

Power of Peace

Results 2007-2008

Introduction

This report describes the results from the Power of Peace program which was implemented in five different schools and one family center (New Rochelle, Isaac E. Young Middle School, Ossining, Port Chester, Peekskill, and the Coachman Family Center) from November 2007 through May 2008.

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.

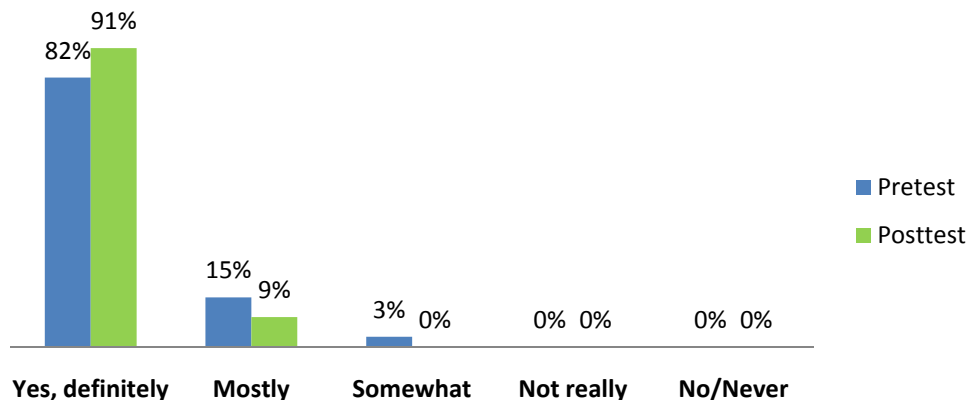
Demographics

There were 233 students who completed the pretest and 231 who completed the posttest. A similar percent of boys (51%) as compared with girls (49%) completed the tests. The age of the students ranged from 12 to 18 with the majority (45%) being 15 years old. The grade level of the students ranged from 7th to 12th grade with the majority (57%) being in 10th grade.

Results

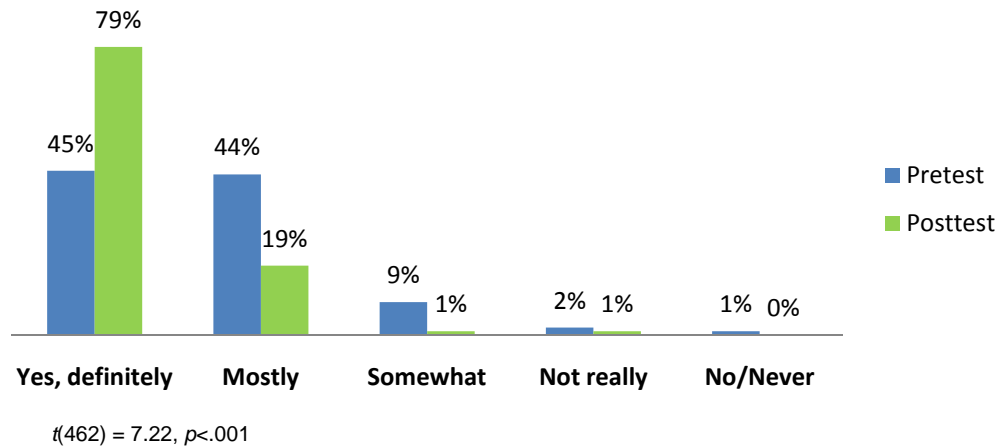
From pretest to posttest, significant ($p < .01$) positive changes in attitudes were seen on all six questions. Data were analyzed using t-tests comparing pretest answers with posttest answers.

1. **I respect myself.** Overall, the percent of students answering “Yes, definitely” at pretest=82% and at posttest=91%.

