Youth Violence Prevention Strategies in Afterschool

Afterschool Alliance

Carleen Wray
Executive Director
The National Association of SAVE

Dr. Ben Forman
Executive Director
Teens Run DC

#1

Cause of death among African Americans

12%

of youth reported begin in a physical fight on school property

4,828

# of people between 10-24 that were the victims of homicide in 2010

5.4%

of youth carried a weapon on school property

32.8%

of students reported being in a physical fight

16.6%

of youth carried a weapon on one or more days

5.9%

of youth did not go to school on one or more days because they felt unsafe

Why Afterschool Programs?

- Intentional programming
- Keeping children & youth safe
- Reinforces & supports positive behaviors
- Platform for mentoring and positive role models

Students Against Violence Everywhere

SAVE

MISSION

- Decrease the potential for violence
- Promote meaningful student involvement

Youth Voices… Grown-Up Choices!

Students Against Violence Everywhere
SAVE

HISTORY

- Tragic death of a classmate
- Students joined together to end violence

STUDENT FOCUSED

- Student initiated
- Student directed
- Student operated
- Student owned

SAVE…

- Educates!
- Encourages!
- Engages!
- Empowers!

ESTABLISHED

- 48 states
- 2100+ chapters
- 230,000+ members and growing

SCHOOL & COMMUNITY

- Elementary
- Middle
- High School
- After School
- College
- Community Organizations

PROGRAM FOCUS

SAVE Essential Elements:

- Crime Prevention
- Conflict Management
- Service Projects

Students Against Violence Everywhere
SAVE

CRIME PREVENTION

- Rules & Laws
- People in Positions of Authority
- Drug Abuse
- Teen Safe Driving
- No Weapons Allowed
- Staying Safe
- Child Abuse
- Dating Violence
- Vandalism

CONFLICT MANAGEMENT

- Responding to Conflict
- Where Do Conflicts Happen?
- Active Listening
- Anger Management
- Bullying Prevention
  - Cyberbullying
- Understanding Peer Pressure
- Fight Free Days
- Diverse Universe

Students Against Violence Everywhere
SAVE

SAVE ESSENTIAL ELEMENT

SERVICE TO SCHOOL & COMMUNITY

Youth Voices… Grown-Up Choices!

MONTHLY FOCUS

- August: Back to School Safety
- September: Speaking Out: Communication
- October: School & Community Crime Prevention
- November: Weapon Safety
- December: Reaching Out through Service
- January: Diversity
- February: Good Character Traits
- March: Youth Empowerment
- April: Relationship Violence Prevention
- May: Teen Driving Safety
- June: Technology Safety
- July: Gangs

EVALUATION

An evaluation of SAVE conducted by the Evaluation and Training Institute (ETI) in Los Angeles, CA concluded that:

- SAVE improves school and community environments by teaching students how to manage and resolve conflicts, thereby reducing violence and helping more students get involved in youth safety efforts.
- Students who participate in SAVE demonstrate increased self-esteem and confidence, conflict resolution skills, presentation/public speaking skills, and knowledge about different violence prevention strategies.

