

## Program Report 2016 for Orchard View 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 April.

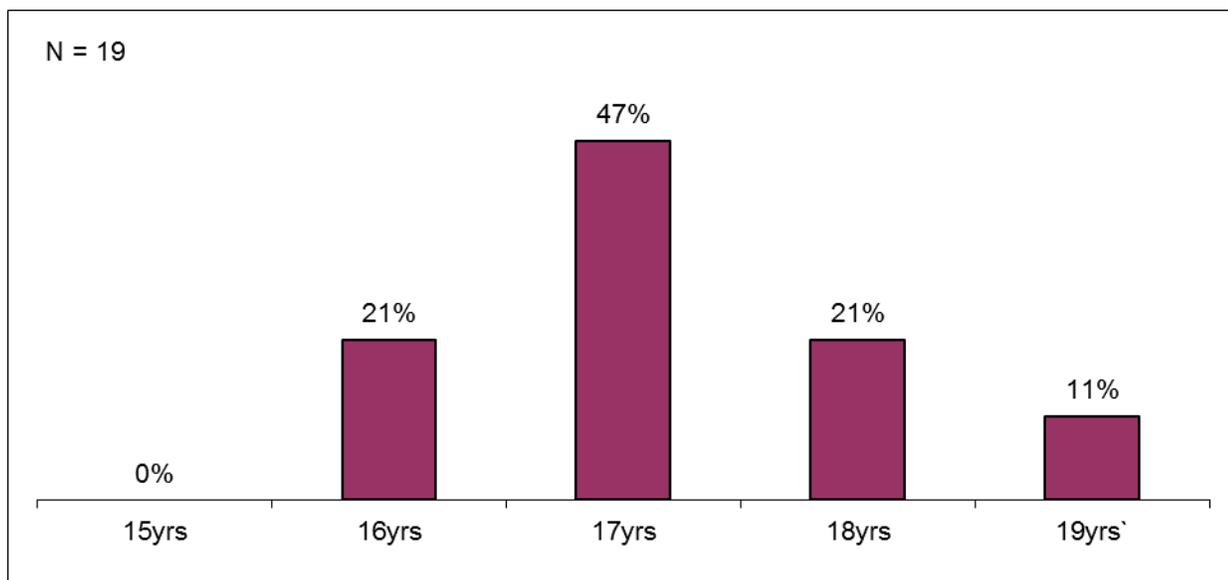
### Program Description

Power of Peace is a succession of experiential workshops, with a focus on conflict resolution and 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 resolution, team work and collaboration, decision making, respect for others and self, and diversity.

