

## Program Report 2016 for Port Chester 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 2016 are presented in this report. The implementation of the program took place in one cycle during the month of March.

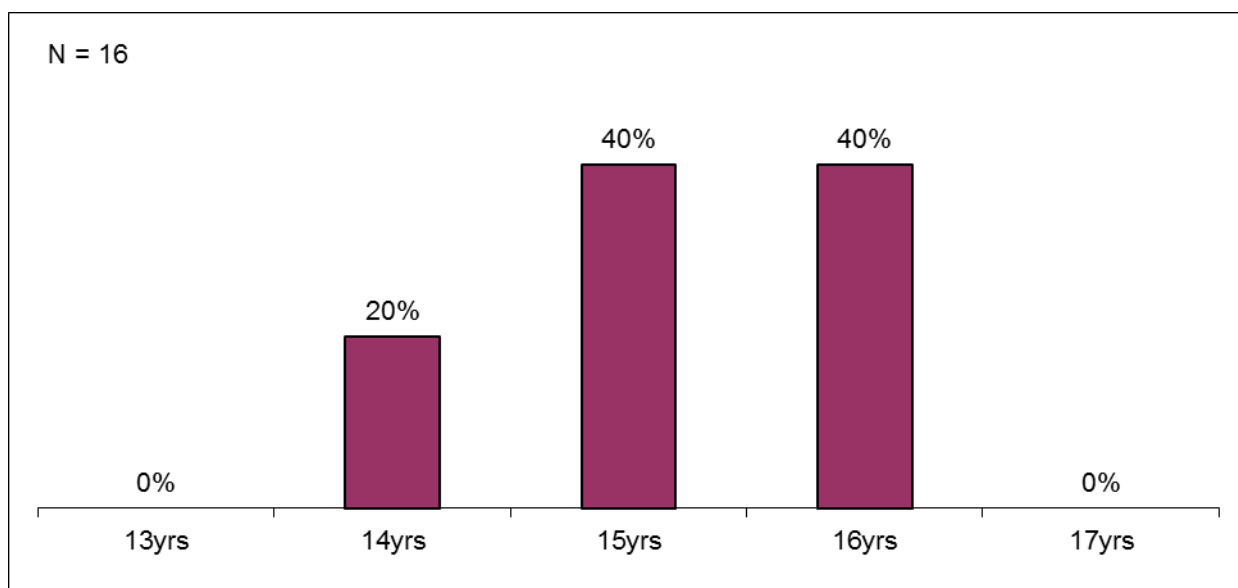
### Program Description

Power of Peace is a succession of experiential workshops, with a focus on conflict resolution and anti-violence, 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

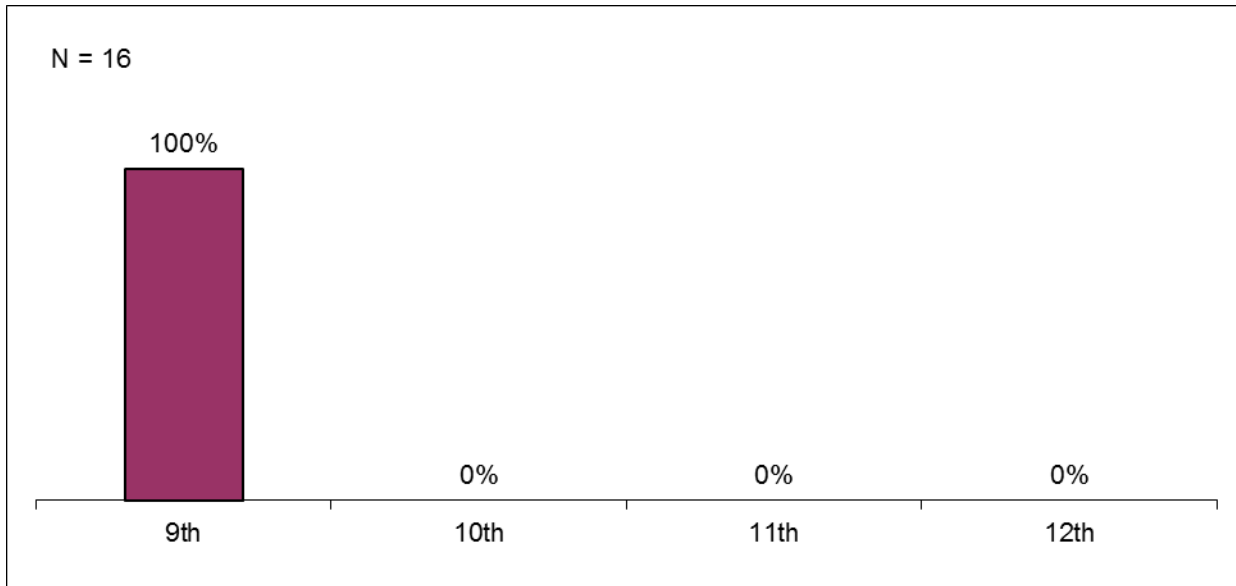
There were 16 students who participated in the 2-day Power of Peace workshops. The student group was comprised of 9 boys (56%) and 7 girls (44%) in the 9<sup>th</sup> grades and ranging in age from 14 – 16. Distributions for age, grade and ethnicity are presented in the charts listed below.

