

## Program Report 2014 for New Lebanon High School

### Introduction

Michael Arterberry, the Founder and Executive Director of the Youth Voices Center, Inc., a non-profit organization that 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 2014 are presented in this report. The implementation of the program took place in one cycle during the month of March.

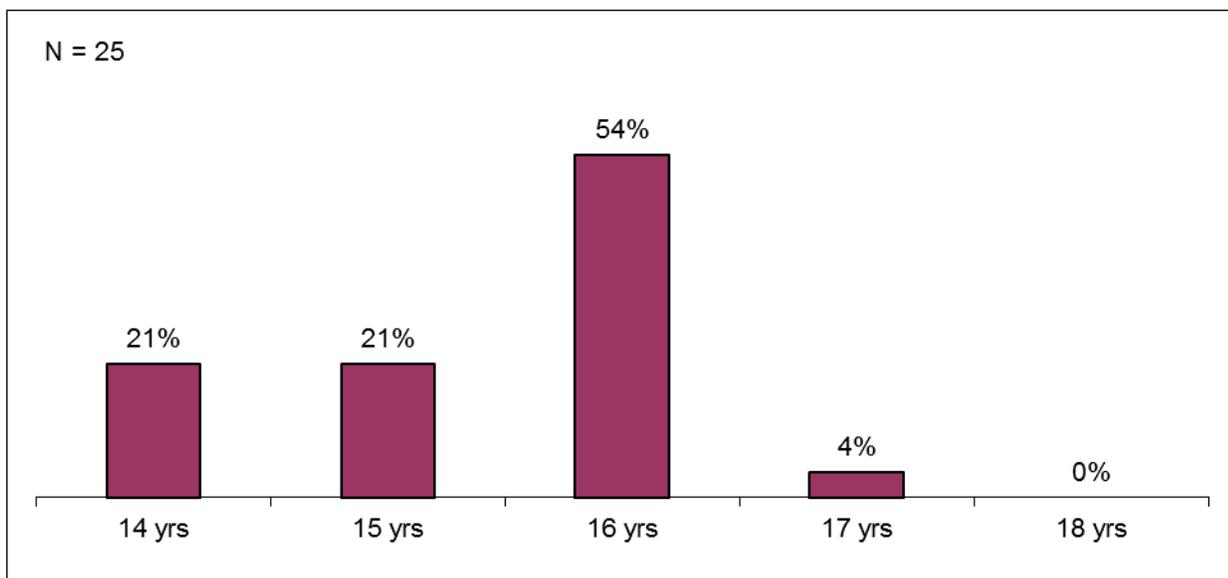
### Program Description

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

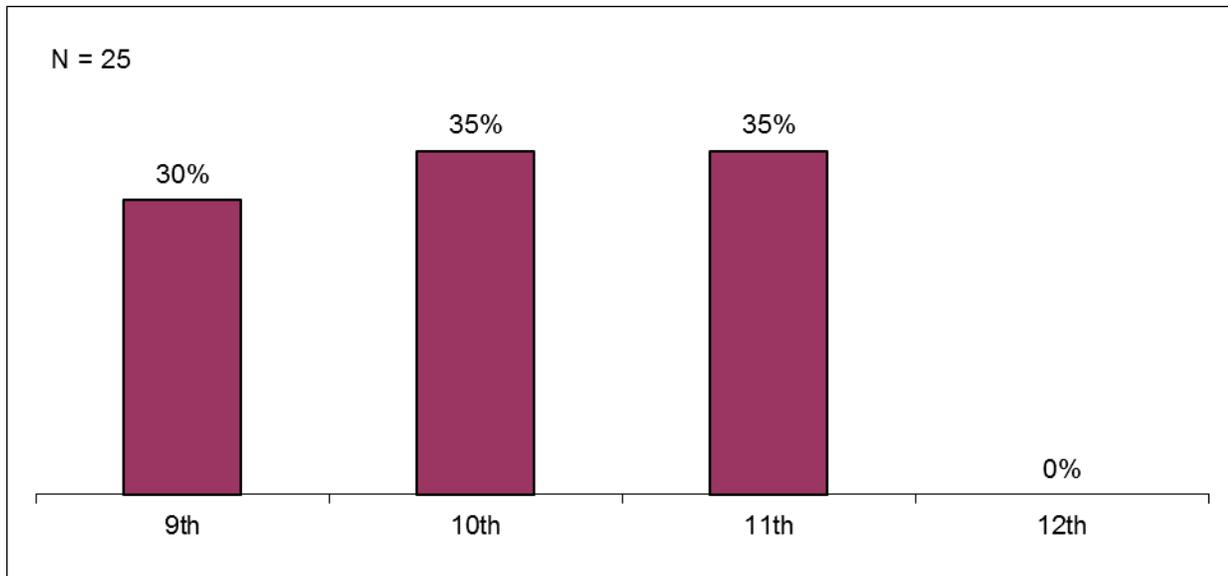
