

Program Report 2015 for New Rochelle 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 2015 are presented in this report. The implementation of the program took place in one cycle during the month of April.

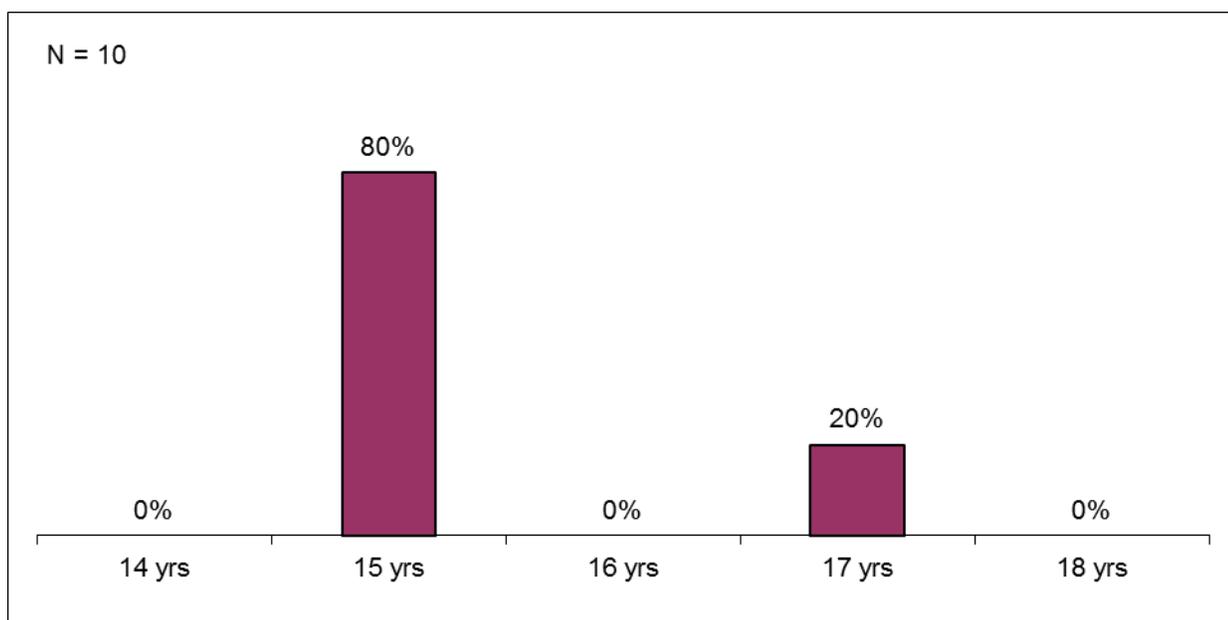
Program Description

Power of Peace is a succession of experiential workshops, with a focus on conflict resolution and 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