### Age



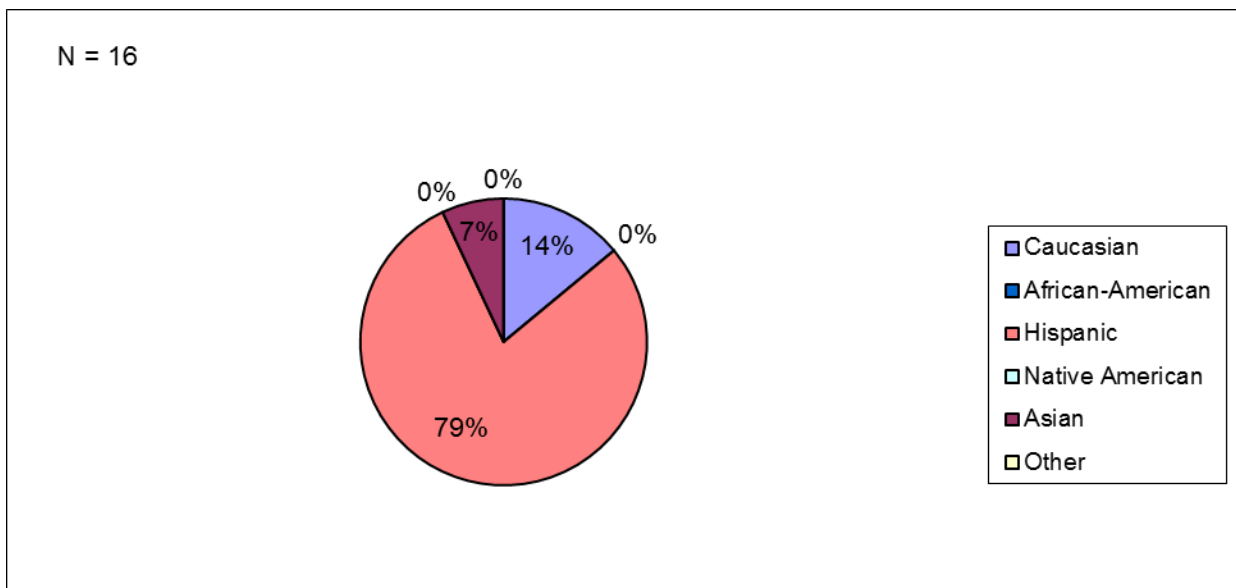
Just under half of the participants were ages 15 (40%) and 16 (40%) respectively.

## Grade



All of the participants were in the 9th grade.

## Ethnicity



The vast majority (79%) of participants 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 both the pre-survey and the post-survey.