There were 25 students who participated in the 2-day Power of Peace workshops. The student group was comprised of 11 boys (44%) and 14 girls (56%) in grades 9 through 11 and ranging in age from 14 – 17. Distributions for age, grade and ethnicity are presented in the charts listed below.

### Age



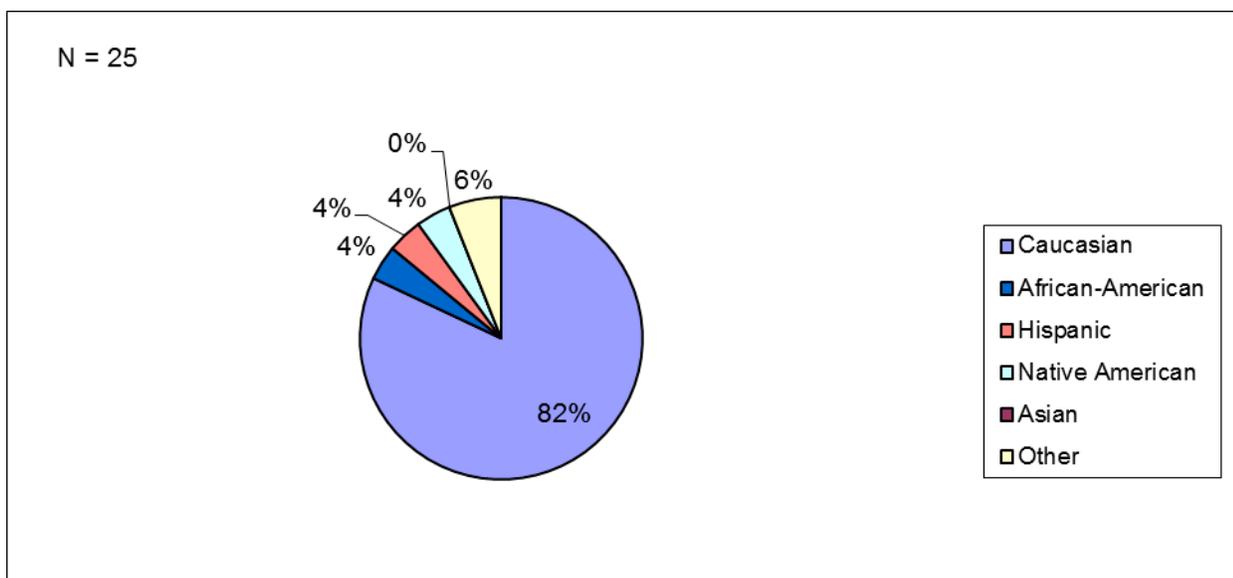
Over half (54%) of the participants were 16 years of age.

## Grade



The distribution across grade levels was relatively even.

## Ethnicity



The majority (82%) of participants identified their ethnicity as Caucasian.

