

## Program Report 2016 for North Rockland High School

### Introduction

Michael Arterberry, the Founder and Executive Director of the Youth Voices Center, Inc., a non-profit organization which has the sole purpose of improving the lives of young people, is also the creator of the Power of Peace program. The Power of Peace program was introduced to Westchester County, NY and surrounding areas in 2005. The results of the Power of Peace program for Spring 2016 are presented in this report. The implementation of the program took place in one cycle during the month of April.

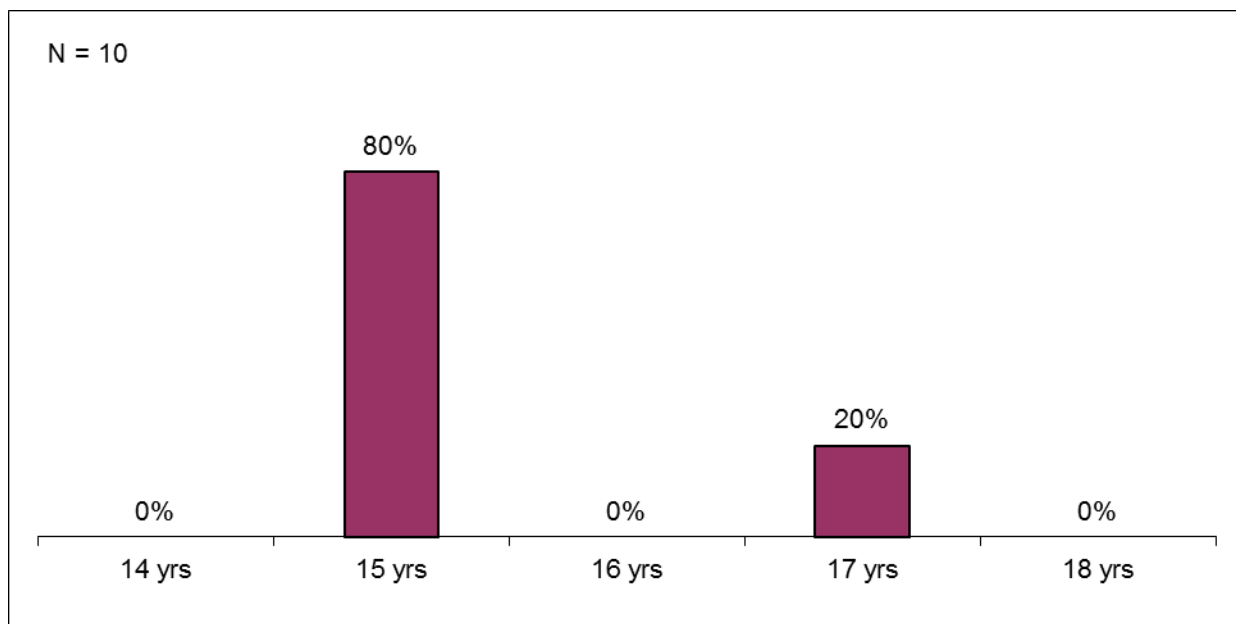
### Program Description

Power of Peace is a succession of experiential workshops, with a focus on conflict resolution and management, designed to enable young people to use their voices to express their concerns, fears and dreams within a safe environment. The workshops address the issues that youth confront daily, the components of which include: positive youth development, leadership, conflict resolution, team work and collaboration, decision making, respect for others and self, and diversity.