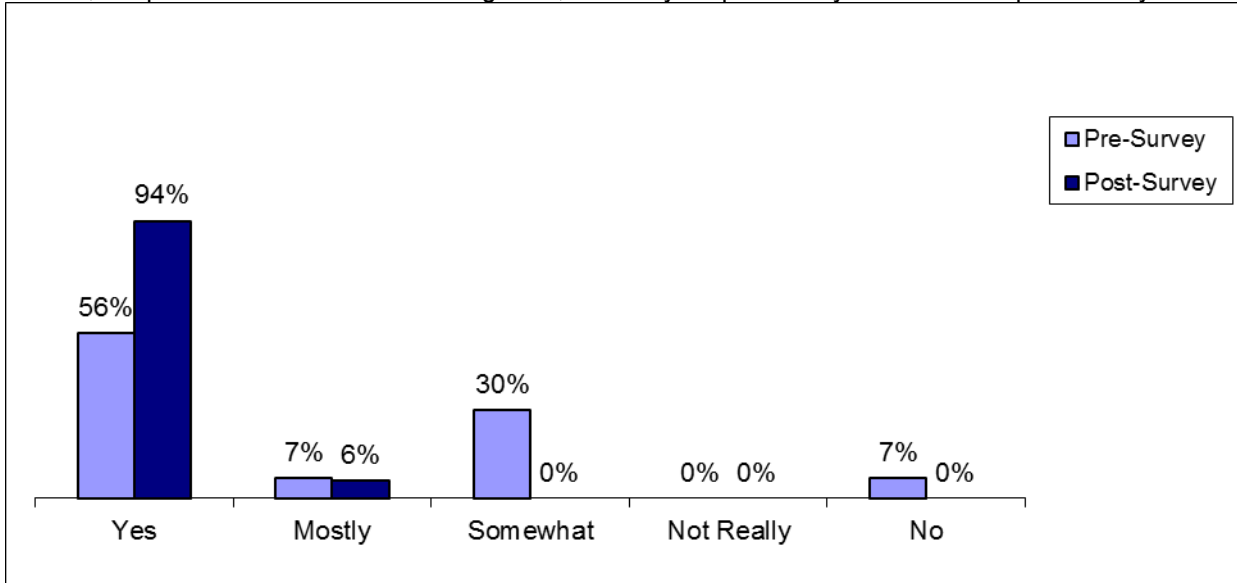
Responses to statements were on a five point likert scale ranging from 5 = "Yes, definitely," 4 = "Mostly," 3 = "Sometimes," 2 = "Not Really," to 1 = "No, Never."

## Results

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

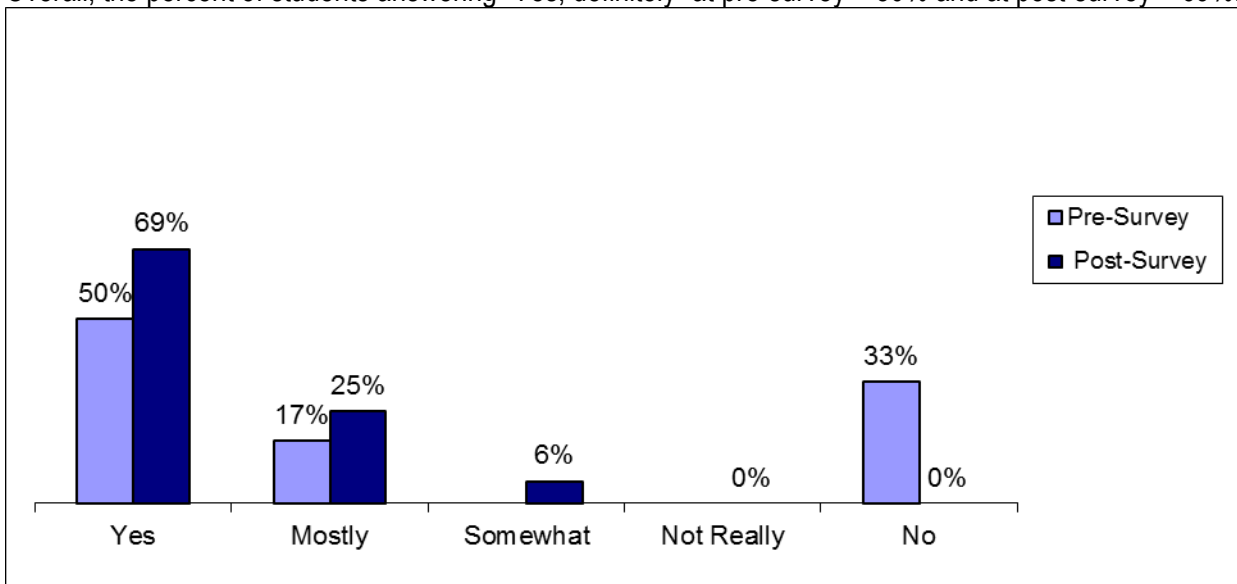
### Item 1: I respect myself.

Overall, the percent of students answering “Yes, definitely” at pre-survey = 56% and at post-survey = 94%.