## 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 25 participants, 100% completed the pre-survey and 92% 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."

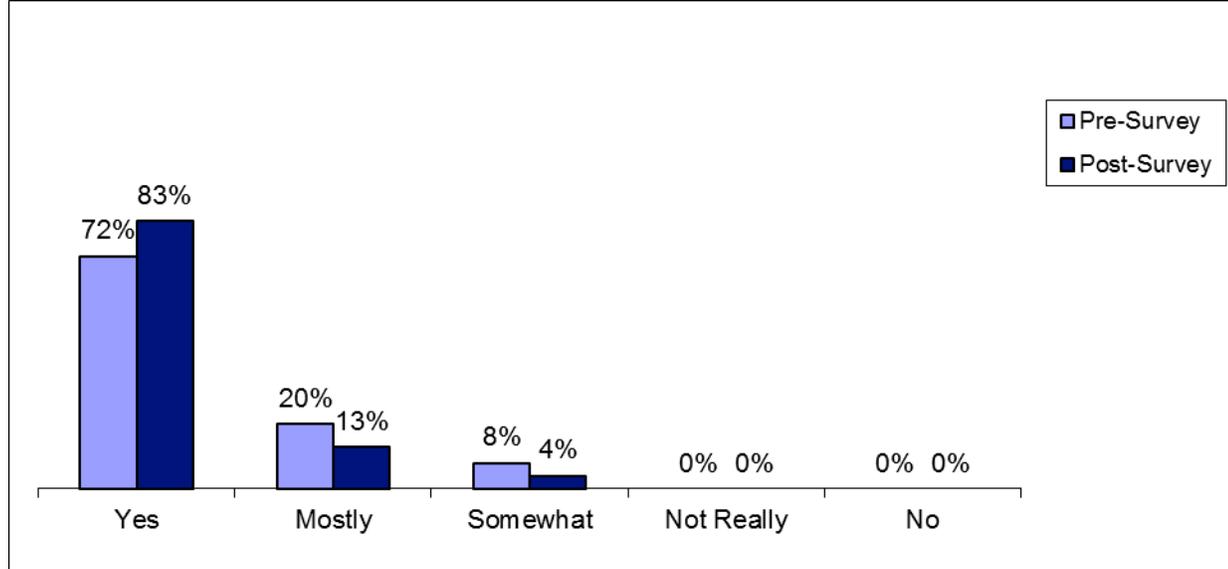
**Qualitative:** Two questions asking for feedback about the program were included on the post-survey regarding a) how participants felt about the Power of Peace experience and b) ways to improve the program in the future.

## Results

From pre-survey to post-survey, positive changes in attitudes were seen all six items. Data were unable to be analyzed using t-tests to compare pre-survey responses with post-survey responses due to small N = 25.