### Demographics

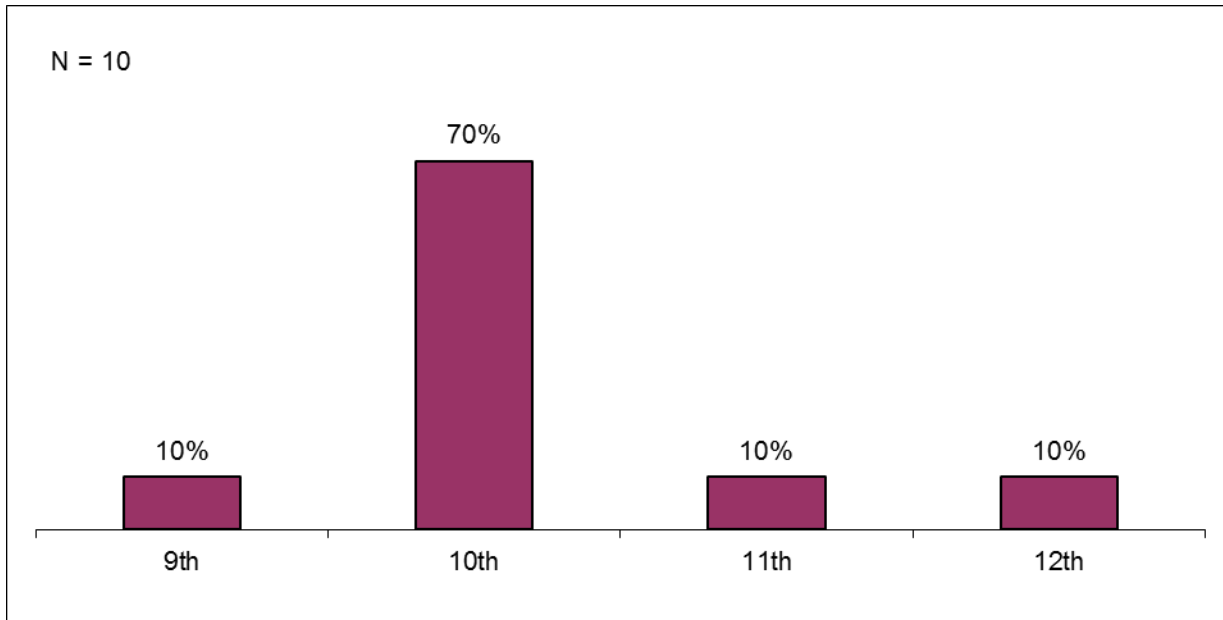
There were 14 students who participated in the 2-day Power of Peace workshops. The student group was comprised of 9 boys (64%) and 5 girls (36%) in grades 10 through 12 and ranging in age from 15 – 18. Distributions for age, grade and ethnicity are presented in the charts listed below.

### Age



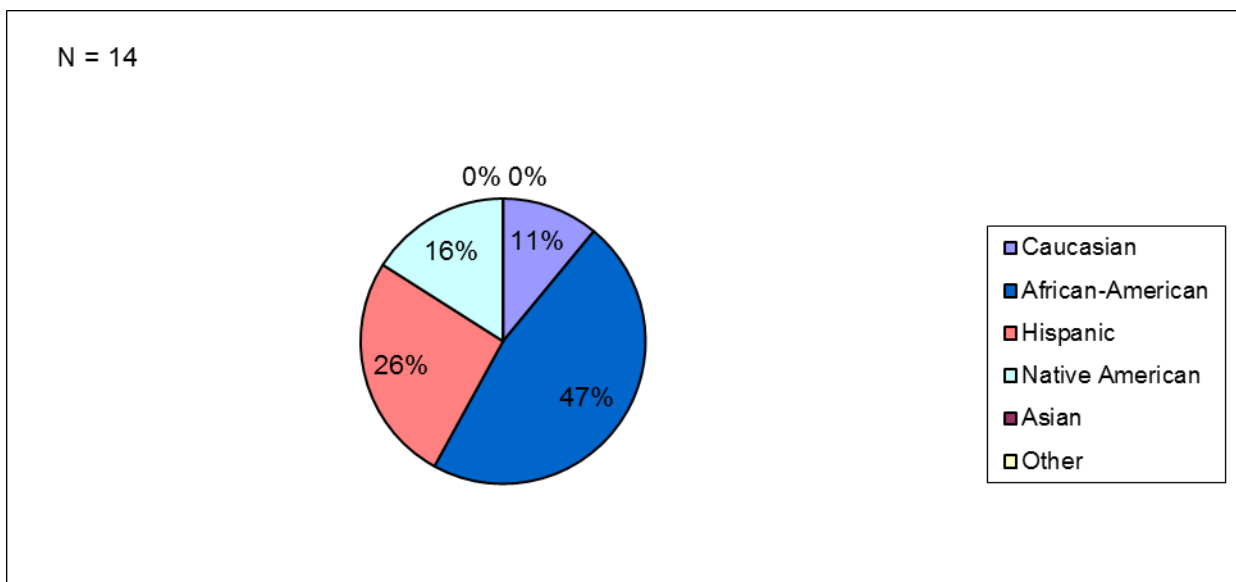
The vast majority of the participants were age 15.