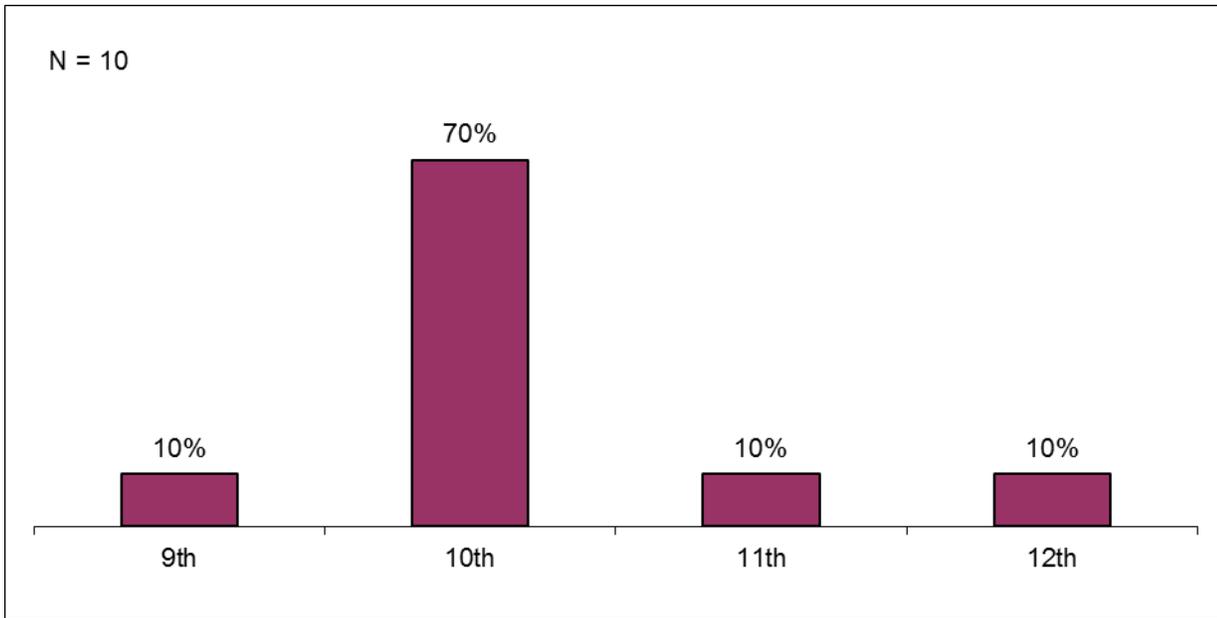
There were 10 students who participated in the 2-day Power of Peace workshops. The student group was comprised of 4 boys (40%) and 6 girls (60%) in grades 9 through 12 and ranging in age from 15 – 17. Distributions for age, grade and ethnicity are presented in the charts listed below.

Age



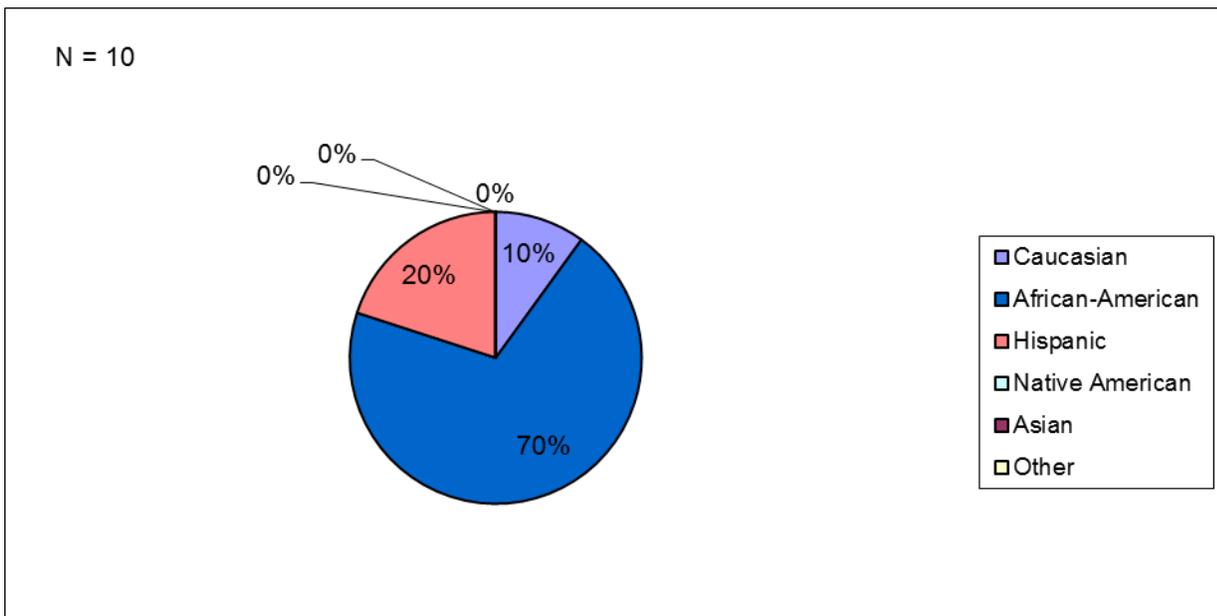
The vast majority of the participants were age 15.