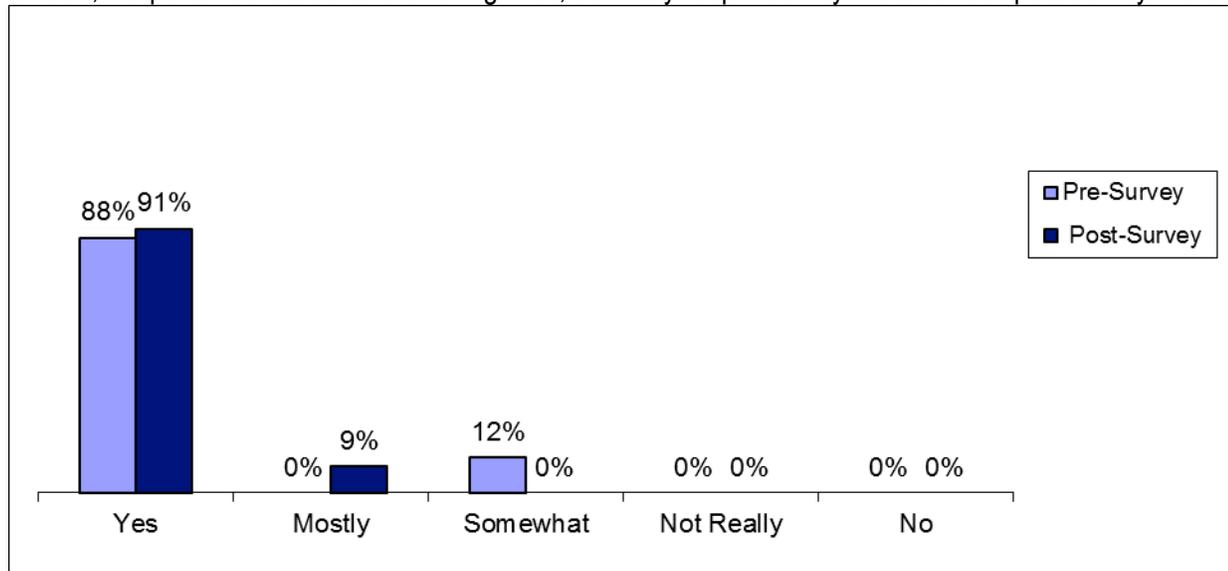
### Item 1: I respect myself.

Overall, the percent of students answering “Yes, definitely” at pre-survey = 72% and at post-survey = 83%.



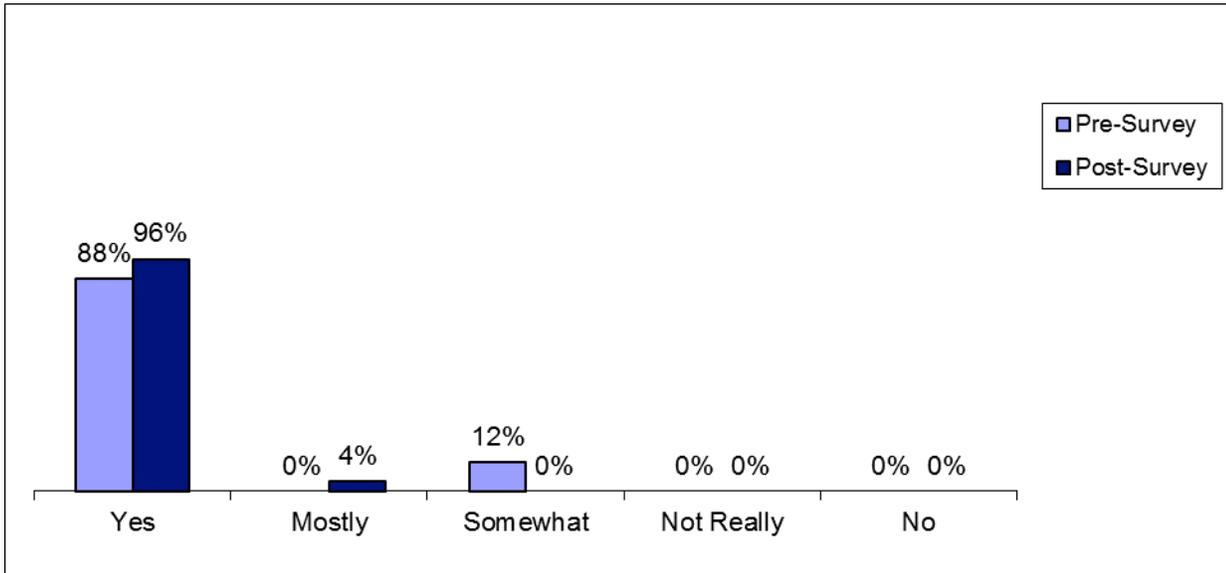
### Item 2: I am willing to talk to a student different from me.

Overall, the percent of students answering “Yes, definitely” at pre-survey = 88% and at post-survey = 91%.