## Grade



The majority (70%) of participants were in the 10th grade.

## Ethnicity



Nearly half (47%) of participants identified their ethnicity as African-American, followed by just over a quarter who identified their ethnicity as Hispanic.

## Program Evaluation

A six statement pre-survey and a seven statement post-survey, designed by Creative Solutions Consultation Services, LLC, were administered to assess the effectiveness of the program. Students were asked to complete the pre-survey prior to the start of the first workshop and asked to complete the post-survey at the end of the second workshop. Of the 16 participants, 100% completed the pre-survey while 88% completed the post-survey.

**Quantitative:** Responses to statements were on a five point likert scale ranging from 5 = “Yes, definitely,” 4 = “Mostly,” 3 = “Sometimes,” 2 = “Not Really,” to 1 = “No, Never.”

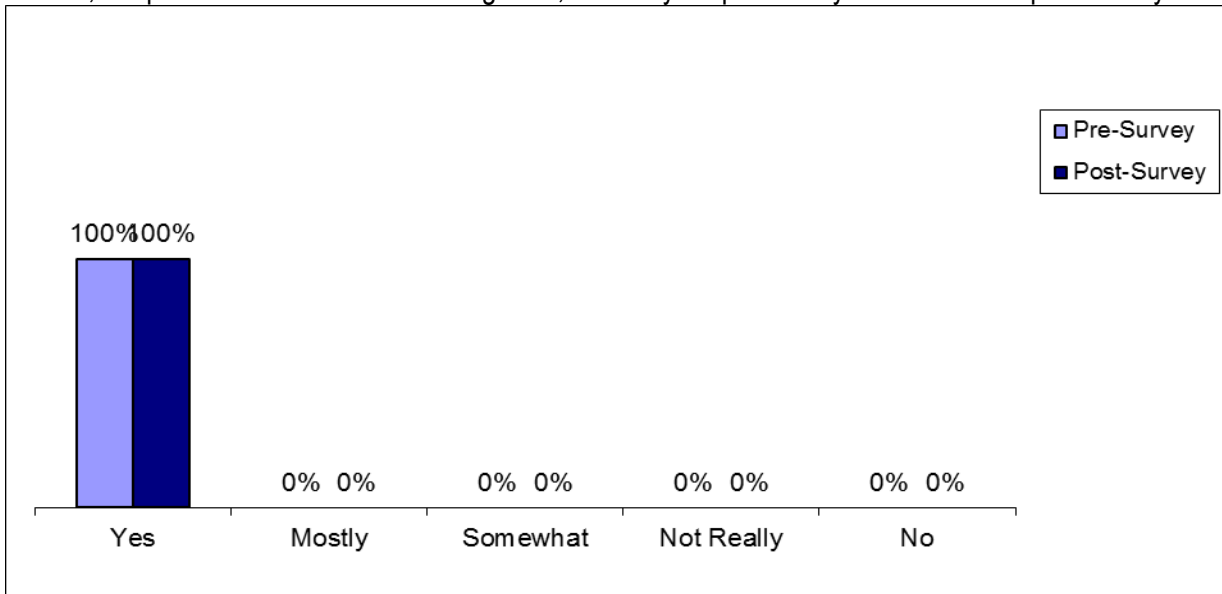
**Qualitative:** Two questions asking for feedback about the program were included on the post-survey regarding a) how participants felt about the Power of Peace experience and b) ways to improve the program in the future.

### Results

From pre-survey to post-survey, positive changes in attitudes were seen on four of the six items.