### Demographics

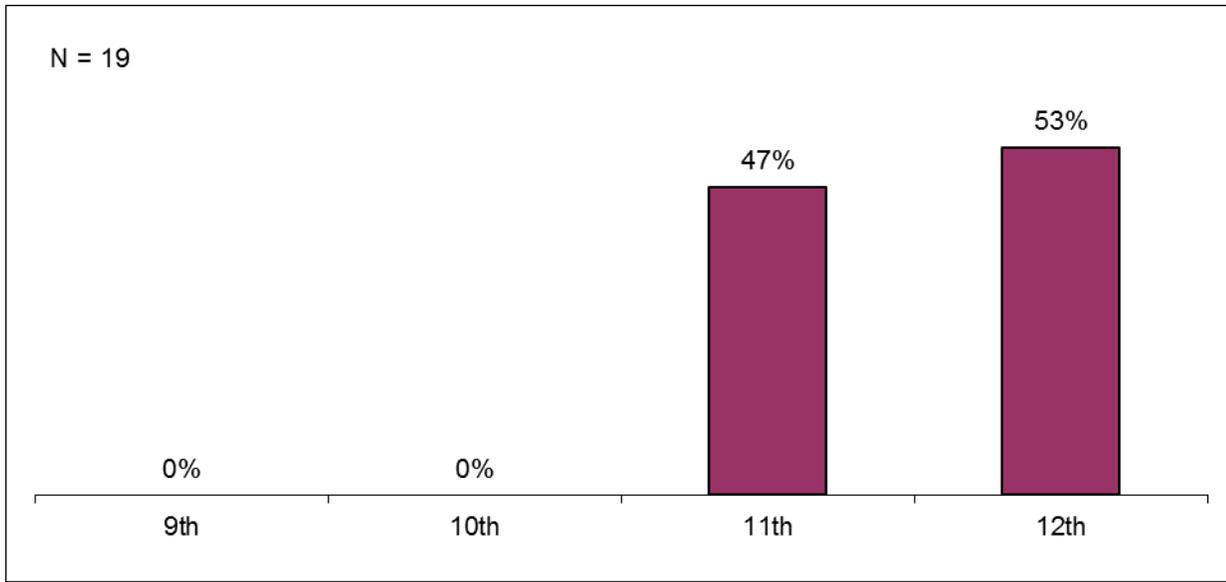
There were 19 students who participated in the 2-day Power of Peace workshops. The student group was comprised of 11 boys (58%) and 8 girls (42%) in grades 11 through 12 and ranging in age from 16 – 17. Distributions for age, grade and ethnicity are presented in the charts listed below.

### Age



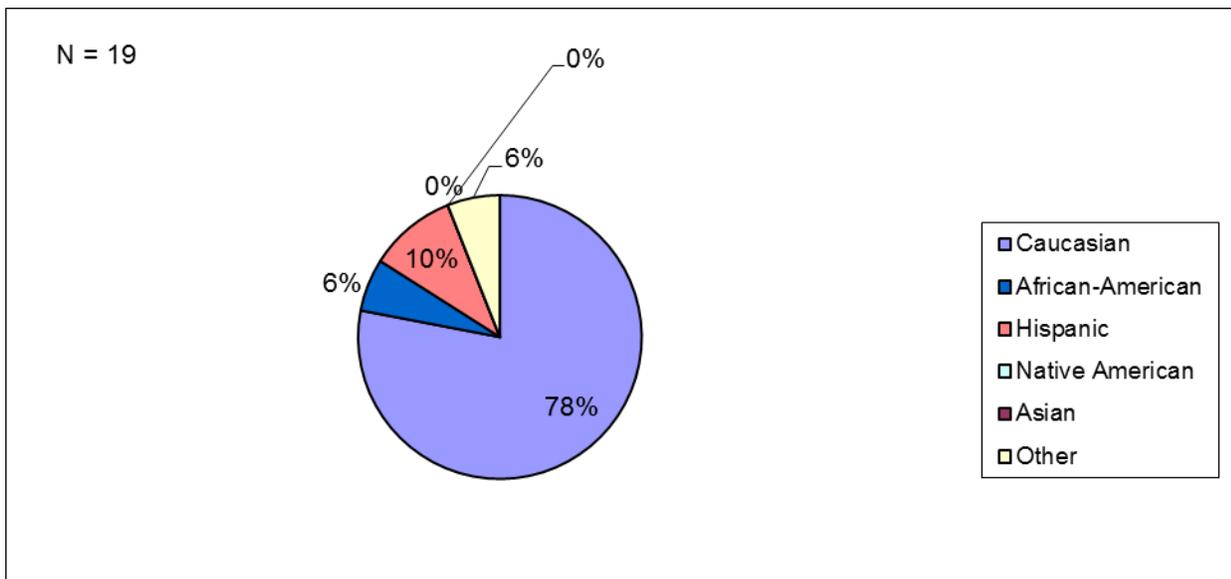
The vast majority of the participants were age 17.

## Grade



Just under half (47%) of participants were in the 11th grade, while just over half (53%) were in the 12th grade.

## Ethnicity



Over three quarters (78%) 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 19 participants, 100% completed the pre-survey while 95% 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."