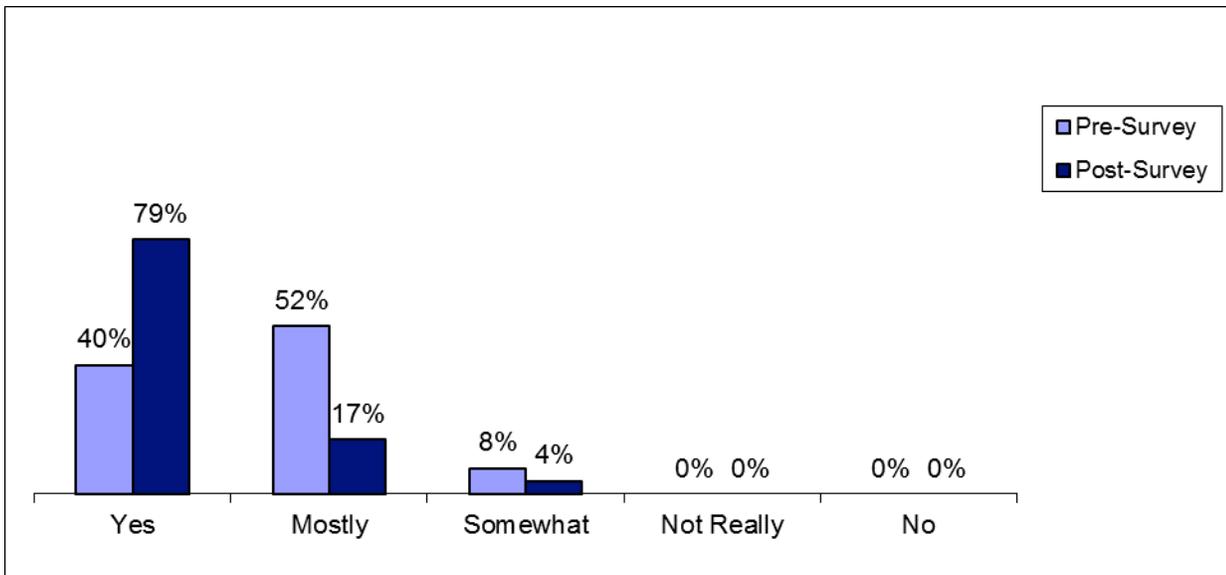
**Item 3: I respect students different from me.**

Overall, the percent of students answering “Yes, definitely” at pre-survey = 88% and at post-survey = 96%.



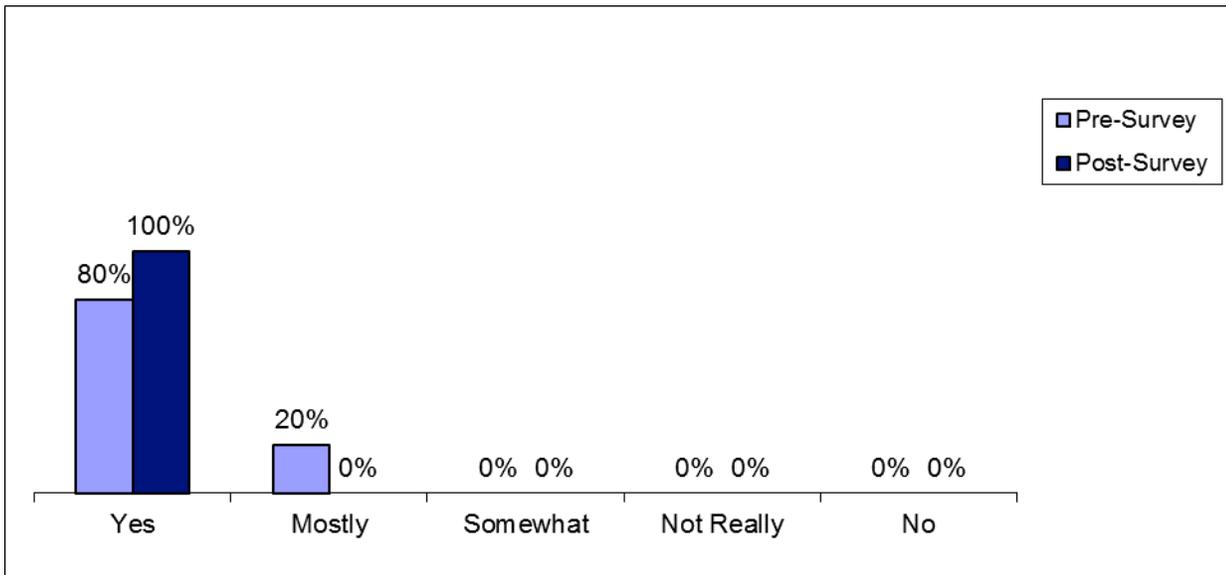
**Item 4: I believe violence will not resolve conflict.**