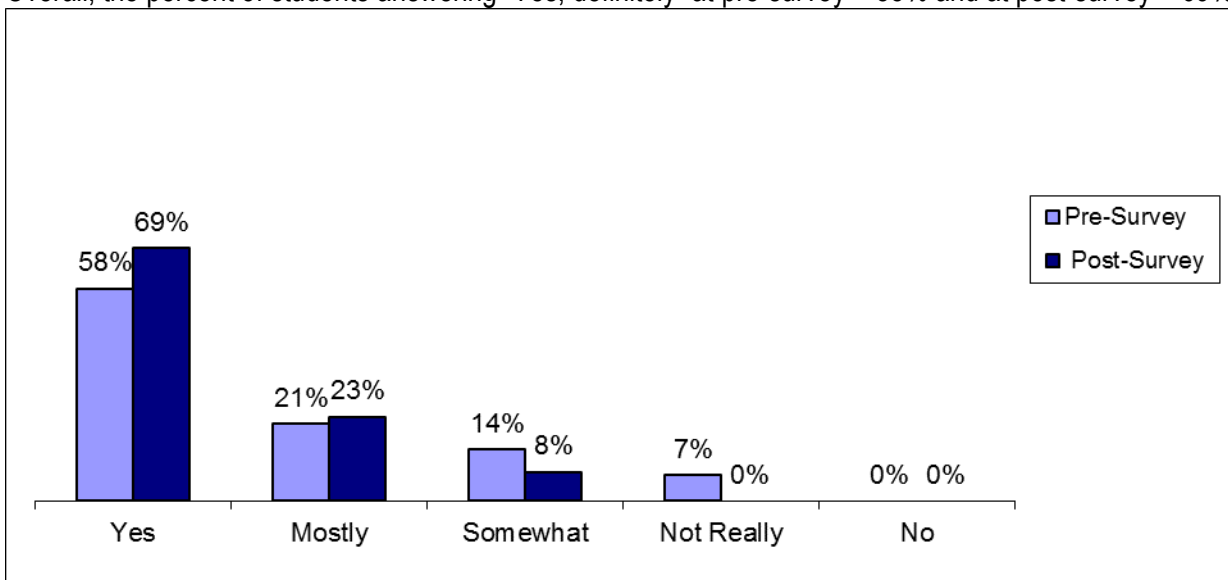
#### Item 1: I respect myself.

Overall, the percent of students answering “Yes, definitely” at pre-survey = 100% and at post-survey = 100%.



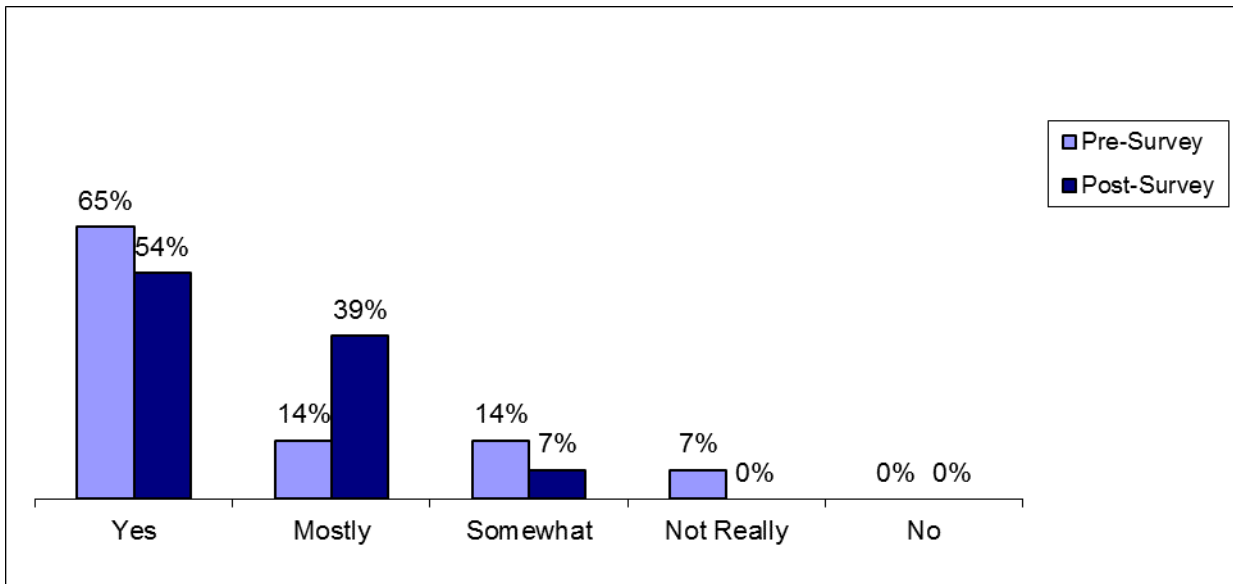
#### Item 2: I am willing to talk to a student different from me.

