

The Power of Peace Program Hudson High School School Year 2016-2017 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 five, two day Power of Peace Workshops at Hudson High School during the 2016-2017 school year, 94% of Students that attended the program said “I think it’s a good idea for other students in my school to attend Power of Peace workshops.”

Many commented that “Power of Peace is a great program that allows people to share their true feelings” and that “Power of Peace is a great program for people who don’t usually open up.”

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

The adults that attended the workshop commented on the post workshop survey that the program is “Really great for the students” and “that it was powerful and a great reminder about thinking of a student’s baggage when they walk into my room.” One teacher wrote on the Adult Workshop Survey “I wish I had something like this when I was growing up.”

The Power of Peace Program Hudson High School School Year 2016-2017 Report Participant Demographics

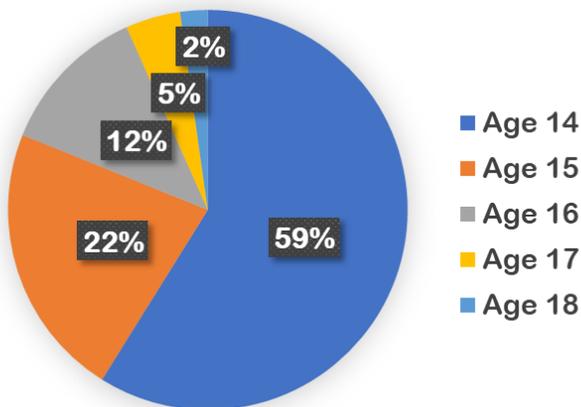
In the school year 2016-2017 ninety students at Hudson High School attended the Power of Peace Program.

The 2 day sessions were October 11 and 12, November 3 and 4, November 21 and 22, November 21 and 22 in 2016, February 7 and 8 and March 7 and 8 in 2017.

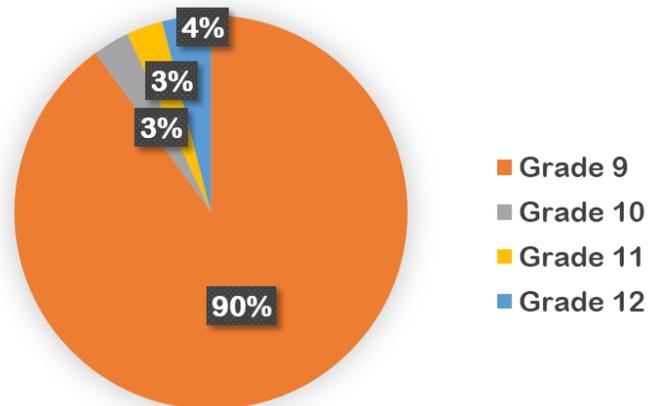
Each attendee was given a survey to fill out before and after attending the program. Of the 90 students that attended the program 5 did not fill out the Post Program Survey.

