

## **The Power of Peace Program Woodlands 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 5 two day Power of Peace Workshops at Woodlands High School during the winter and spring, **92%** of the 103 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 was fun and an eye-opening experience” and to make Power of Peace better “try to fit in more days with certain groups”

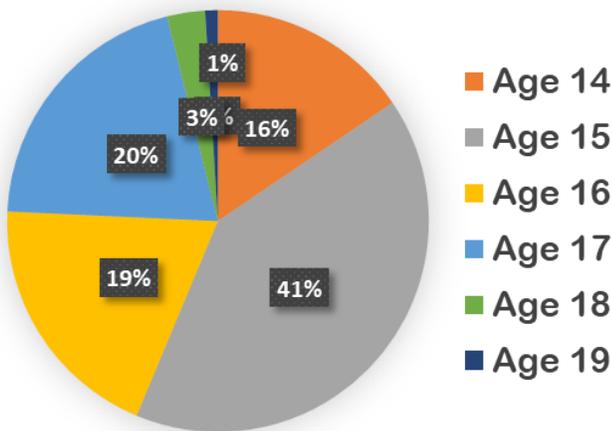
Overall, there was no negative feedback from the students or teachers who attended the Power of Peace Workshops at Woodlands High School .

## The Power of Peace Program Report Woodlands High School 2018-2019 Participant Demographics

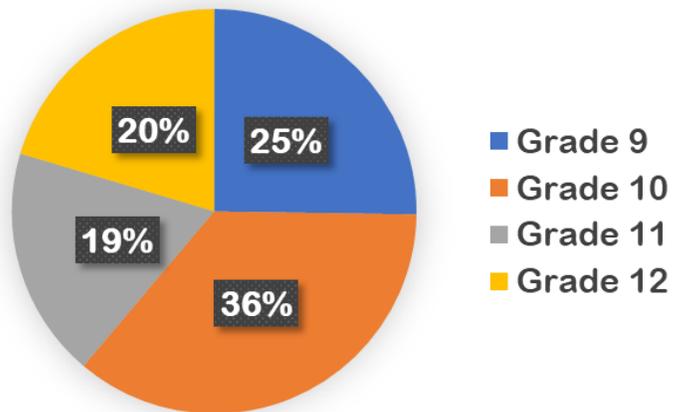
In the 2018, 103 students and 4 teachers at Woodlands High School attended the Power of Peace Program. The 2 day sessions were held December 6-7 2018, January 10-11, March 12-13, April 23-24 and April 29-30. Each attendee was given a survey to fill out before and after attending the program. The demographics of the attendees was asked as part of the Pre Program Survey.