Grade



The majority (70%) of participants were in the 10th grade.

Ethnicity



Over two thirds (70%) of participants identified their ethnicity as African-American.

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 10 participants, 100% completed the pre-survey while 90% 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.”

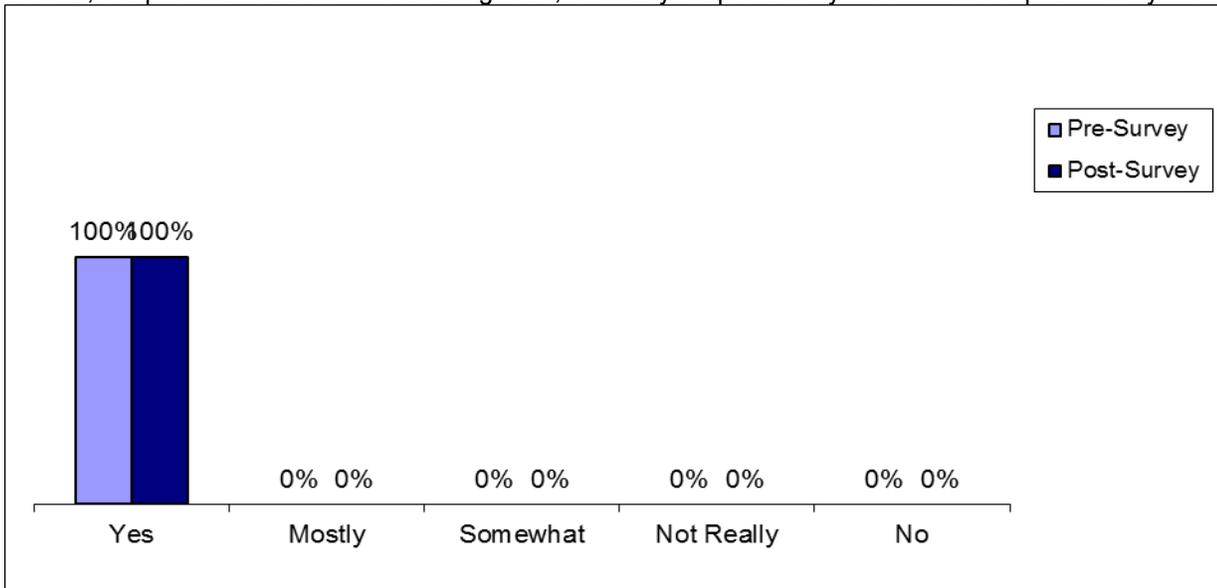
Qualitative: Two questions asking for feedback about the program were included on the post-survey regarding a) how participants felt about the Power of Peace experience and b) ways to improve the program in the future.

Results

From pre-survey to post-survey, positive changes in attitudes were seen on four of the six items. Data were unable to be analyzed using t-tests to compare pre-survey responses with post-survey responses due to the small N = 10.