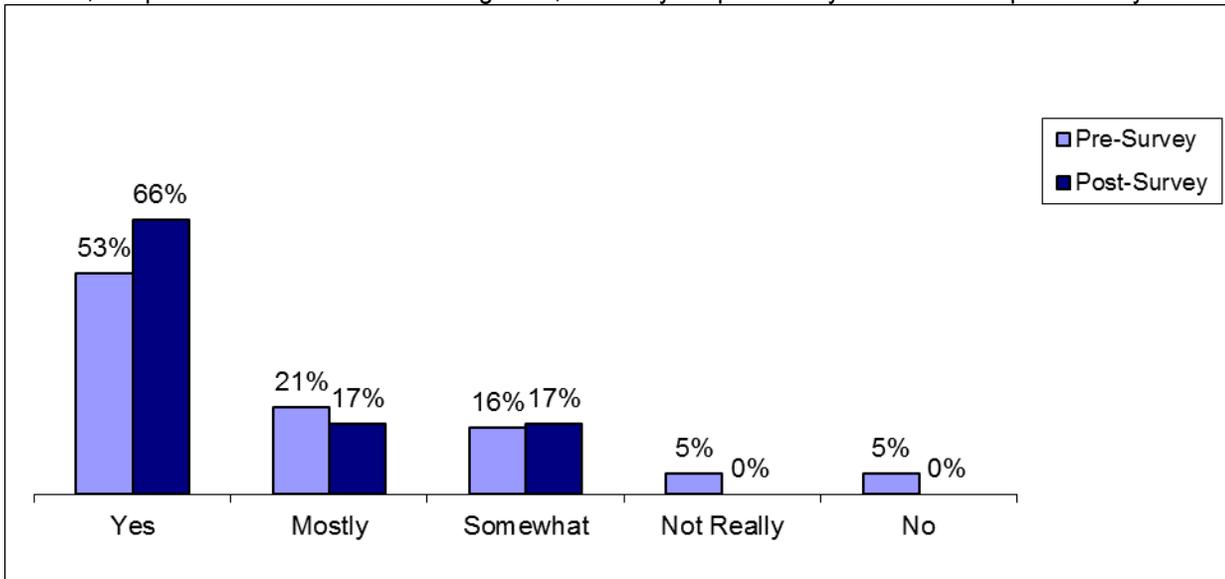
**Qualitative:** Two questions asking for feedback about the program were included on the post-survey regarding a) how participants felt about the Power of Peace experience and b) ways to improve the program in the future.