90 Attendees

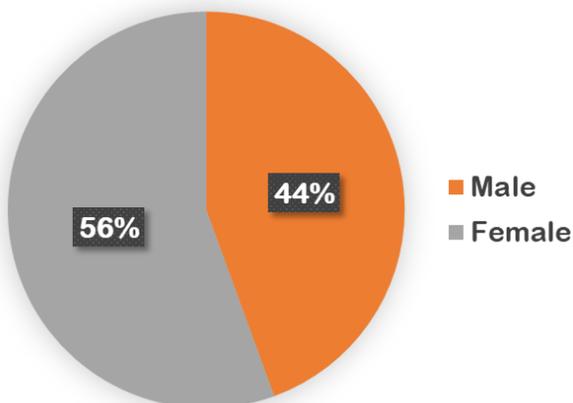
Age



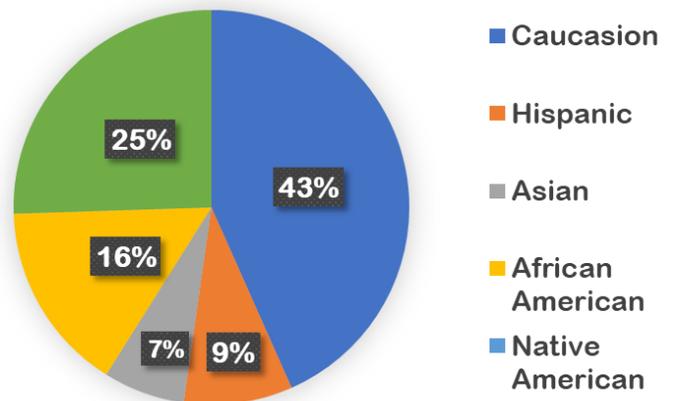
Grade



Gender

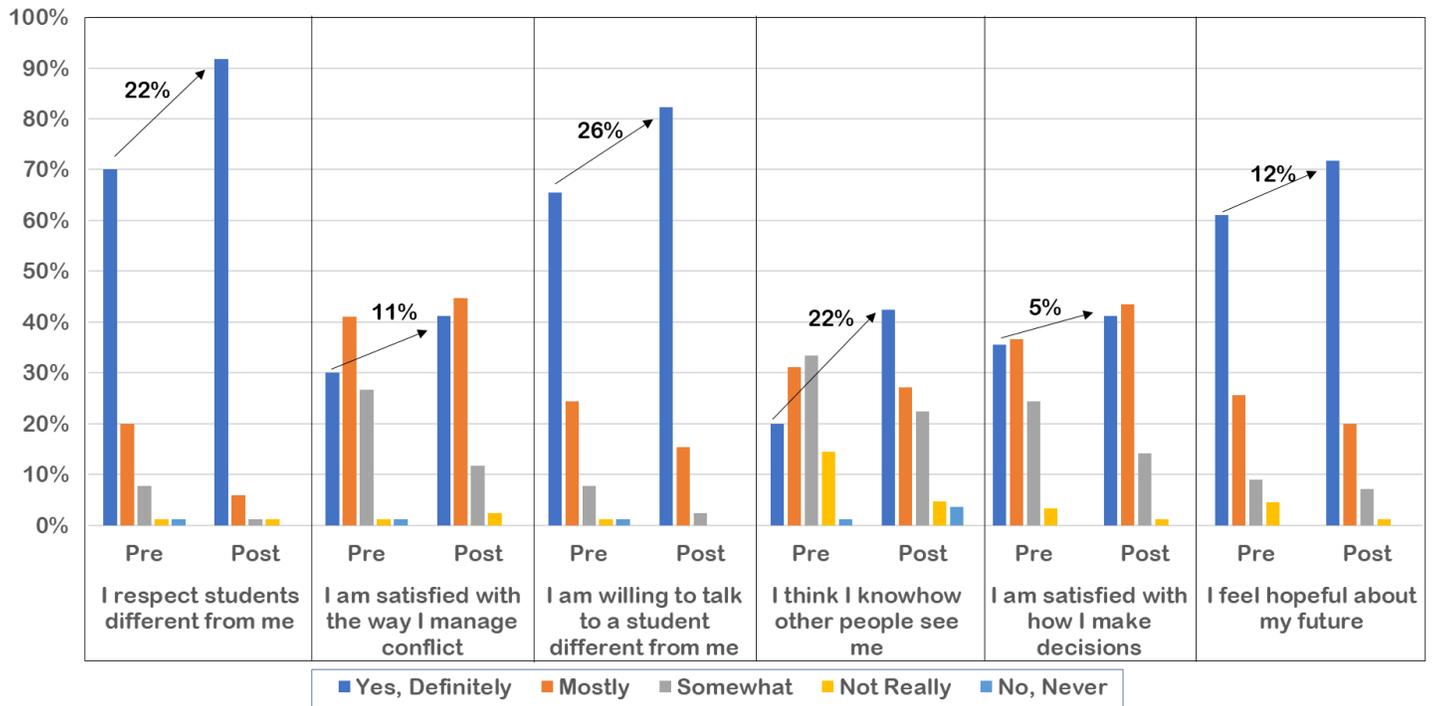


Ethnicity

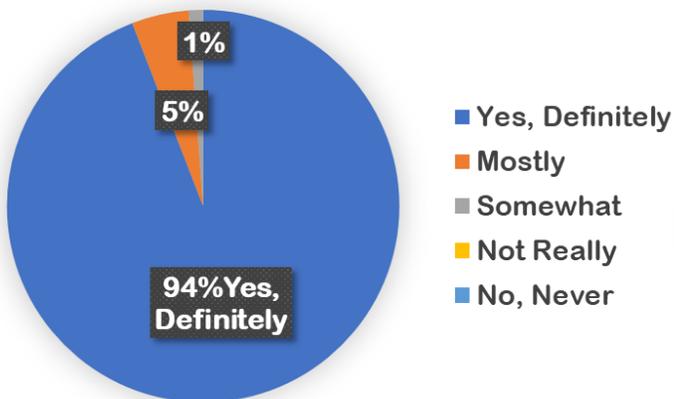


The Power of Peace Program Hudson High School School Year 2016-2017 Report Survey Results

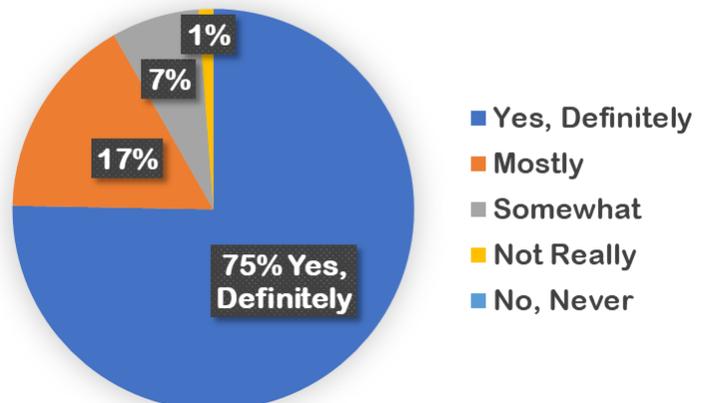
The Pre and Post Survey results show a Positive Increase in ALL areas addressed in the Power of Peace



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



The Power of Peace Program Hudson High School School Year 2016-2017 Report Survey Responses

Responses 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 change their views in a positive way about expressing their feelings, how to get along with others, how to better solve problems by discussing their feelings and feeling hopeful about their future. Here are some of the things they said:

- “Power of Peace showed me who I am and showed me to respect others because you don’t know what they go through.”
- “It makes me a better person.”
- “I felt that it was a fun and serious way to discuss your problems with people you wouldn’t usually talk to.”
- “Power of Peace is great and an awesome place to be when you need advice.”
- “I think it is a fun way to discuss serious problems.”
- “It’s a great program everybody should experience it.”
- “I really like being able to open up and speak about how I feel without being questioned.”
- “I enjoyed it and it was a very good program that helped me out.”

Feedback from the adults who attended the program was overwhelmingly positive.

- “It was really great for the student I was keeping an eye on and added to the quality of his life.”
- “It is a great experience for the students to develop empathy and get to know each other.”
- “I feel the kids got the meaning and idea of the session.”
- “I think it’s a wonderful opportunity to get to know my students on a different level and be able to help them in and out of the classroom more effectively.”
- Keep doing what you’re doing but maybe combine older and younger High School Students in one group.”