

The Power of Peace Program New Rochelle High School 2018 - 2019 Report

Our MISSION is to improve the quality of life of young people through Positive Youth Development in a safe and supportive environment, encouraging students to become active, productive members of their families, schools and communities.

Our VISION is to help all youth realize their personal worth so that each makes positive contributions to society.

Our FOUNDER Michael Arterberry, or as the kids call him, “Mighty Mike”, has developed The Power of Peace Program, and is a published author of the book *Be Encouraged!!!: 250 Days of Motivation and Encouragement*.

“Short-term thinkers plant gardens...Long-term thinkers plant trees. Eternity minded thinkers plant themselves in the souls of others!”

~Michael Arterberry

Our POWER OF PEACE PROGRAM is a succession of experiential workshops, with a focus on conflict 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 management, team work and collaboration, decision making, respect for others and self and diversity.

Through the engaging nature of The Power of Peace Program, the ultimate goal is for students to “connect” with each other and their own “inner person” and use that as a catalyst to act, rather than have their emotions determine their actions.

Our FEEDBACK in Post Workshop Surveys from 4 two day Power of Peace Workshops at New Rochelle High School during the winter of 2018 - 2019, 91% of the 67 High School Students that attended the program answered ‘Yes, Definitely— I think it’s a good idea for other students in my school to attend Power of Peace workshops.’”

Students commented that “Power of Peace helped me feel better about myself.” and to make Power of Peace better “Have more workshops and to make it a club.”

Overall, there was no negative feedback from the students or teachers who attended the Power of Peace Workshops at New Rochelle High School .

The Power of Peace Program Report New Rochelle High School 2018-2019 Participant Demographics

In the Winter of 2018 and 2019, 67 students and 4 teachers at New Rochelle High School attended the Power of Peace Program.

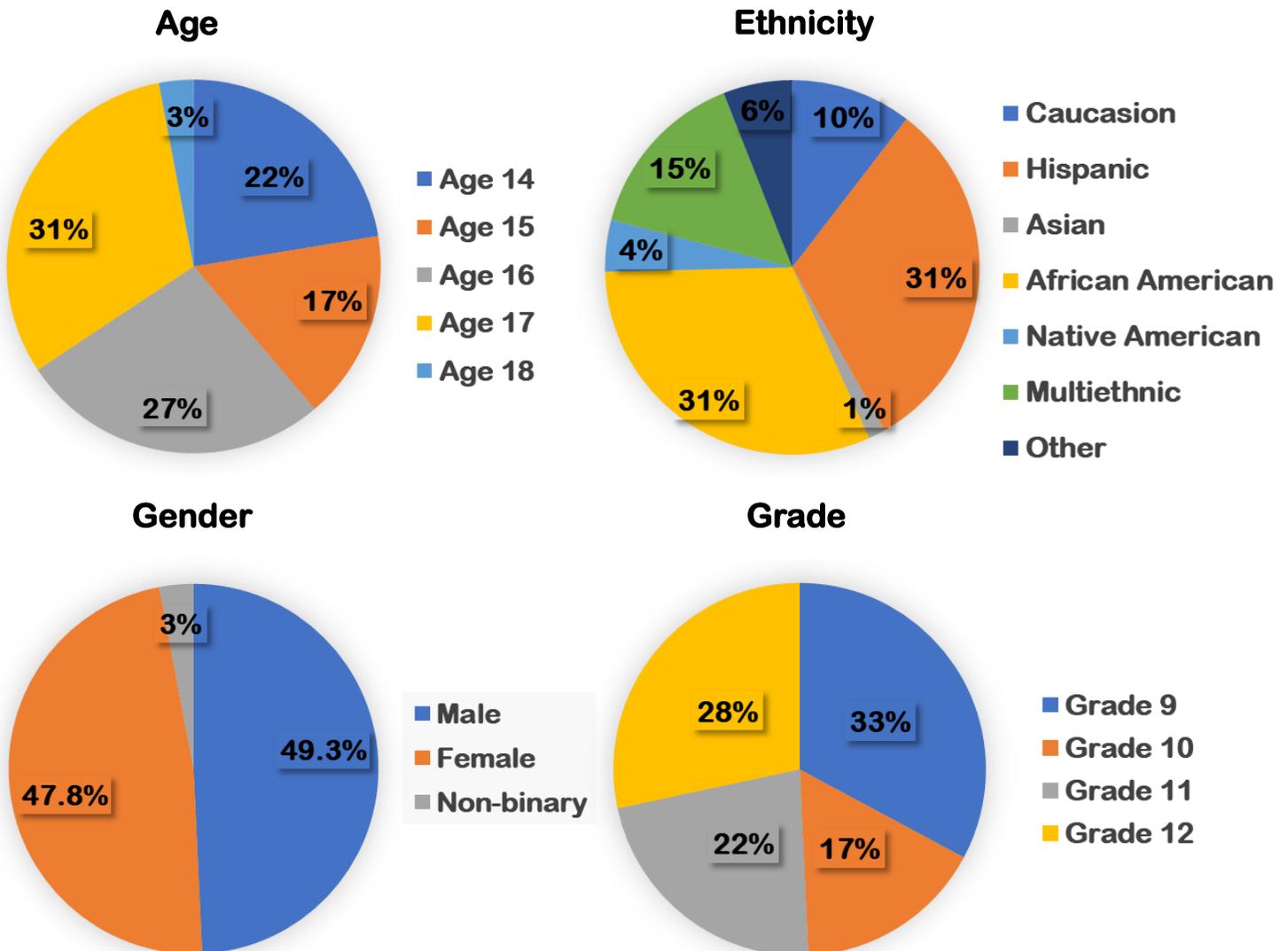
The 2 day sessions were held November 16-17, 2018, December 19-20, 2018, January 29-30, 2019 and March 19-20, 2019.