Overall, the percent of students answering “Yes, definitely” at pre-survey = 58% and at post-survey = 69%.



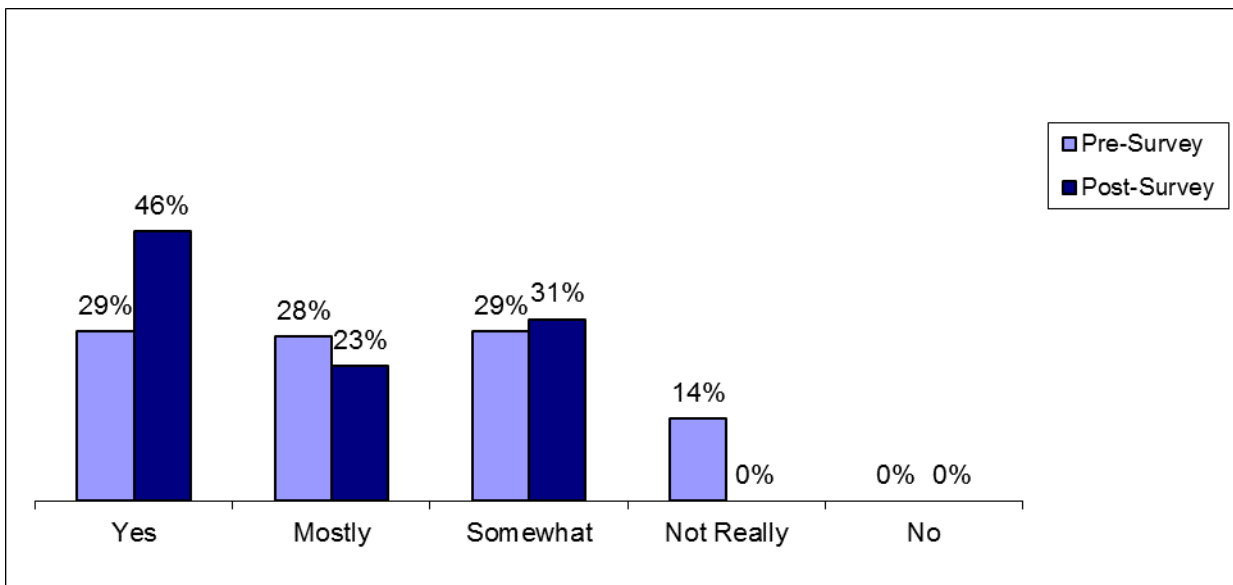
**Item 3: I respect students different from me.**

Overall, the percent of students answering “Yes, definitely” at pre-survey = 65% and at post-survey = 54%.



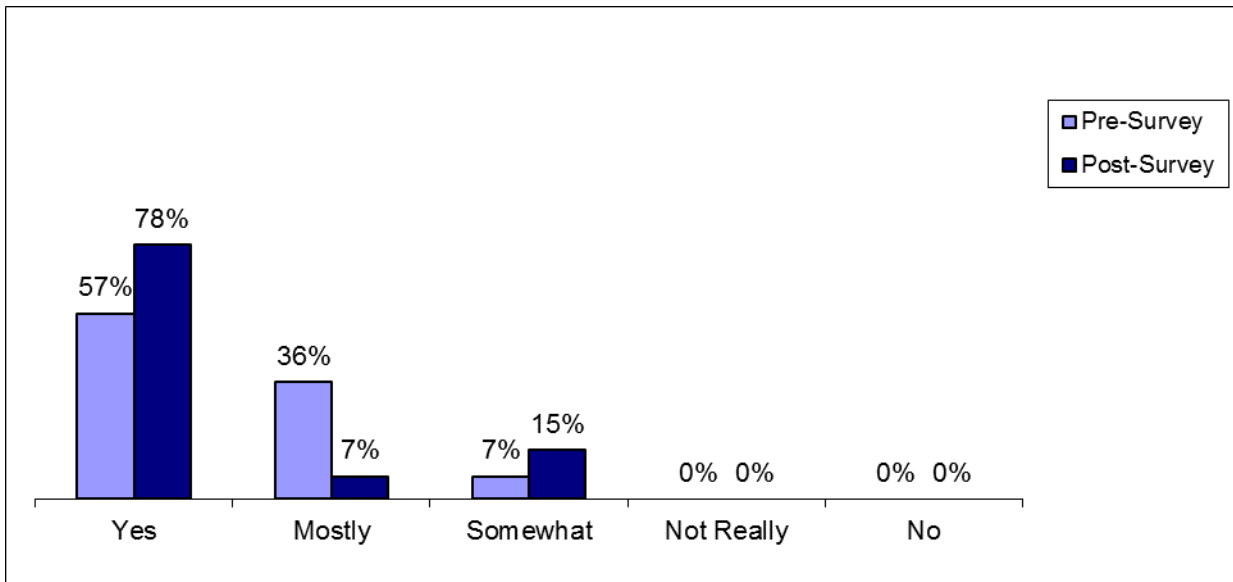
**Item 4: I believe violence will not resolve conflict.**