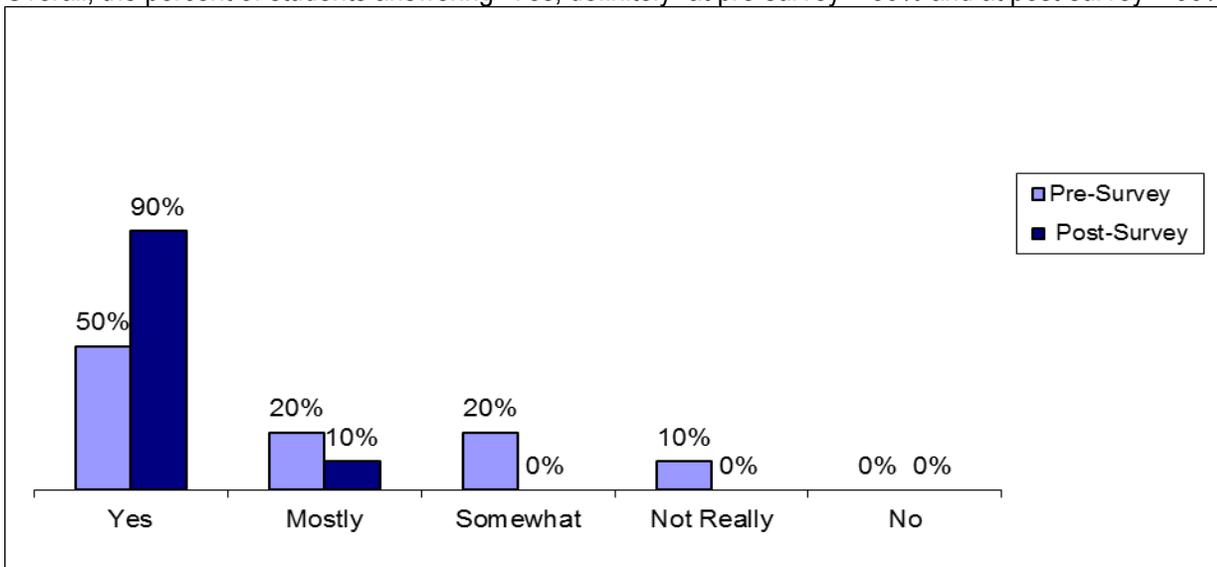
Item 1: I respect myself.

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



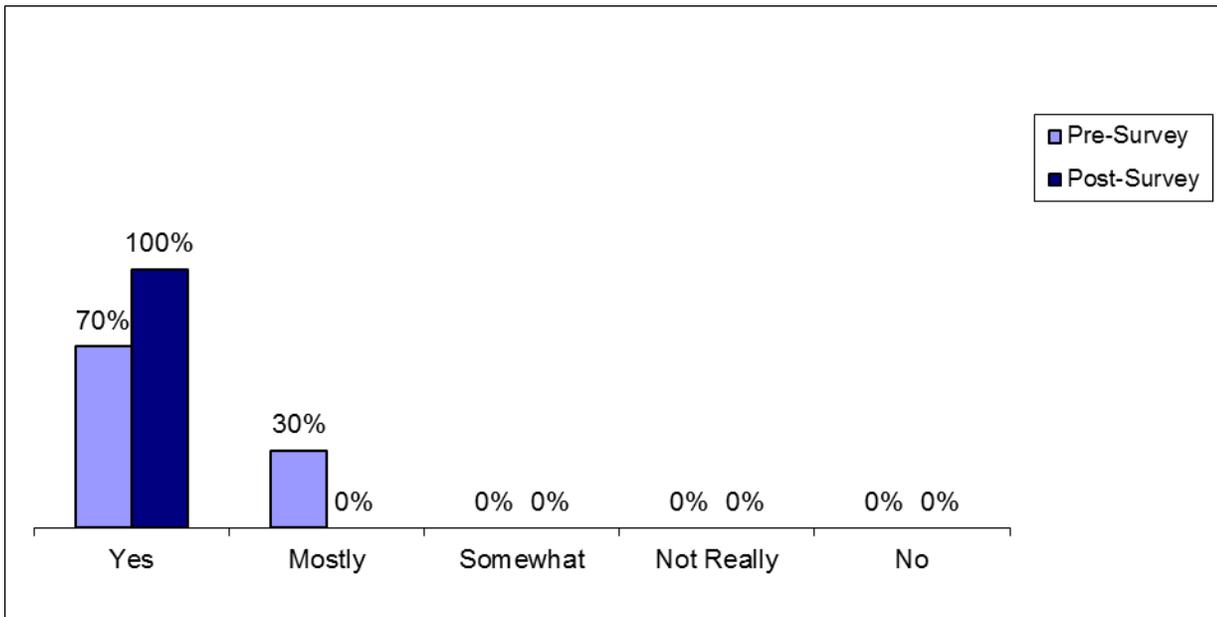
Item 2: I am willing to talk to a student different from me.

Overall, the percent of students answering “Yes, definitely” at pre-survey = 50% and at post-survey = 90%.