Students Against Violence Everywhere
SAVE

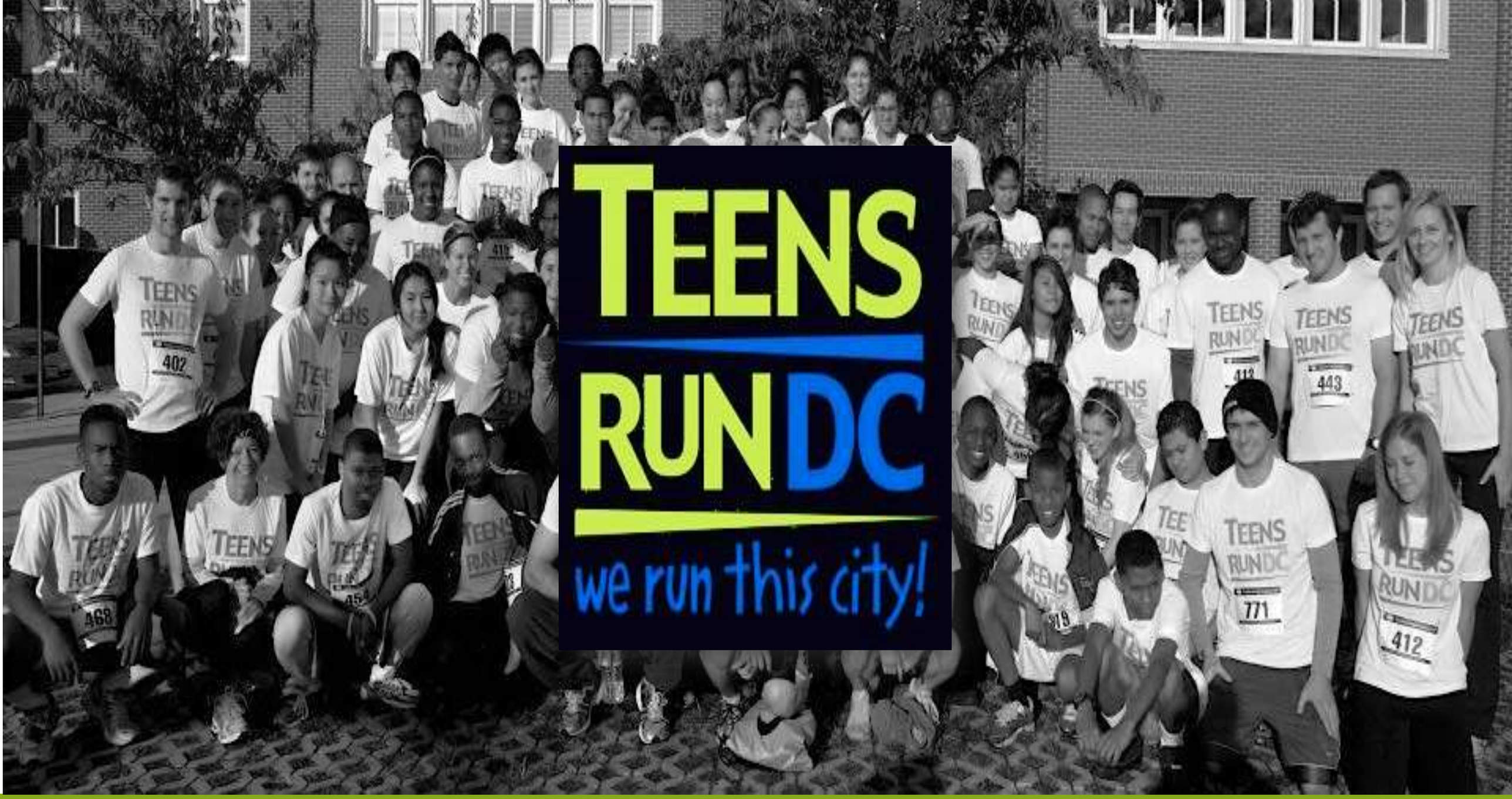
VISION

Schools and communities will be safer and more secure, free of fear, and conducive to learning as a result of students being actively involved in meaningful violence prevention efforts.

Youth Voices… Grown-Up Choices!

Carleen Wray, Executive Director
cwray@nationalsave.org
National Association of SAVE
Toll Free: 866-343-SAVE
www.nationalsave.org
www.facebook.com/NationalSAVE

Youth Voices… Grown-Up Choices!



TEENS RUN DC AND VIOLENCE PREVENTION

Dr. Ben Forman
CLINICAL PSYCHOLOGIST
FOUNDING AND EXECUTIVE DIRECTOR OF TEENS RUN DC

OUR RATIONALE

- **The problems we see with at-risk youth**
- **The impact of on-going trauma**
- **How we can help**

- **While Teens Run DC's is not directly focused on reducing youth violence, through participation in our program, positive health outcomes are enhanced.**

OUR MISSION:

Teens Run DC is a youth mentoring program that empowers at-risk youth to envision and work towards the achievement of personal and fitness goals through a distance running program.