### 103 Student Attendees

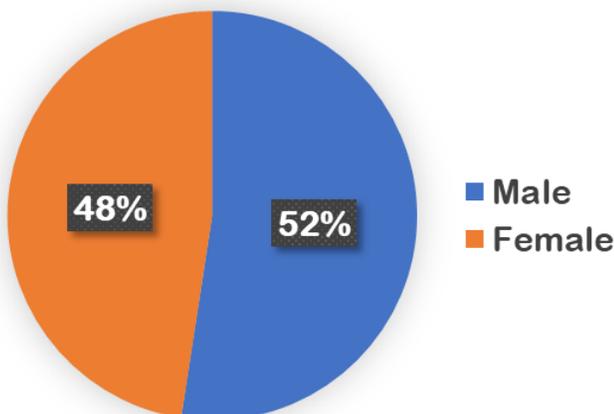
**Age**



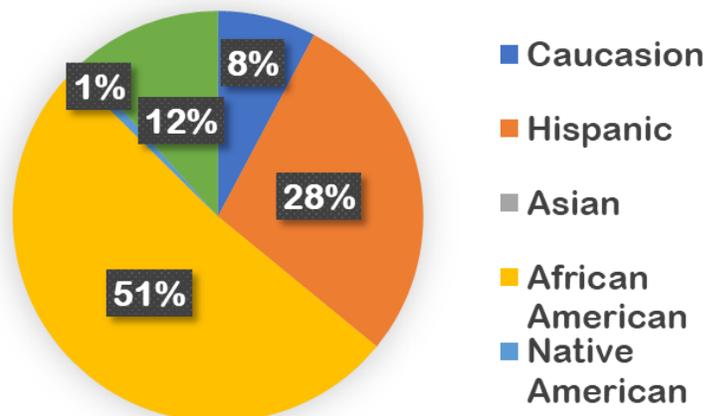
**Grade**



**Gender**

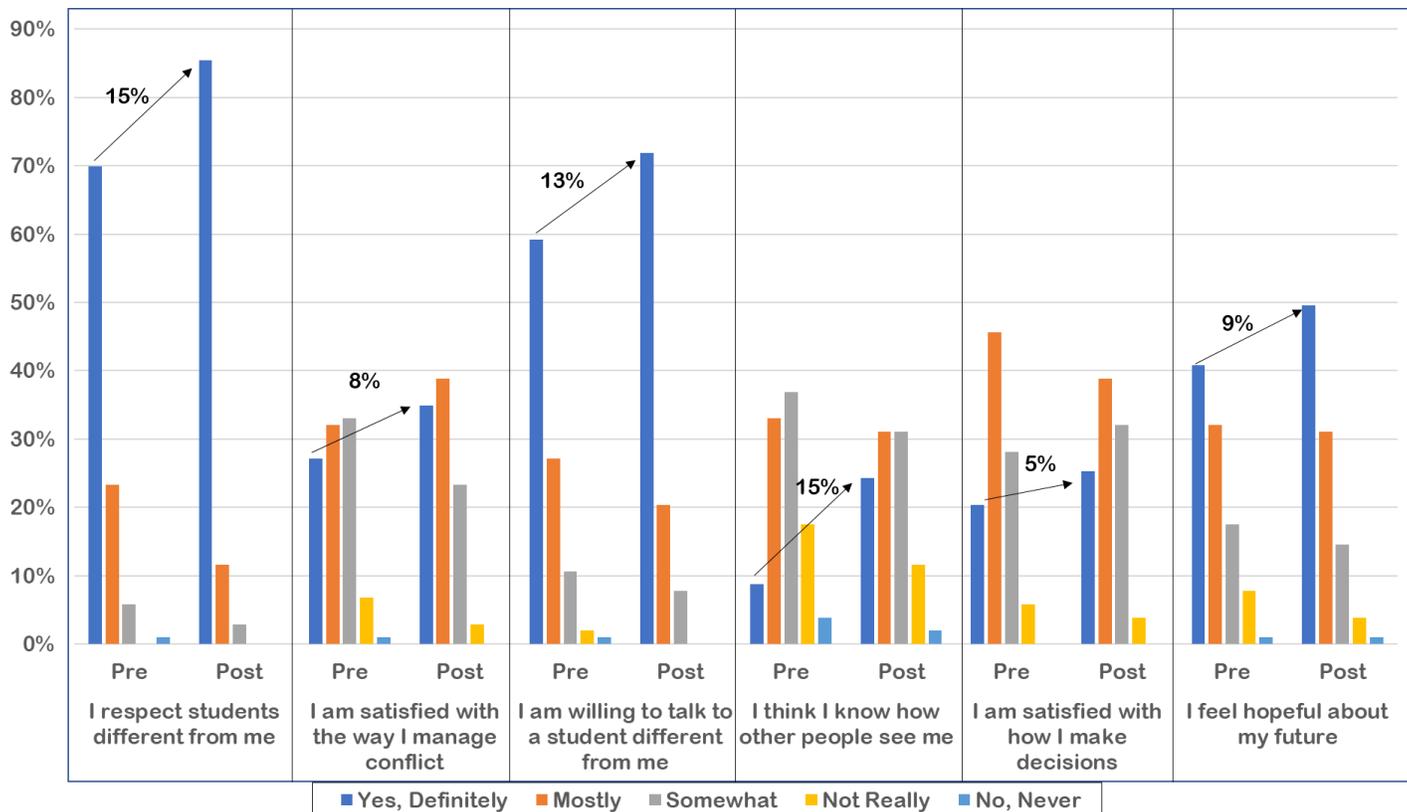


**Ethnicity**

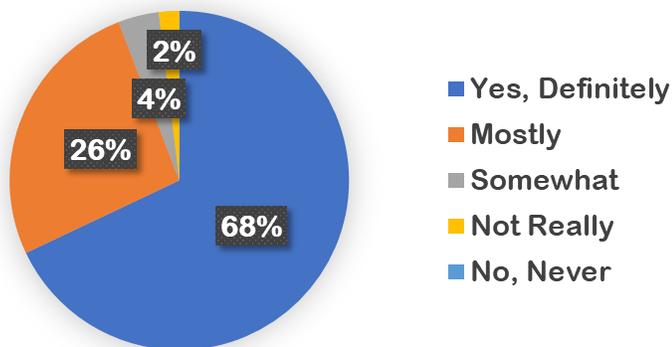


## The Power of Peace Program Report Woodlands High School 2018-2019 Survey Results

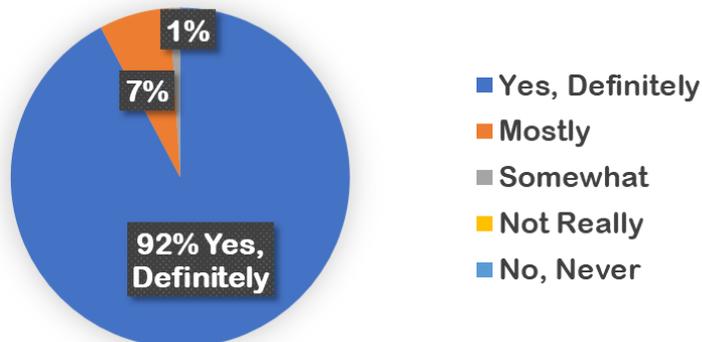
**The Pre and Post Survey results show a Positive Increase in ALL areas addressed in the Power of Peace Program**



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



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



## **The Power of Peace Program Report Woodlands High School 2018-2019 Survey Comments**

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 helped to discuss their feelings with the group and that sharing and hearing other's stories gave them hope and made them feel less alone. Here are some of the things they said:

- “Power of Peace was a very interesting activity and I hope to attend again in the future.”
- “I feel good to take these workshops because they help with problems in your life.”
- “More workshops can be better to help more students”
- “The Power of Peace is an amazing workshop and I feel very grateful for it.”
- “I feel like Power of Peace helps teach students to learn to be open about things bothering them and can help students overcome issues they would have trouble with otherwise.”
- “I like Power of Peace and feel like it is a chance to express yourself with someone who can relate to you.”
- “Power of Peace is definitely something everyone should go to because you get to see and hear people that go through the same things.”
- “I feel that it helps people clear their mind”

Four teachers attended the Workshops and here are some of the comments from the Adult Workshop Survey:

- “I believe the Power of Peace Program is an awesome program, one that young people are starved for. This is a place where they can feel safe and secure without judgement. Thank you.”
- “This was an amazing experience to see students in a different light. I hope they can see me as someone who they can talk to and feel comfortable around.”
- “It is a great opportunity for students to share something personal about themselves and to get to know each other. They need specific strategies and coping mechanisms that they can apply after the workshop is over. They bring up all of this trauma, so they need help managing it.”