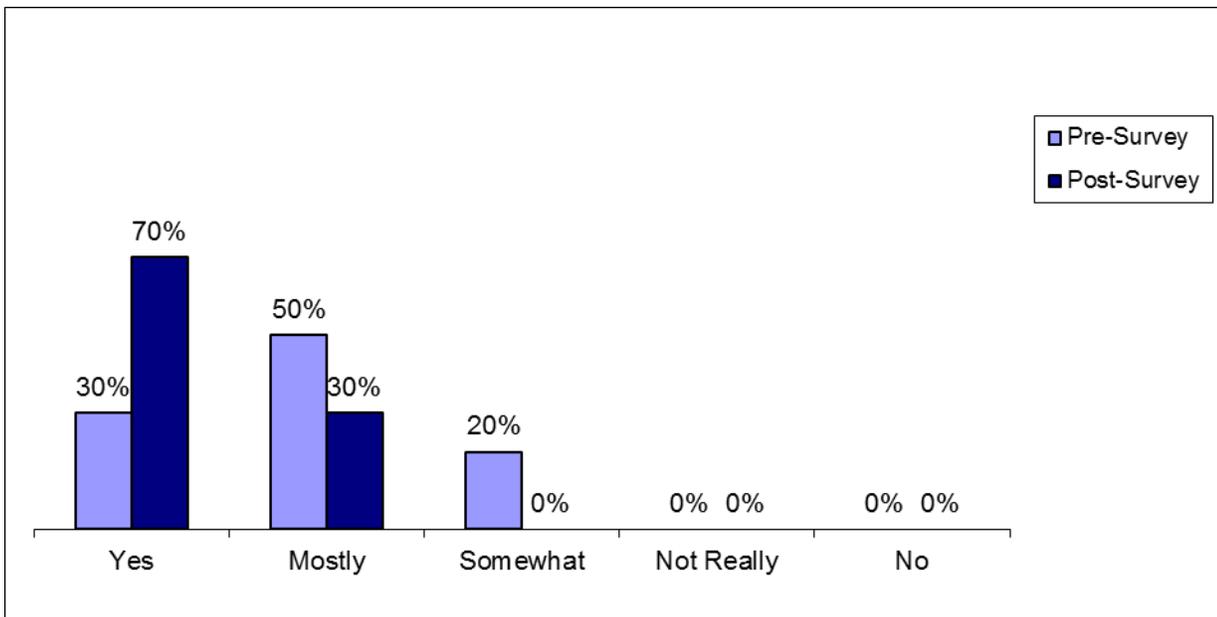
Item 3: I respect students different from me.

Overall, the percent of students answering “Yes, definitely” at pre-survey = 70% and at post-survey = 100%.



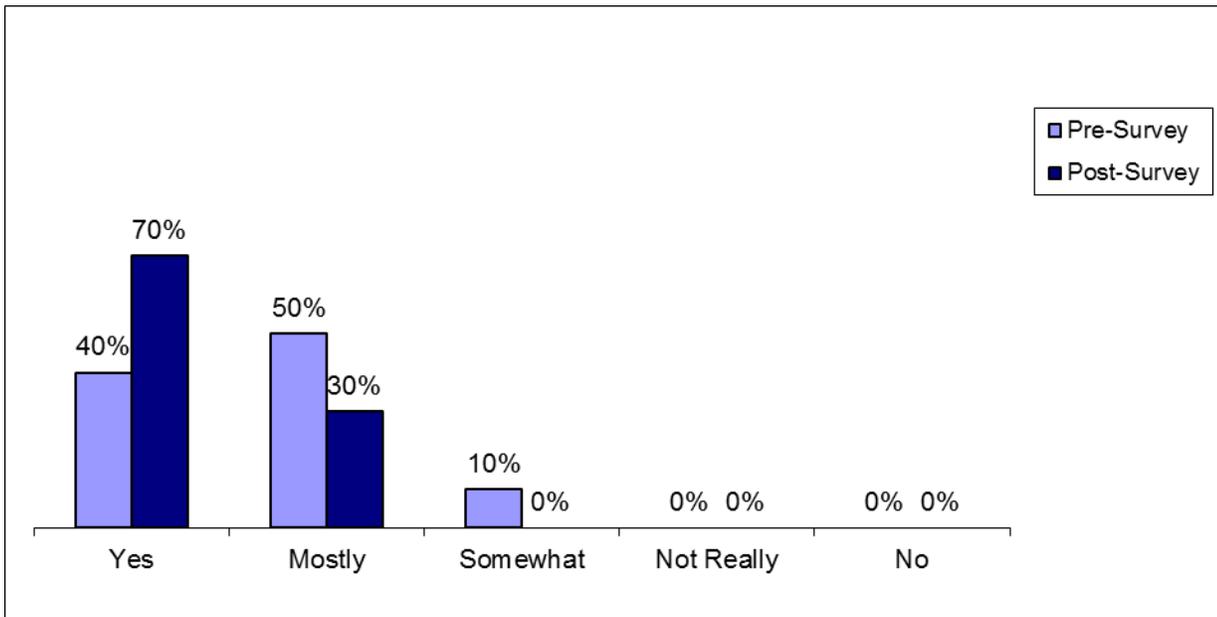
Item 4: I believe violence will not resolve conflict.