**Results**

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

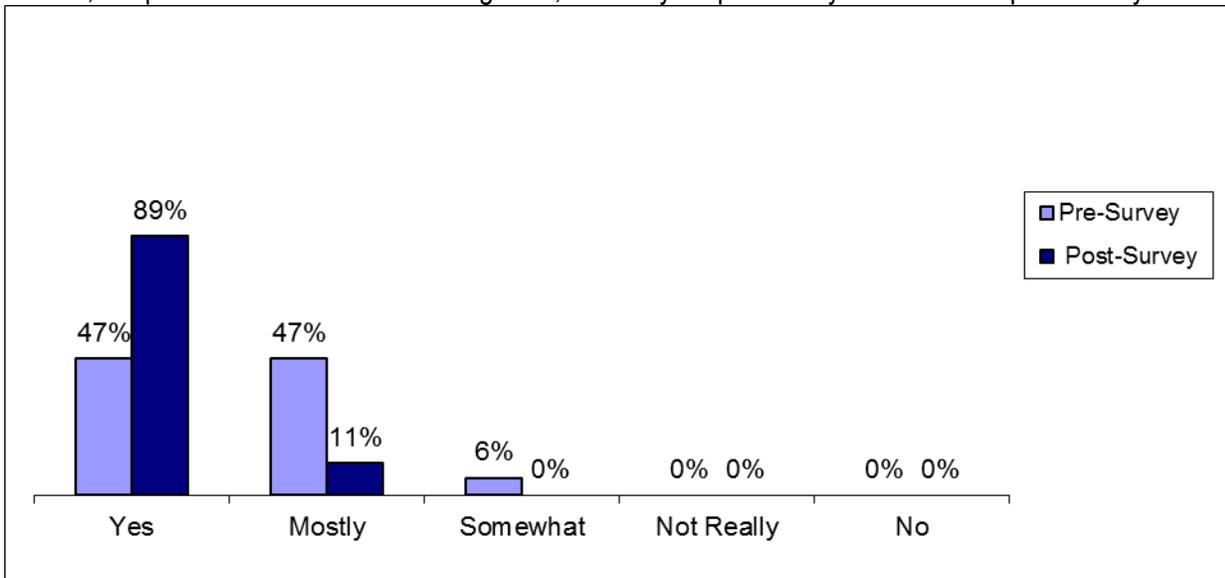
**Item 1: I respect myself.**

Overall, the percent of students answering “Yes, definitely” at pre-survey = 53% and at post-survey = 66%



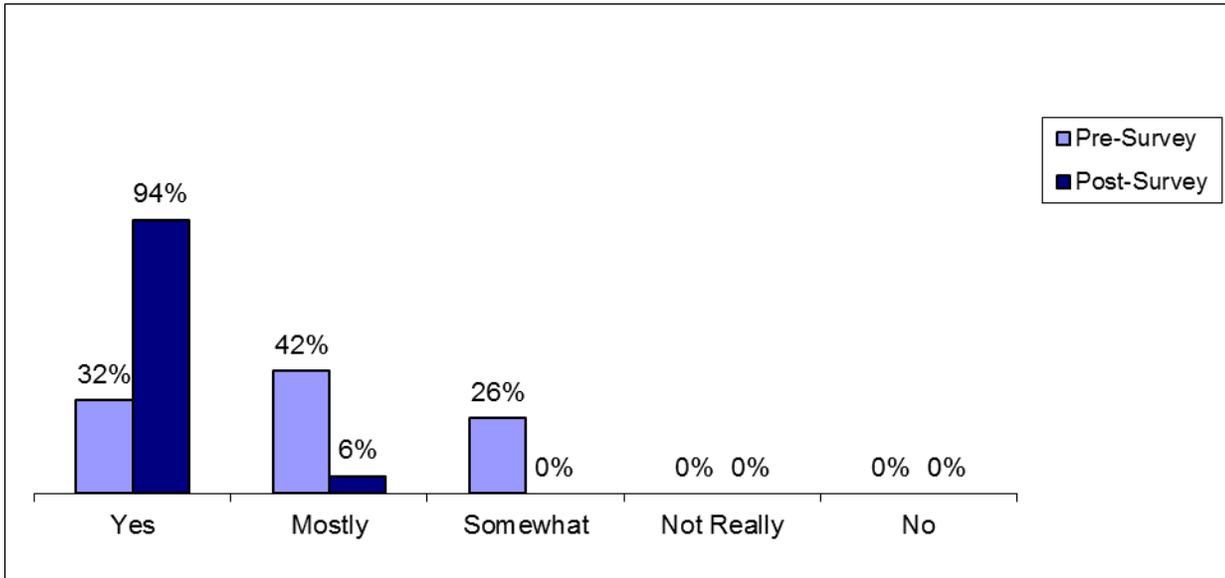
**Item 2: I am willing to talk to a student different from me.**

Overall, the percent of students answering “Yes, definitely” at pre-survey = 47% and at post-survey = 89%.



