



## **Summary of Mentors In Violence Prevention Evaluation**

Prepared for a Prevention Connection Web Conference August 2008

<http://www.preventconnect.org/display/displayTextItems.cfm?itemID=178&sectionID=248>

### **High School Evaluation Results (1999-2002)**

Summary: [http://www.sportinsociety.org/files/mvp\\_eval.doc](http://www.sportinsociety.org/files/mvp_eval.doc)

Complete Year 1 Evaluation: <http://www.sportinsociety.org/files/mvp-evaluation1.pdf>

Complete Year 2 Evaluation: <http://www.sportinsociety.org/files/completeformat.doc>

### **College Sport Evaluation Results (2007-08)**

- Post-test, mixed methods surveys of 4,278 male & female student-athletes during 07-08
- 184 trainings sessions were co-facilitated (Aug07-May08)
- Male student-athletes (N=2,604)
- Female student-athletes (N=1,674)

#### **Male student-athletes**

- 96% strongly agree or agree that MVP trainers created a safe space to talk about gender violence
- 86% strongly agree or agree more prepared to deal with difficult social situations involving teammates & friends
  - 86% strongly agree or agree learned valuable skills that would help them in their lives
  - 83% of the male student-athletes strongly agree or agree that the training helped raise their awareness about gender violence
  - 87% of the male student-athletes strongly agree or agree that they would recommend the training to teammates and friends

#### **Female student-athletes**

- 98% strongly agree or agree that MVP trainers created a safe space to talk about gender violence
- 91% strongly agree or agree more prepared to deal with difficult social situations involving teammates & friends
- 91% strongly agree or agree learned valuable skills that would help them in their lives
- 91% strongly agree or agree that the training helped raise their awareness about gender violence
- 93% of the female student-athletes strongly agree or agree that they would recommend the training to teammates and friends

## **2007-08 Qualitative results student-athletes**

### **What was most valuable & why? (student-athletes)**

“Given me courage to step up and do something, instead of just watching...helped me & my teammates to make better choices...make me more confident in knowing what I’m doing...knowing the responsibility of a bystander...realistic situations...discussion about options... I have been personally affected and found this valuable for future situations... To not be afraid to help others... I can be more of a leader and stand up for what is right... Made me realize how prevalent it is and to always be aware... So many people are in abusive relationships and its not healthy... Because it gave me options of what I should do in these situations... Playbook...Visualization... General discussion about what to do...How to step in and do something... Preparation of being put in a situation... In depth discussion on what to do/how to react... The situational part. If one of my friends did something; how would I act... Realizing that there is always something you can do to help not just one way... Great job, very good at not just talking and keep involvement... I think it will help us look out for each other more... I thought this was great and everyone could relate. Teaches me to be stronger and more aware... The information was very valuable because it helped us put ourselves in real life situations...

### **What changes would you recommend? (student-athletes)**

“More concise questions... Shorter... Direct questions... More concrete statements to agree/unsure/disagree... More serious atmosphere... None... Do more scenarios... More facts but it was really good... More situations... Longer... More interactive exercises... More stories and statistics... More agree-unsure-disagree game scenarios... Don’t combine sports...Go more in depth with action and reaction... Maybe implement media/testimonials... Maybe some visual aids... More real life events... More activities... A little more questions ... Discuss more situations...

### **Personal comments about your experience (student-athletes)**

“Very effective and interactive. Time went by fast... Very good, comfortable environment ... It was an important program but perhaps extend it beyond student athletes ...Thought the trainers made it easy to talk... It was a free, easy-speaking environment... Good job engaging and presenting important information...It is cool to talk to former student athletes that are young and can relate... Good work, it helps us realize how to be better people... I wasn’t excited about coming, but I learned a lot about violence and my peers... Very well worth my time, enjoyable... Involvement is good... Keep it up, this works... Thank you. I’ve sat through lifeskills trainings for 4 years and this was by far the most engaging and interactive”

**For more information on Mentors in Violence Prevention (MVP)**

<http://www.mvpngnational.org>