Overall, the percent of students answering “Yes, definitely” at pre-survey = 30% and at post-survey = 70%.



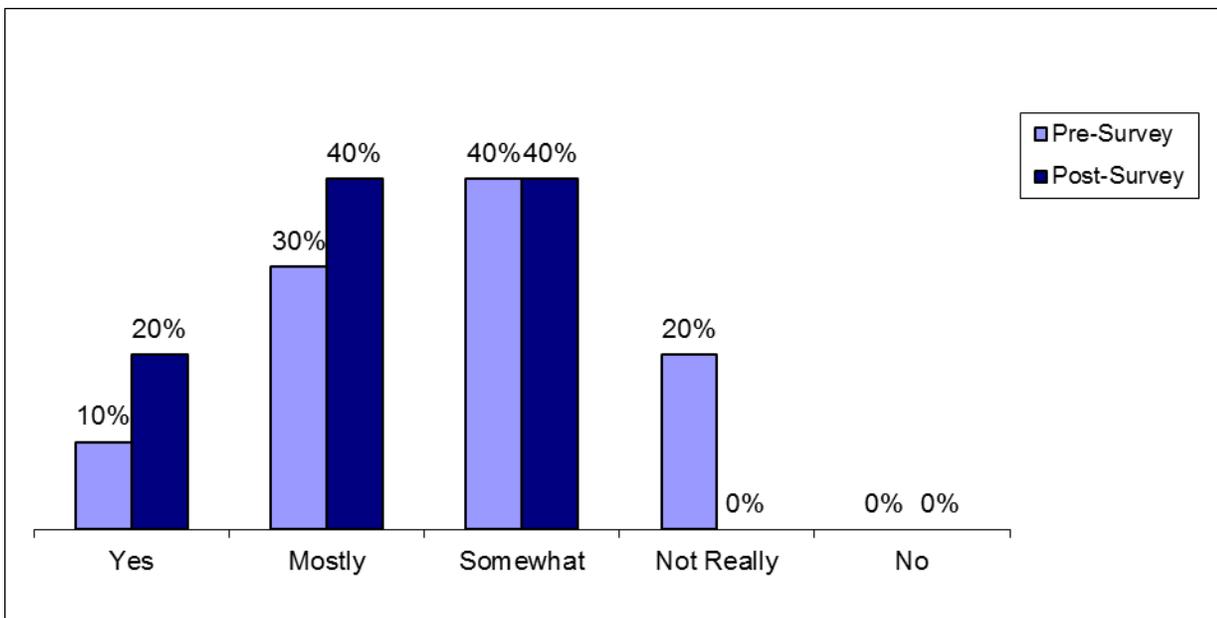
Item 5: I am aware of alternatives to violence.

Overall, the percent of students answering “Yes, definitely” at pre-survey = 40% and at post-survey = 70%.