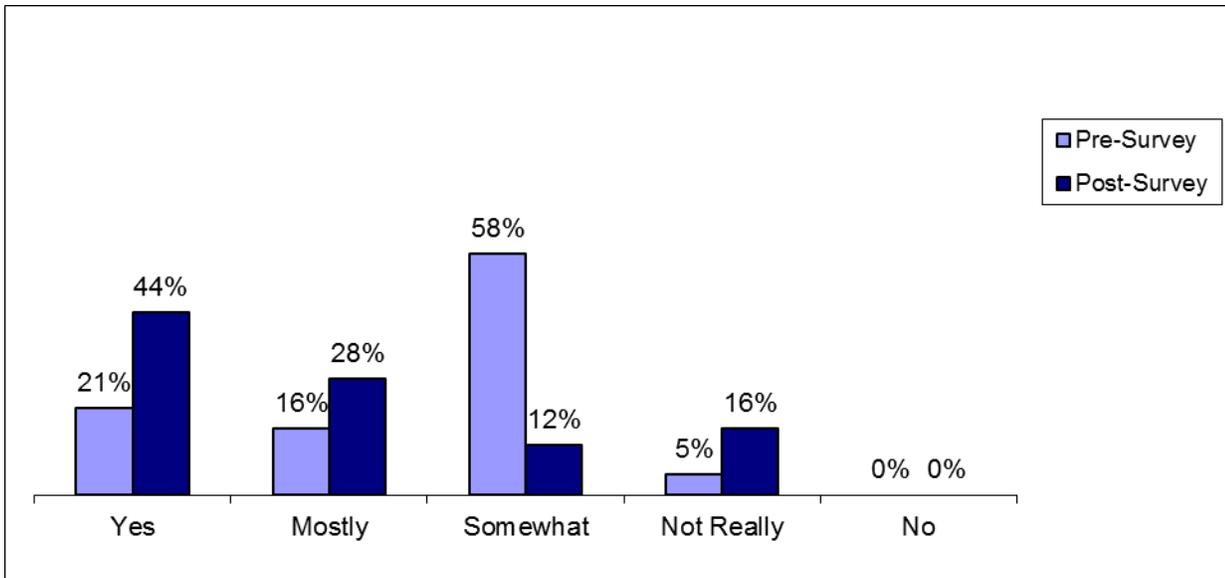
**Item 3: I respect students different from me.**

Overall, the percent of students answering “Yes, definitely” at pre-survey = 32% and at post-survey = 94%.



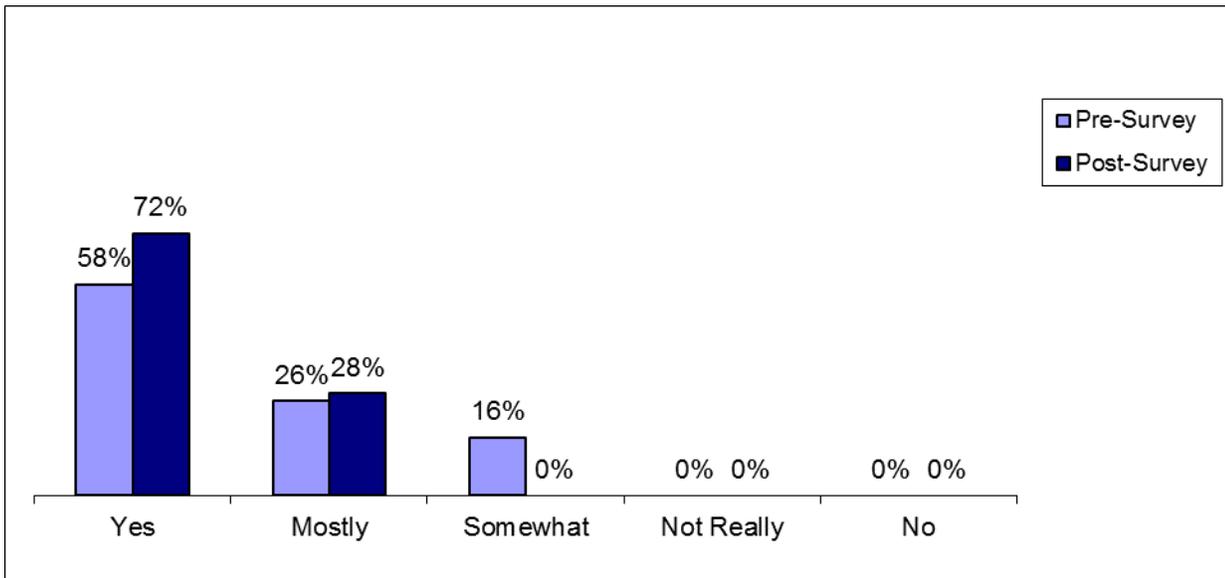
**Item 4: I believe violence will not resolve conflict.**