Overall, the percent of students answering “Yes, definitely” at pre-survey = 40% and at post-survey = 78%.



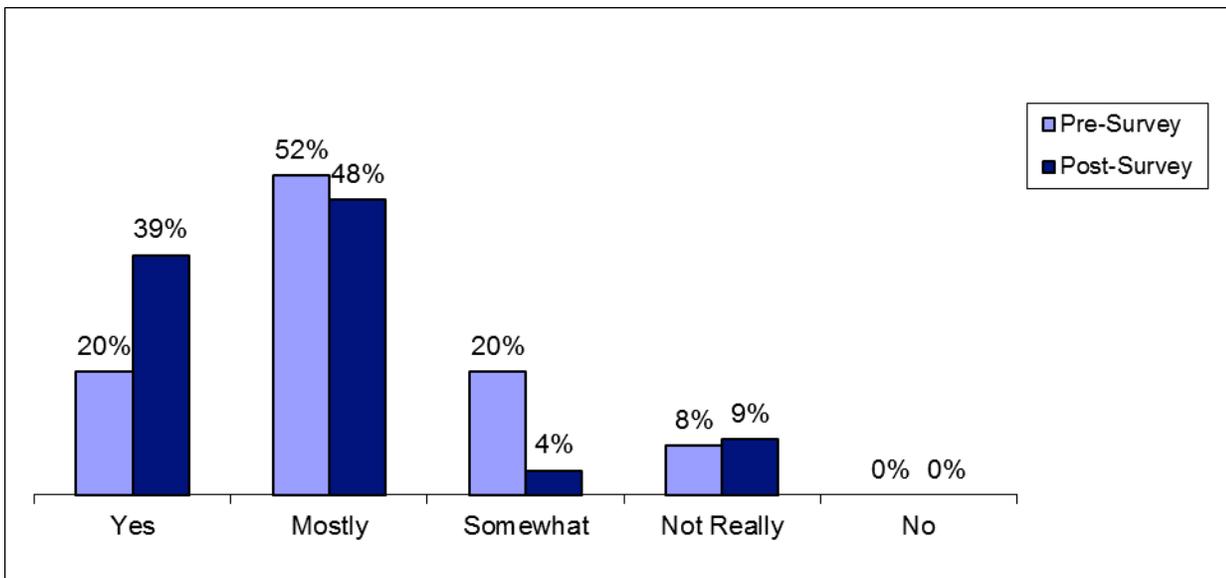
**Item 5: I am aware of alternatives to violence.**

Overall, the percent of students answering “Yes, definitely” at pre-survey = 80% and at post-survey = 100%.