Overall, the percent of students answering “Yes, definitely” at pre-survey = 29% and at post-survey = 46%.



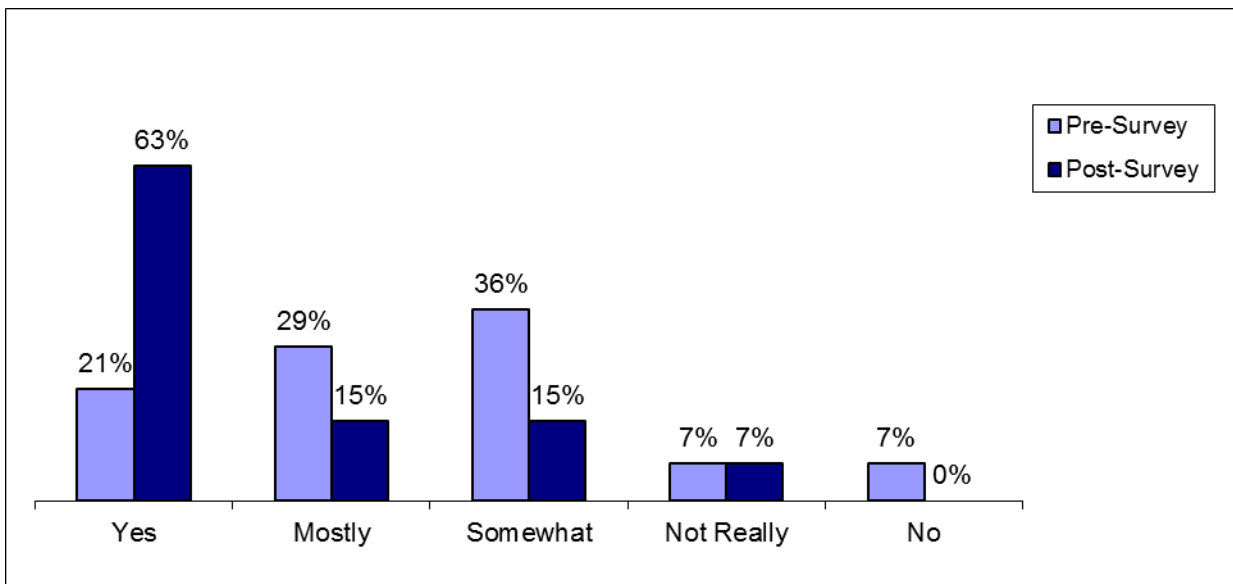
**Item 5: I am aware of alternatives to violence.**

Overall, the percent of students answering “Yes, definitely” at pre-survey = 57% and at post-survey = 78%.