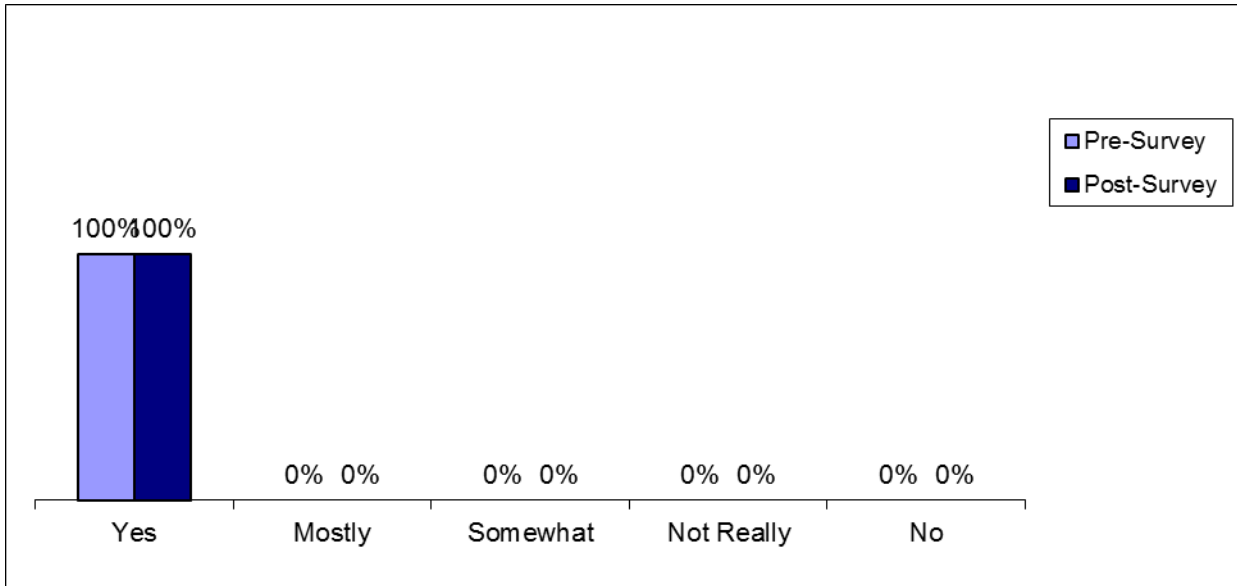
### Item 2: I am willing to talk to a student different from me.

Overall, the percent of students answering “Yes, definitely” at pre-survey = 50% and at post-survey = 69%.



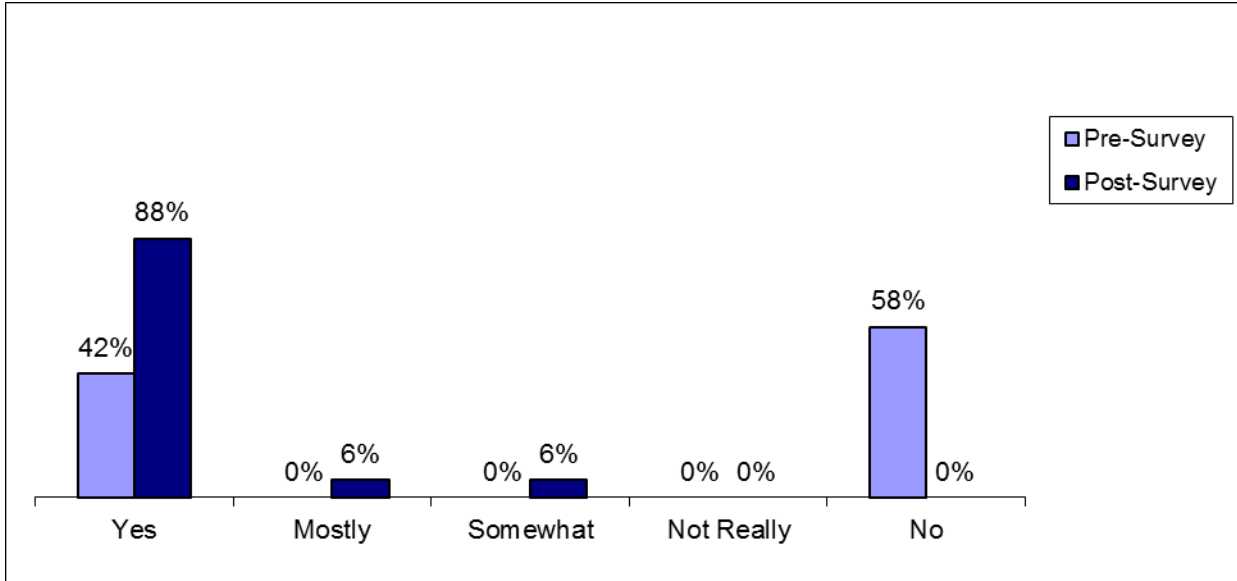
**Item 3: I respect students different from me.**