Each student was given a survey to fill out before and after attending the program. 58 out of the 67 attendees filled out the post workshop survey.

Each adult was given an Adult Workshop Survey to complete the last day of the program.

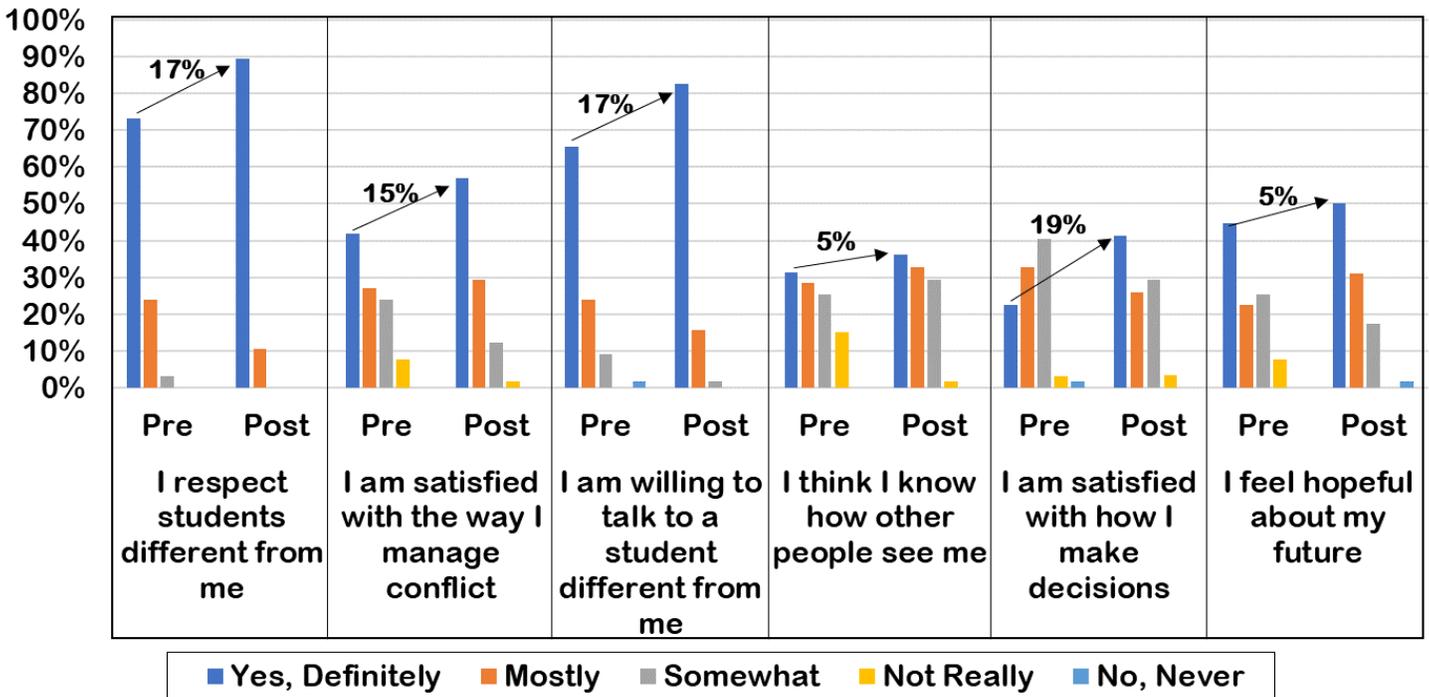
The demographics of the attendees was asked as part of the Pre Program Survey.

