

## **The Power of Peace Program Hudson Junior High School Fall 2016 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 one day Power of Peace Workshops at Hudson Junior High School, 92% 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 and teaches you how to communicate better and make better decisions”. Students commented that the way to make Power of Peace better is “Making it longer” and “Having more opportunities to share with the group.” The majority said “It is great the way it is!”

Overall, there was no negative feedback from the students who attended the Power of Peace Workshops at Hudson Junior High School in 2016.

Adults that attended the workshop overwhelmingly comment on the post workshop survey that they “Were enlightened learning the challenges that the students face on a daily basis.”

## The Power of Peace Program Hudson Junior High School Fall 2016 Report Participant Demographics

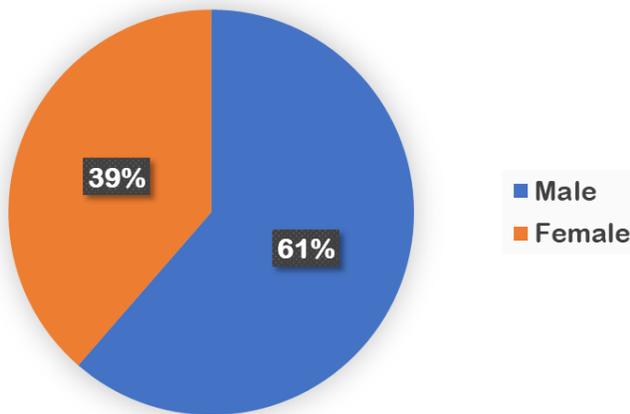
In the fall of 2016 one hundred and one students at Hudson Junior High School Students attended the Power of Peace Program.

Five sessions were run; September 19, October 24, October 31, November 7, and November 14.

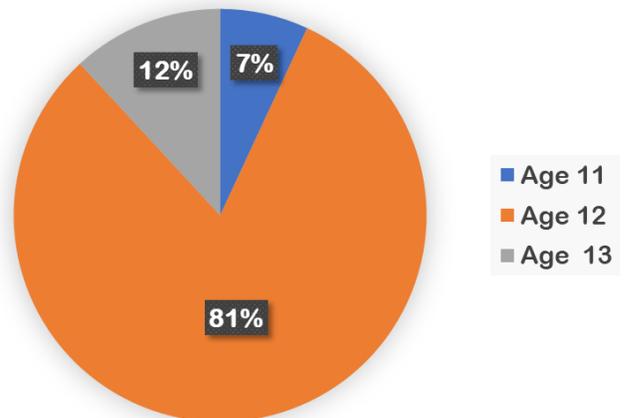
Each attendee was given a survey to fill out before and after attending the program. The demographics of the attendees was asked as part of the Pre Program Survey.