Overall, the percent of students answering “Yes, definitely” at pre-survey = 21% and at post-survey = 44%.



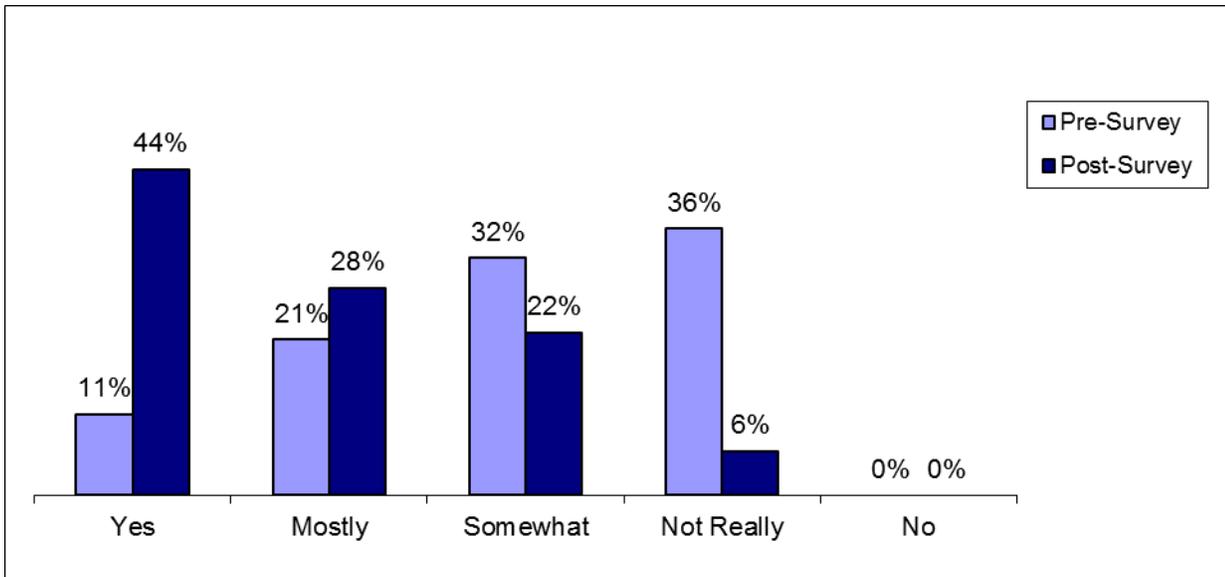
**Item 5: I am aware of alternatives to violence.**

Overall, the percent of students answering “Yes, definitely” at pre-survey = 58% and at post-survey = 72%.