67 Student Attendees

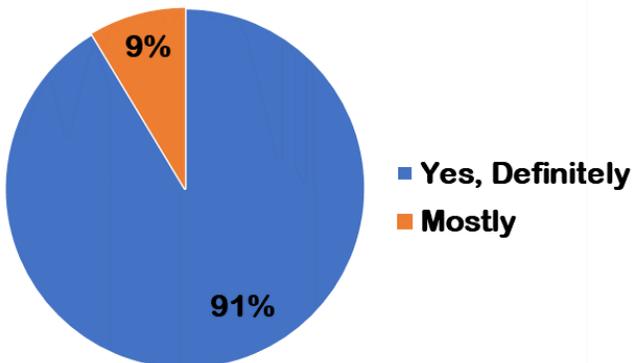


The Power of Peace Program Report New Rochelle High School 2018 – 2019 Survey Results

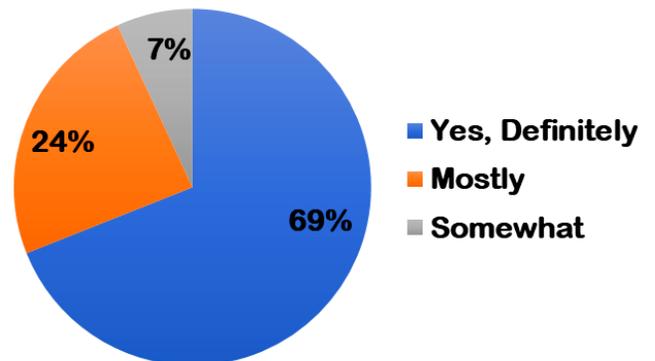
The Pre and Post Survey results show a Positive Increase in ALL areas addressed in the Power of Peace Program



I think it's a good idea for other students to attend these workshops



I believe I have changed for the better because of these workshops



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Comments from students about how they felt about the program validate the presumption that kids need to learn how to understand their feelings and act on their feelings in a positive way and that the main goals of The Power of Peace are being achieved from the program.

When asked about how they felt about the program many students mentioned that “it helps students open up” that “it was a great experience”. Here are some of the things they said:

- “It was life changing for me. It opened my eyes to the way I live.”
- “I feel it helps people be more positive and honest with themselves.”
- “I feel Power of Peace is a good way for students to come together and not only learn to love themselves but also to respect others and what they go through.”
- “I think Power of Peace is a great workshop and New Rochelle High School should continue this program.”
- “I believe this is a very effective program. It helped me a lot, speaking with others helped me voice my problems.”
- “The assembly was a good way to introduce students to the program. I’m in grade 12 and if I had known of the program before I would have definitely attended.”
- “Power of Peace made me realize that anyone can go through hard times like me.”
- “It was very helpful, was a real life changing experience. I will not forget this.”
- “This was a good idea for me to do. I thank you for the chance to do this.”
- “Power of Peace has changed me for the better.”

4 teachers attended the Workshops. Here are some of the comments from the Adult Workshop Surveys:

- “Power of Peace is a great opportunity to have students reflect and speak in a safe space. Good pace, relevant activities. Students were interested and excited to participate.”
- “I am grateful that I could participate. This experience not only opened a “window” into the lives of teens from a different perspective, but it also gave me hope that these teens will be more reflective.”
- “I truly loved participating with High School students. I liked sharing my experience with them and when I shared they realized that adults have problems too.”