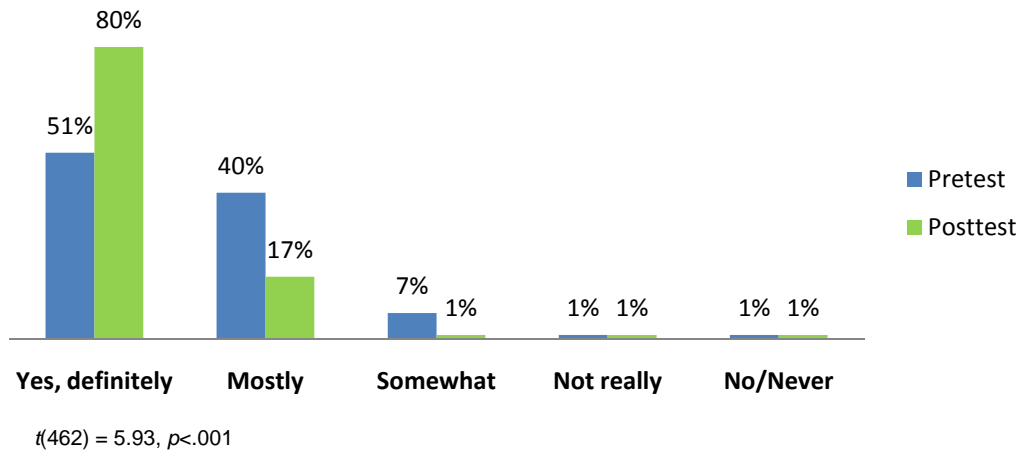


$t(462) = 2.92$ $p < .01$

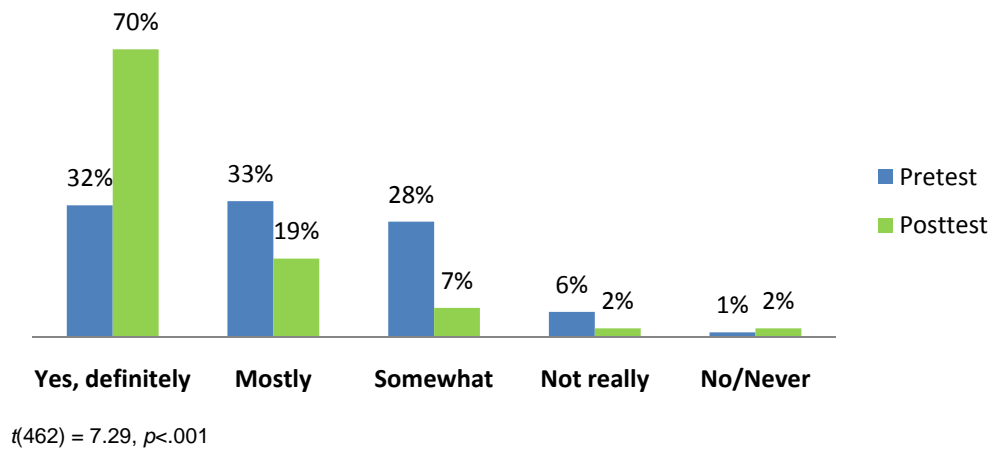
2. **I am willing to talk to a student different from me.** Overall, the percent of students answering “Yes, definitely” at pretest=45% and at posttest=79%.



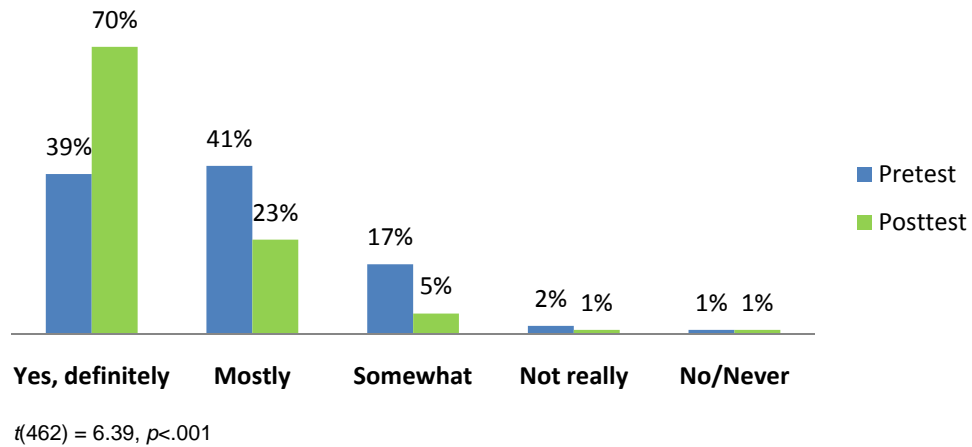
3. **I respect students different from me.** Overall, the percent of students answering “Yes, definitely” at pretest=51% and at posttest=80%.



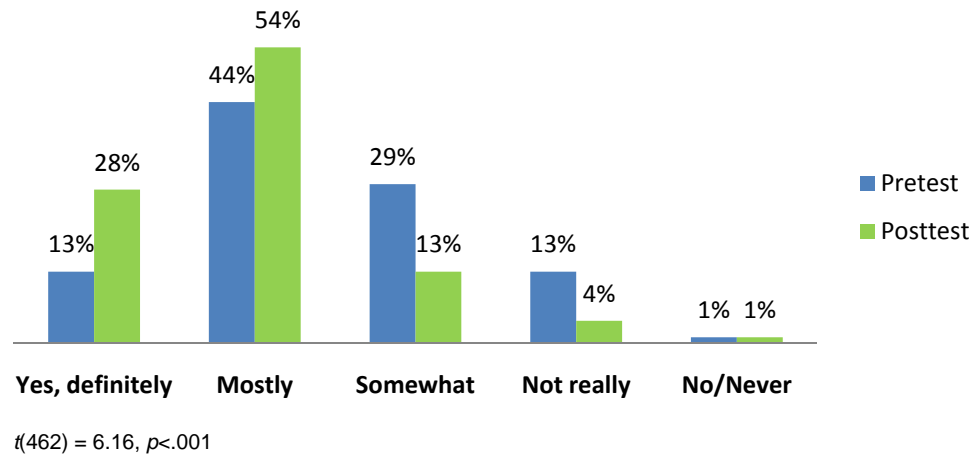
4. **I believe violence will not resolve conflict.** Overall, the percent of students answering “Yes, definitely” at pretest=32% and at posttest=70%.



5. **I am aware of alternatives to violence.** Overall, the percent of students answering “Yes, definitely” at pretest=39% and at posttest=70%.



6. **I think I know how other people see me.** Overall, the percent of students answering “Yes, definitely” at pretest=13% and at posttest=28%.



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 (94%) answered “Yes, definitely”; 5% answered “Mostly”; and 1% answered “Somewhat.”

Conclusion

Results indicate that the Power of Peace program was effective in changing student attitudes. Keep in mind that this is not a rigorous study and there are many limitations to these results. In addition, changes seen may not be sustained over time.