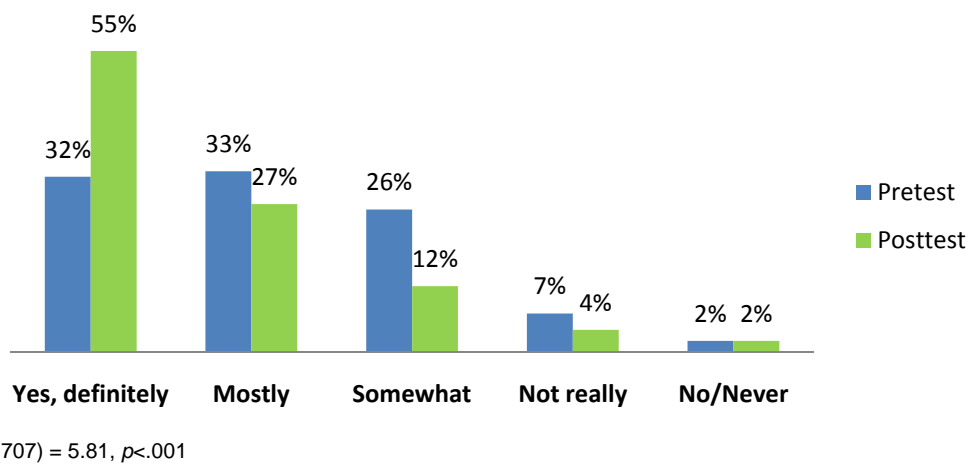
2. **I am willing to talk to a student different from me.** Overall, the percent of students answering “Yes, definitely” at pretest=51% and at posttest=82%.



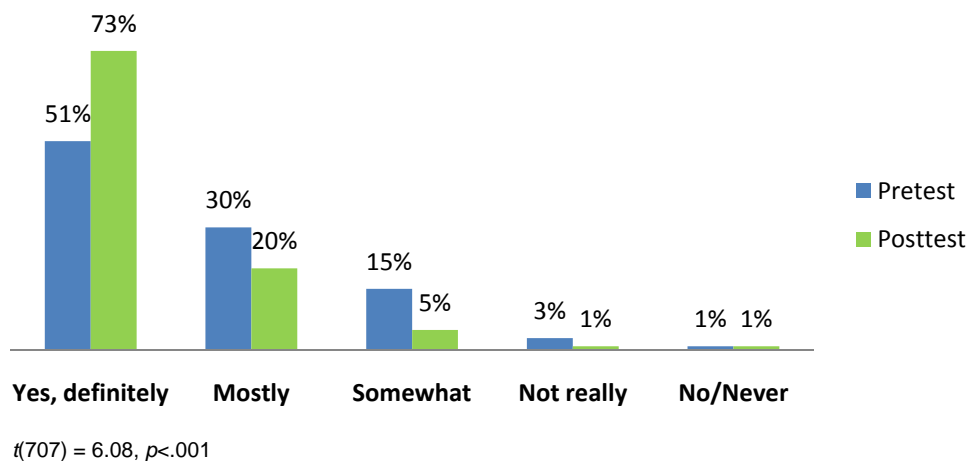
3. **I respect students different from me.** Overall, the percent of students answering “Yes, definitely” at pretest=55% and at posttest=83%.



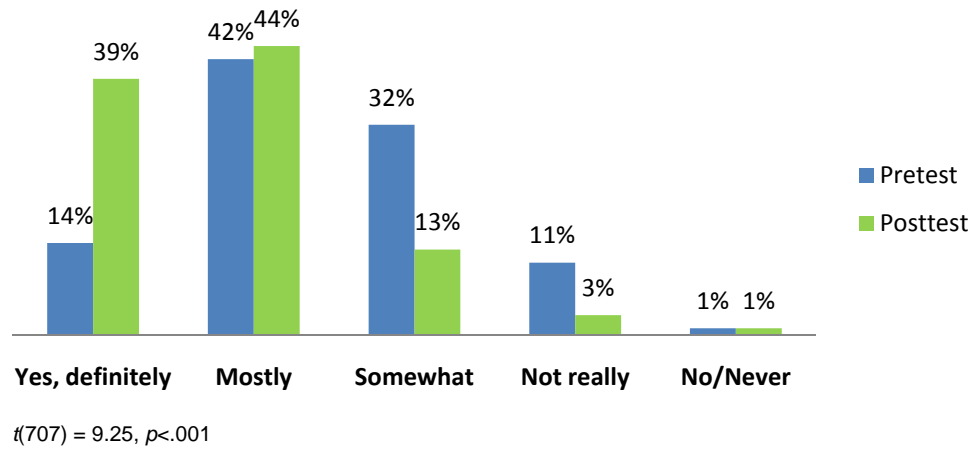
4. **I believe violence will not resolve conflict.** Overall, the percent of students answering “Yes, definitely” at pretest=32% and at posttest=55%.



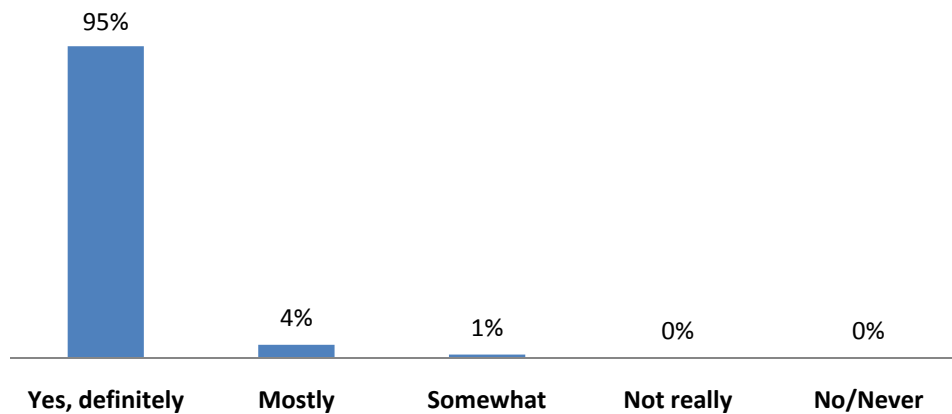
5. **I am aware of alternatives to violence.** Overall, the percent of students answering “Yes, definitely” at pretest=51% and at posttest=73%.



6. **I think I know how other people see me.** Overall, the percent of students answering “Yes, definitely” at pretest=14% and at posttest=39%.



At posttest, an additional question was asked: **I think it’s a good idea for other students in my school to attend the Power of Peace.** The overwhelming majority (95%) answered “Yes, definitely”; 4% answered “Mostly”; and 1% answered “Somewhat.”



Conclusion

The Power of Peace program was effective in changing student attitudes in a positive direction, indicating that this program may be helpful in reducing violence and conflict in the student population. In addition, students enjoyed this program since they overwhelmingly indicated that other students should attend the Power of Peace program.