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



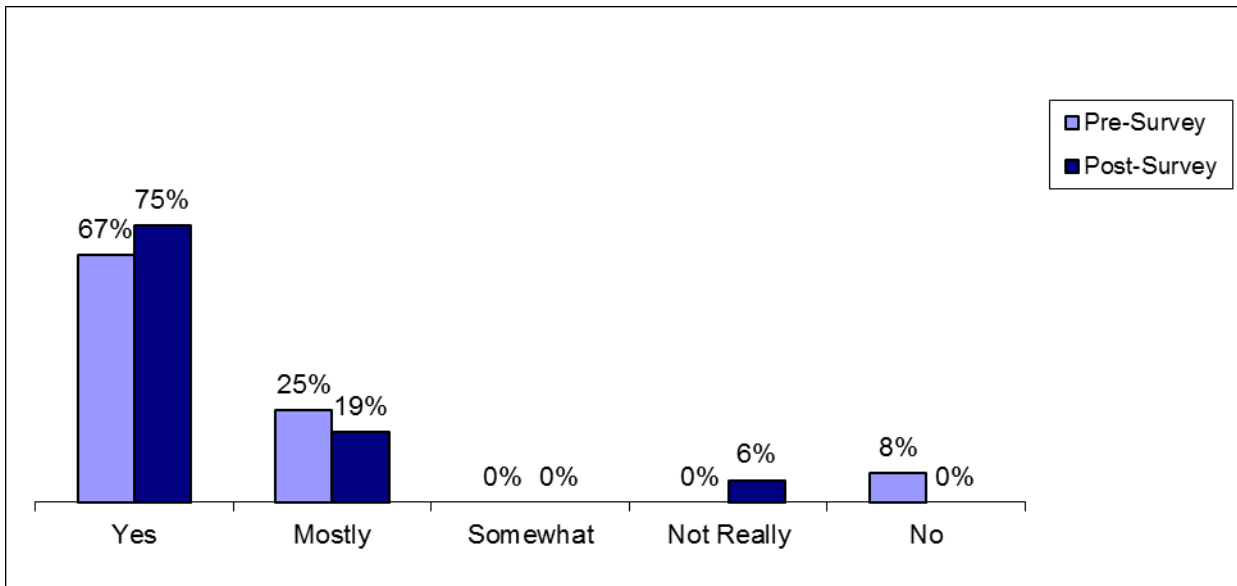
**Item 4: I believe violence will not resolve conflict.**

Overall, the percent of students answering “Yes, definitely” at pre-survey = 42% and at post-survey = 88%.