"We don't just want our youth to feel valued; we want them to realize that who they are is worth valuing."

SAMPLE POPULATION

	Intervention Group (n=25)	Comparison Group (n=23)
Gender		
Male	52% (n=13)	43% (n=10)
Female	48% (n=12)	57% (n=13)
Grade		
9th	18% (n=4)	23% (n=5)
10th	28% (n=7)	23% (n=5)
11th	48% (n=12)	27% (n=6)
12th	8% (n=2)	27% (n=6)
Age		
14	4% (n=1)	5% (n=1)
15	21% (n=5)	25% (n=5)
16	50% (n=12)	15% (n=3)
17	17% (n=4)	30% (n=6)
18+	8% (n=2)	25% (n=5)
Race/Ethnicity		
White	28% (n=7)	5% (n=1)
Black	24% (n=6)	50% (n=11)
Hispanic	24% (n=6)	23% (n=5)
Asian	16% (n=4)	9% (n=2)
Other	8% (n=2)	14% (n=3)
Live With		
Mother	44% (n=11)	50% (n=10)
Father	0	0
Both	56% (n=15)	45% (n=11)
Other	0	5% (n=1)

EXPECTATIONS OF LEADERS

Mentors	Teachers/Run Leaders
Commitment of a full Academic year	Recruit students
Attend most Saturday practices and community-wide events	Lead weekday practices – 60 minutes per practice
Set and review goals on regular basis	Build community within each school
Participate in initial orientation and monthly workshops	Responsible for 5 to 7 students
Once monthly contact with mentee outside of practice	Attend one Saturday practice per month
Maintain relationship with parents	Participate in ongoing trainings
10 hours minimum per month	

COMPONENTS OF OUR PROGRAM

- **A one-on-one mentoring relationship**
- **An embracing community**
- **An opportunity to find success through setting big goals and learning to take the small, but manageable steps to achieve them.**

MENTOR-MENTEE RELATIONSHIP

- **Building Block of our program**
- **Bonds Forming**

EMBRACING COMMUNITY

- **Regardless of Athletic Ability**
- **Cheering Others on**
- **Smaller Family Groups**

OPPORTUNITY TO FIND SUCCESS IN THE FACE OF REPEATED EXPERIENCES OF FAILURE

At one of our participating high schools:

- **Chronic truancy rate as high as 46%**
- **50% of the students drop out**
- **60% of the incoming freshman class fail either English or Math**
- **Reading and Math proficiency levels in 25th percentile.**

SUCCESS STORIES

- **“Dream Big” Goals**
- **Keep Moving**
- **100% Success Rate**

"The tragedy of life does not lie in not reaching your goal; the tragedy lies in having no goal to reach."

-Benjamin Mays,
Educator, Scholar, President of Morehouse College

IMPACT

- **Better Health**
  - **Decrease in students' Body Mass Index**
- **More Empowered and Connected**
  - **Measures of Self-Efficacy and Connectedness with comparison group**
- **Lower Rates of Depression**
  - **Measures of Depression with comparison group**

TEENS RUN DC

we run this city!

BEN FORMAN
BENFORMAN@TEENSRUNDC.ORG
301-537-0009

Policy Proposals to Watch

- Youth PROMISE Act HR 1318
- “Now is the Time” plan

Federal Funding Opportunities

- 21st Century Community Learning Center initiative
- Safe School Healthy Schools Initiative
- Mentoring Program

Thank you for joining us!

If you have additional questions, please contact:

Alexis Steines
Field Outreach Manager
asteines@afterschoolalliance.org
(202) 347 - 2030

Follow Us
@afterschool4all

Join Us
/afterschoolalliancedc

Read Us
Afterschool Snack Blog