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

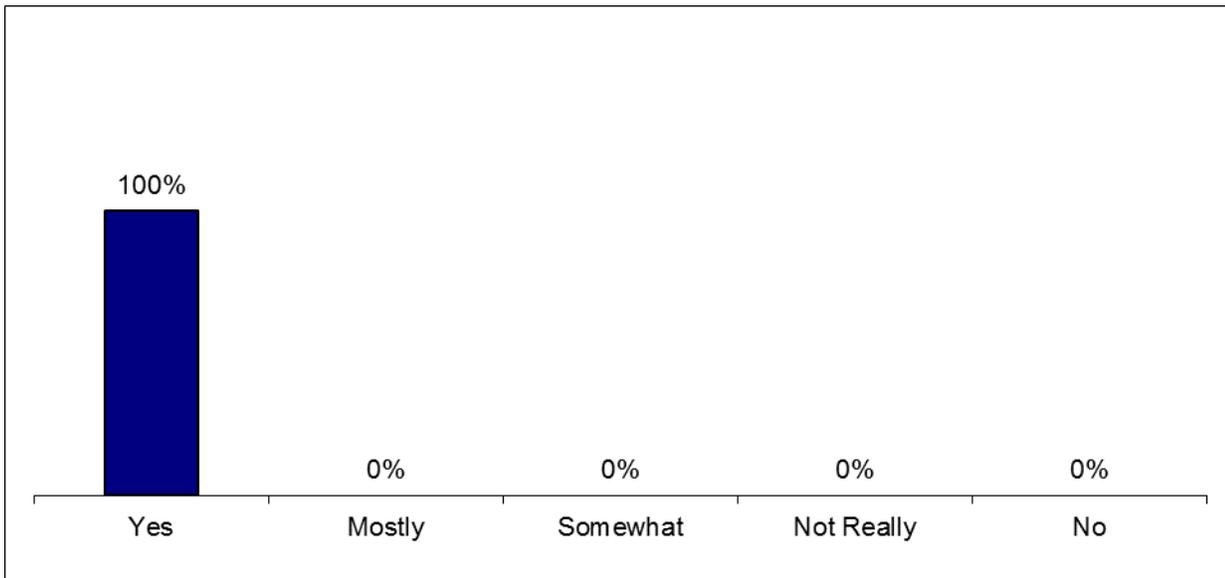
Overall, the percent of students answering “Yes, definitely” at pre-survey = 11% and at post-survey = 44%.



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.**

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



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

The feedback received was overwhelmingly positive.

Quotes from participants include:

*It is a very peaceful environment.*

*It really opened my eyes to respect everyone no matter what their story is.*

*It was a great program. It really helped everyone open up and become closer.*

*I am very glad I came to this.*

*Mighty Mike, thank you, truly, you helped me figure out how much it means to stay on a good path.*

*It's a lot of fun and everyone got to know each other so much better than before.*

*It made me feel more comfortable with people I didn't know before.*

*It is an awesome program but couldn't be done the same by a different person*

*Sad, but it was a really good experience*

*It's a good program to get kids to open up*

*It's a good program and really changed my thought on things*

*Love it, wasn't gonna come, so glad I did because I can't repeat the cycle*

*I love it. It's an amazing program*

*Mike is fantastic and brings out the worst in people so that they can see the best. (I'm not sure if this is worded right but it's a massive compliment!)*

*It's a great and emotional experience and I think I learned a lot about myself and others*

*I feel like it's a very good way to open up and get everything out that you struggle with everyday*

*It really gave me another perspective of others' problems*

*Adult: It was amazing and very powerful. I saw so many kids both open up and connect. They really felt loved, appreciated and accepted.*

*Adult: I felt that Power of Peace created many new friendships. It allowed everyone to open up, revealing many personal stories. I will use these to be more sensitive to each of them. It made me respect and love each of them more than I already do.*

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

The majority 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:

*I wouldn't recommend anything because it was so helpful/amazing*

*Get some people that don't open up to open up*

*Nothing, it's already great!*

*Longer sessions*

*Adult: Don't change a thing! Amazing!*

### **Discussion**

The statement indicating the greatest change in attitude from pre-survey to post-survey was: Item 3: I respect students different from me (an increase of 62%). The statement indicating the least change in attitude from pre-survey to post-survey was Item 1: I respect myself. (an increase of 13%).

### **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.