### 101Attendees

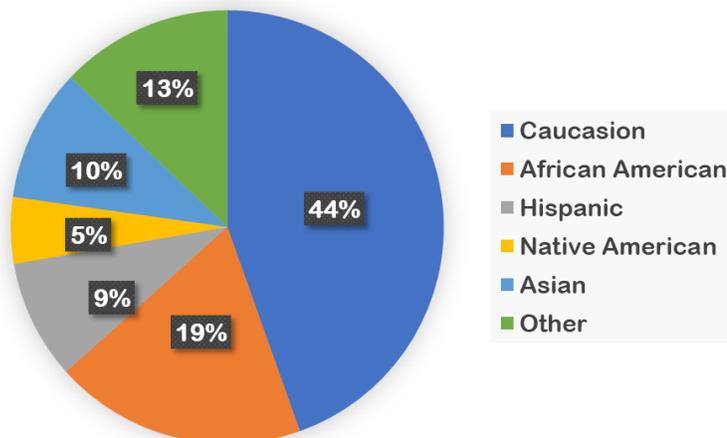
**Gender**



**Age**

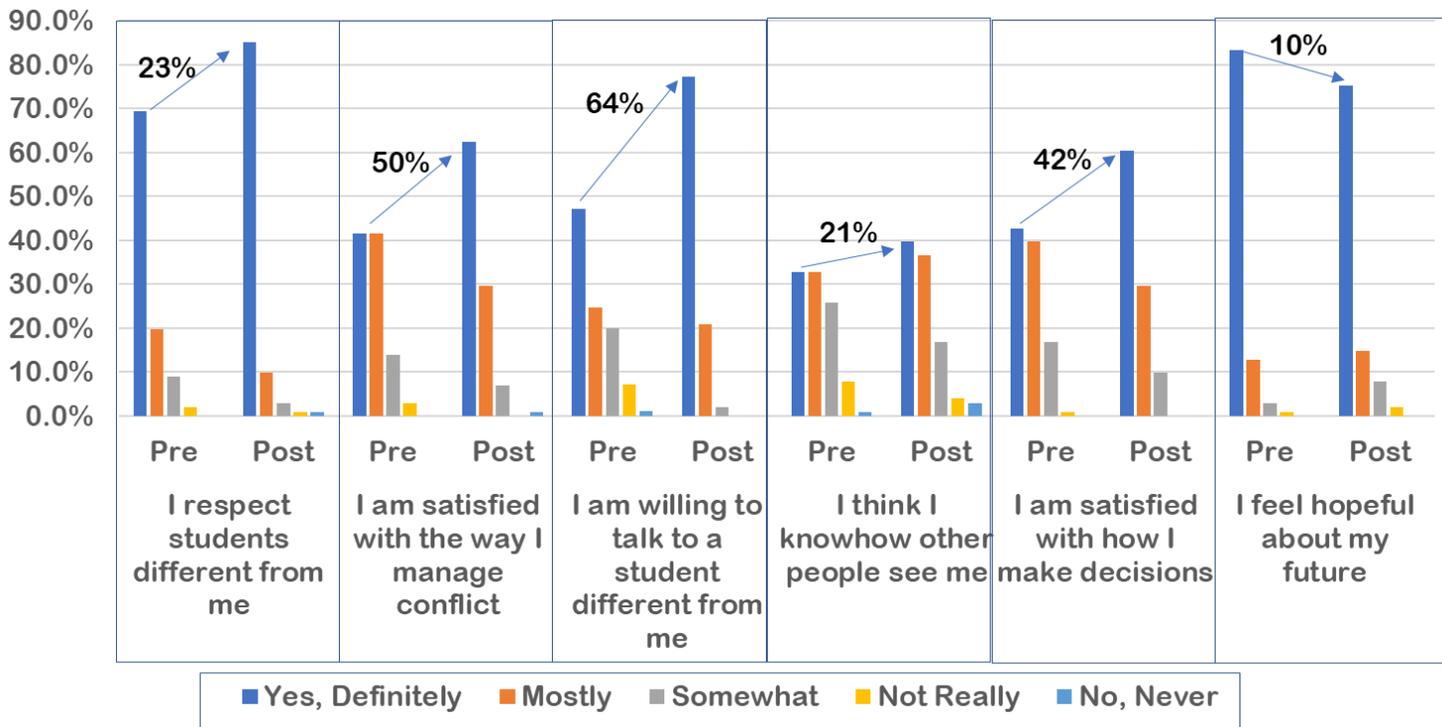


**Ethnicity**

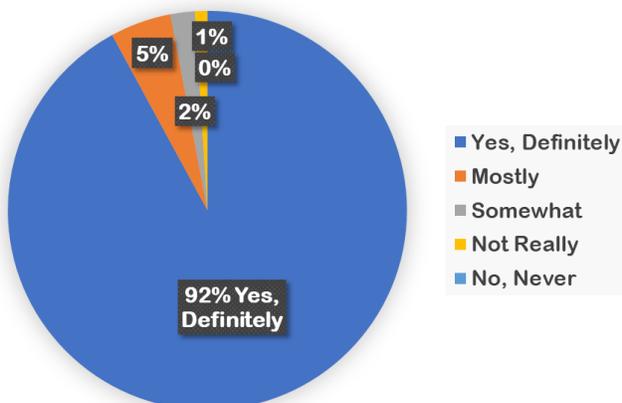


## The Power of Peace Program Hudson Junior High School Fall 2016 Report Survey Results

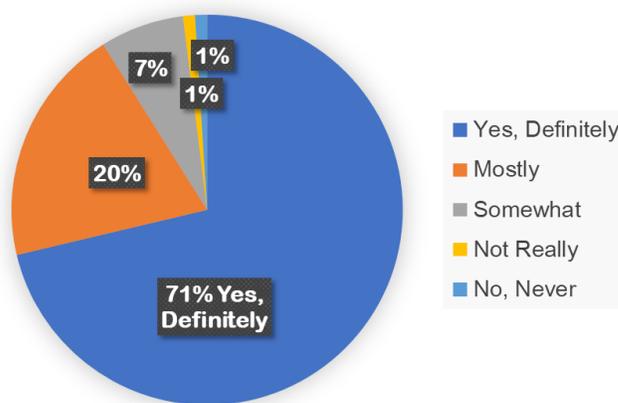
The Pre and Post Survey results show a Positive Increase in all but one areas addressed in the Power of Peace Program. There was a 10% decrease in the responses to one student reporting No, Never to the statement “I feel hopeful about my future” This decrease most probably occurred due to the student becoming aware of issues they have which they were previously suppressing.



**“I think it’s a good idea for other students in my school to attend Power of Peace Workshops”**



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



## **The Power of Peace Program Hudson Junior High School Fall 2016 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 them express their feelings and get things out that were bothering them. Others said it helped them understand how their classmates live and how to stand up to people who are bullying them. Here are some of the things they said:

- “I feel like it made me realize who I am and what other people think of me. Also, that it doesn’t matter what people think of me.”
- “At first I thought it was stupid but then I see that this program changes lives.”
- “I think Power of Peace is a great program for kids to learn that fighting is not always the answer.”
- “I feel that this program is helping kids share their feelings without being judged.”
- “I feel that other students should try Power of Peace because it makes you feel like you have a purpose.”
- “I really liked Power of Peace. I felt it was good to talk about what makes you mad and get things off your chest and finally get to know people.”
- “I feel that we should start doing this at a younger age.”
- “I learned that people’s lives can be so different from how they look.”
- “I feel like it is great for kids to understand what other kids go through.”

Feedback from adults who attended the program was overwhelmingly positive.

- “I thought I had an idea of the world my students lived in, but clearly I don’t.”
- “Knowing the challenges that my students face on a daily basis alters my view in terms of curriculum and pedagogy.”