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

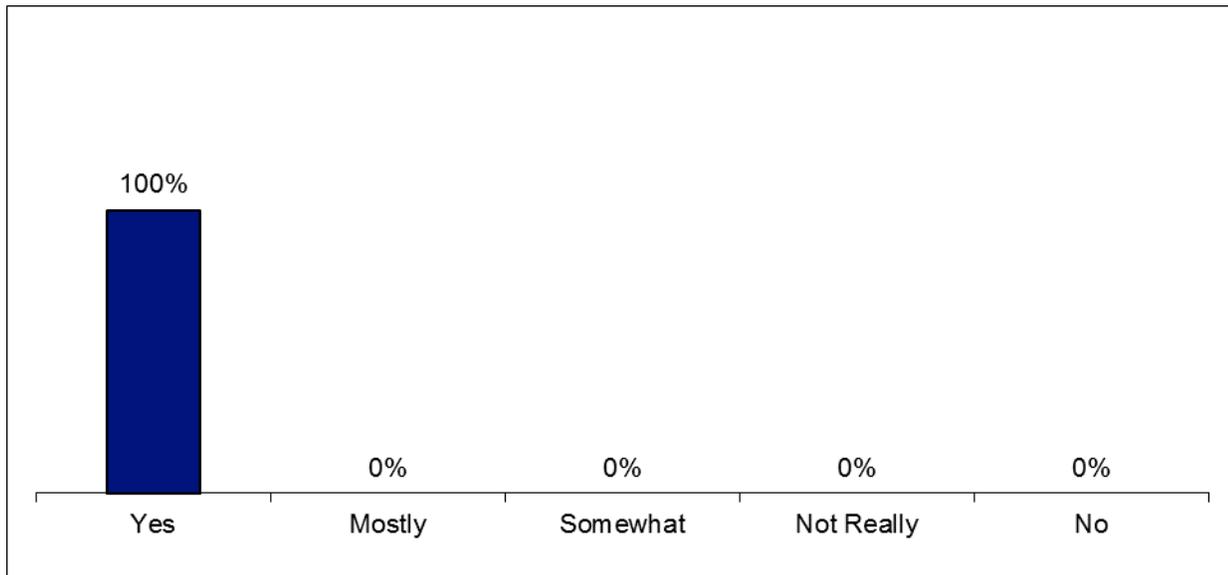
Overall, the percent of students answering “Yes, definitely” at pre-survey = 20% and at post-survey = 39%.



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.**

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



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

Of the twenty-five students who completed the post-survey, 100% of them took the time to comment on how that felt about the Power of Peace experience. The feedback received was overwhelmingly positive. Adjectives used to describe the Power of Peace program in response to this survey item include amazing, great, interesting, helpful, inspirational, and a quality seminar.

Quotes from participants include:

- I've been to many workshops but none have ever had results like this.*
- I would love to attend the Level 2 workshop.*
- Power of Peace taught me how to express emotion and talk to others.*
- It is a life-changing experience that I needed in my life.*
- Thanks to Power of Peace, I now know I am not alone going through things in life.*
- This program opened my eyes to the fact that everyone has something going on in life.*
- The Power of Peace made me feel like a weight was lifted off my shoulders.*
- It helped me a lot and now I have three new friends. Thank you.*
- The best program I have ever seen brought into a school.*
- I was blown away by the level of engagement, participation and openness brought about by this program.*
- Power of Peace allowed me to open up and talk to people I would never talk to before.*

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

Of the twenty-five students who completed the post-survey, 100% of them took the time to comment on improving the Power of Peace experience. The majority, over 95% 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: share this program with adults, move it from two days to three days, and get to deep problems quicker so there is more time to spend on them.

## **Discussion**

The one statement indicating the highest 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 39%). The statement indicating the least change in attitude from pre-survey to post-survey was Item 4: I believe violence will not resolve conflict (an increase of 3%). None of the items indicated a negative change in attitude (i.e., a decrease in ratings).

## **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 in all areas.

- I respect myself.
- I am willing to talk to a student different from me.
- I respect students different from me.
- I believe violence will not resolve conflict.
- I am aware of alternatives to violence.
- I think I know how other people see me.

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.