**Item 6: I think I know how other people see me.**

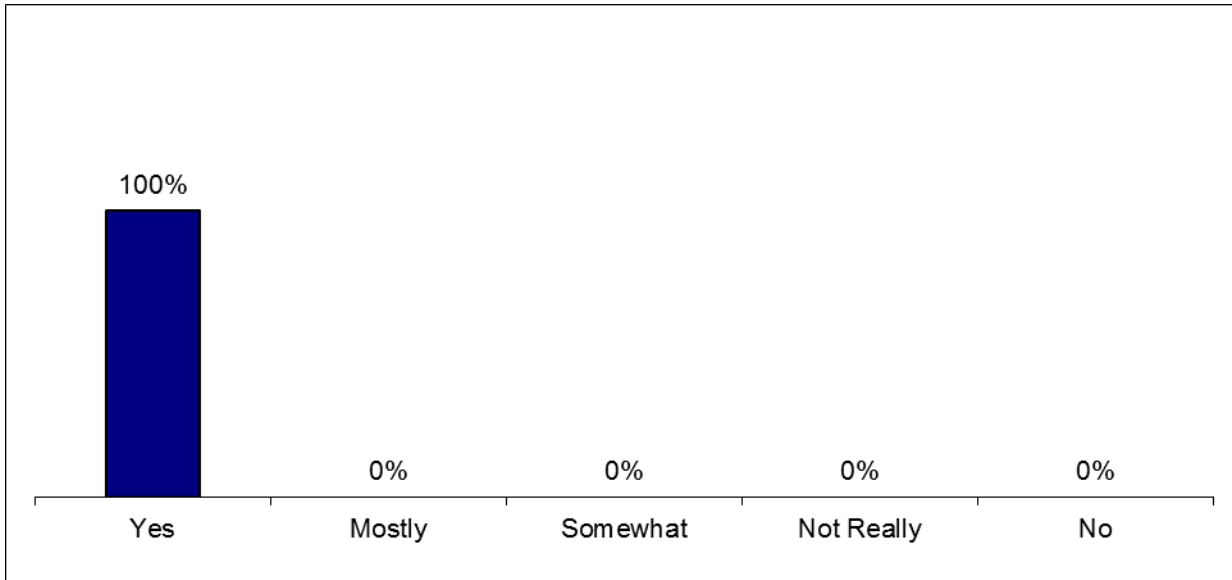
Overall, the percent of students answering “Yes, definitely” at pre-survey = 21% and at post-survey = 63%.



In addition to the six previous items listed, the three items listed below were included in the post-survey.

**Item 7: I think it's a good idea for other students in my school to attend the Power of Peace workshops.**

All 100% of the participants answered "Yes, definitely."



**Item 8: Please tell us how you feel about Power of Peace**

The feedback received was overwhelmingly positive.

Quotes from participants include:

- Great! Should come back more often.*
- I think it's a good program to attend. I think it helps people.*
- I like it simply because it teaches you things and tries to make you open up*
- I feel the Power of Peace is helpful and should be present in all schools*
- I feel it is empowering and motivating and touching and really good for people to express themselves and speak about their feelings and open up. It's really good*
- It's a good way to talk about your problems*
- It's a nice program, very heart warming*
- It was helpful and I learned a lot*
- Great experience, should have own class in school*
- It's good and it makes us open up and we see people differently*

**Item 9: Please tell us what we could do to improve Power of Peace**

The majority of the respondents indicated that they could think of nothing that would improve the Power of Peace program. Among the comments suggesting ways to improve the program the following were listed:

- Make it longer*
- Have kids speak a lot more to get things off their chest*
- Do more things to gain people's trust so they can open up*
- Just keep doing what you're doing and inspiring the youth.*

*It's needed in a world where they only see us as targets and a dollar sign  
Have kids speak a lot more to get things off their chest  
Spread the word around to more of the youth to make a better future.  
Keep doing your thing, I wouldn't change a thing.  
Just allow more students.*

## **Discussion**

The one statement indicating the greatest change in attitude from pre-survey to post-survey Item 6: I think I know how other people see me (an increase of 42%). There were two statements indicating the least change in attitude from pre-survey to post-survey was Item 2: I am willing to talk to a student different from me (an increase of 11%) and Item 3: I respect students different from me (an increase of 11%). There was one statement indicating no change from pre-survey to post-survey: Item 1: I respect myself (100% both pre and post).

## **Conclusion**

The results presented in this report indicate that the Power of Peace program did have a positive effect in changing student attitudes in from pre-survey to post-survey. These results are primarily limited by the fact that this was not an empirical study. Without follow up measures, it is impossible to know the extent to which any attitudinal changes will be sustained.