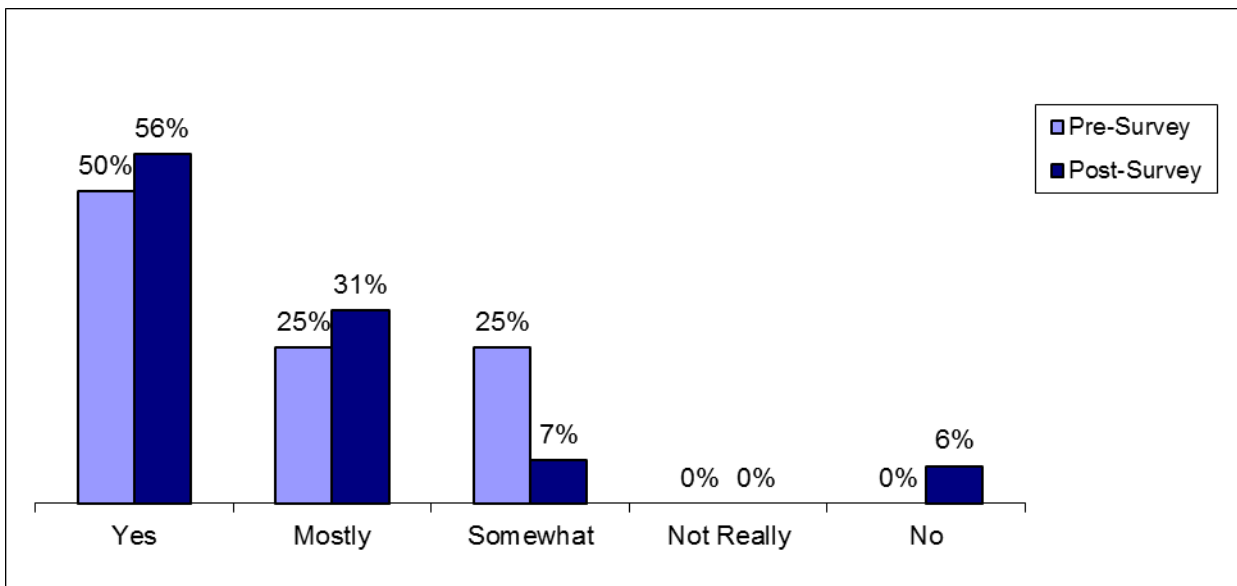
**Item 5: I am aware of alternatives to violence.**

Overall, the percent of students answering “Yes, definitely” at pre-survey = 67% and at post-survey = 75%.



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

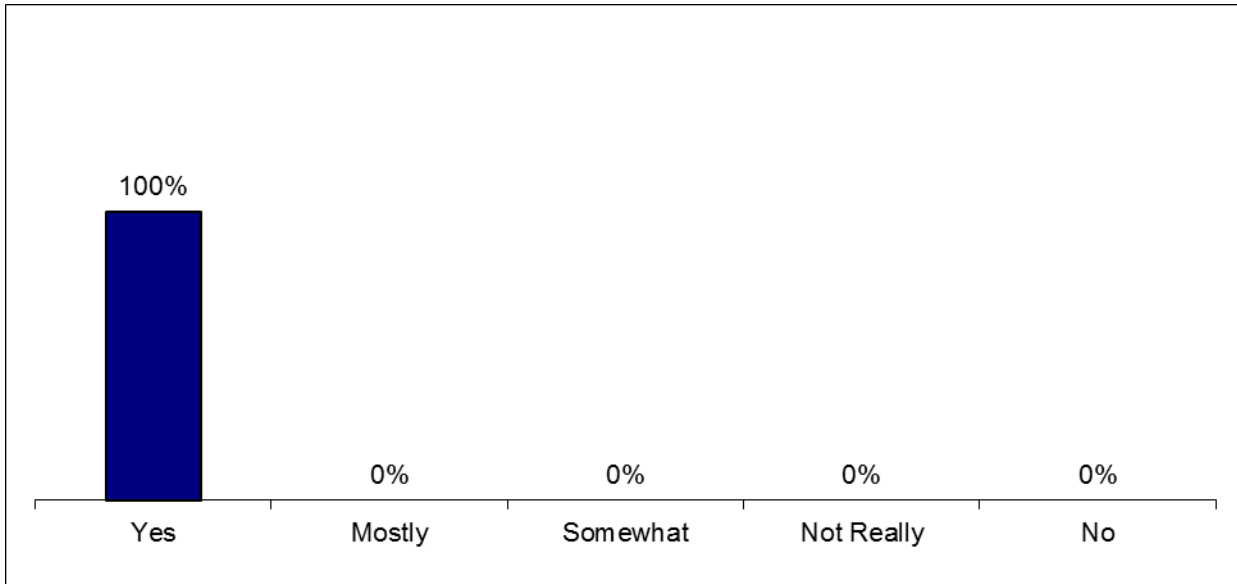
Overall, the percent of students answering “Yes, definitely” at pre-survey = 50% and at post-survey = 56%.



In addition to the six previous items listed, the item listed below was 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.**

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



**Discussion**

The one statement indicating the greatest change in attitude from pre-survey to post-survey: Item 4: I believe violence will not resolve conflict (an increase of 46%). The one statement indicating the least change in attitude from pre-survey to post-survey was Item 6: I think I know how other people see me (an increase of 6%). There was one statement indicating no change from pre-survey to post-survey: Item 3: I respect students different from me (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.