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

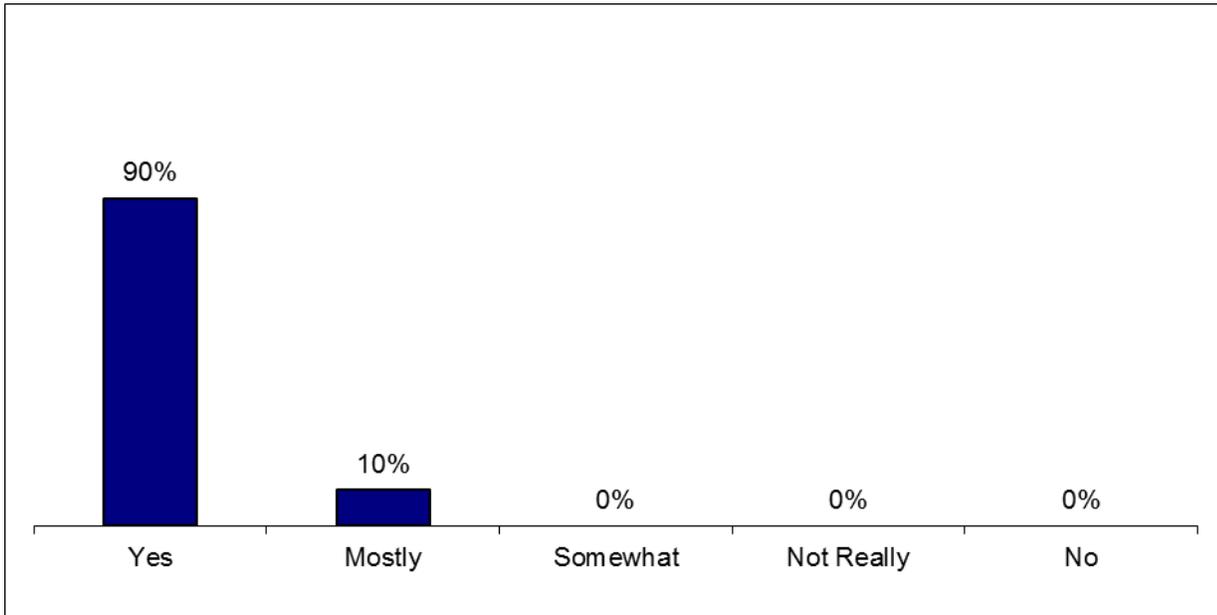
Overall, the percent of students answering “Yes, definitely” at pre-survey = 10% and at post-survey = 20%.



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.

The vast majority, 90% of the participants answered "Yes, definitely."



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

Of the ten 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.

Quotes from participants include:

- *Great support team, I opened up a lot more*
- *It was a true eye opener and I really appreciate everything Mike did for us and talked to us about*
- *It was a great learning experience*
- *It's great and it will change someone's life in a positive way*
- *It is a great program that brings people together*
- *Power of Peace is a good program to help people share their feelings*
- *This is the best program, it really helped me identify who I am*
- *I feel like this made me feel like I can open out to people when I need to talk, I can let my problems out when I need to*
- *Power of Peace is a great event to come to when you need to get something off your chest*
- *I feel that Power of Peace really opened my eyes to other people's lives and helped me express myself*

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

Of the ten students who completed the post-survey, 100% of them took the time to comment on improving the Power of Peace experience. 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:

- Keep as is

- Already perfect
- More activities
- It's already great but you can bring guest speakers in
- More levels
- Project things online and connect with the people that think they don't have problems
- There is no other way, keep it this way
- It doesn't need to be better, it's already great

Discussion

There were two statements indicating the greatest change in attitude from pre-survey to post-survey: Item 2: I am willing to talk to a student different from me (an increase of 40%), and Item 4: I believe violence will not resolve conflict (an increase of 40%). The one statement indicating the least change in attitude from pre-survey to post-survey was Item 6: I think I know how other people see me. (an increase of 10%).

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.