
Start Strong Peer Leaders

Summary of Before and After 2016 Peer Leader Surveys.

June 11, 2016

EXECUTIVE SUMMARY

Surveys were administered to Start Strong Peer Leaders both prior to and following the 2015 workshop series. Questions aimed to determine the attitudes, beliefs, and comprehension of Peer Leaders regarding healthy relationships, communication, societal norms, sexism, and racism. The overall analysis shows a positive growth following the 2016 workshop series. Three areas experienced negative growth, while though minimal in comparison to the overall positive trends, may provide insight into areas for potential improvement.

OVERVIEW OF SIMILARITIES: BEFORE AND AFTER

- 100% of Peer Leaders reported that Start Strong was relevant to their lives in both the before and after surveys.
- The unanimous response to “content that stands out the most” was the Healthy Relationships workshop. Teens reported that the workshop helped them with healthy communication, gave them a strong model of a healthy relationship, and helped with their particular life situation.
- Both before and after the workshop, teens reported they planned to apply the communication skills training most often.
- 100% plan to apply what they learned in Start Strong both before and after.

AREAS OF GROWTH: BEFORE AND AFTER

- The post-test survey showed that 100% of Peer Leaders felt that the staff did an effective job teaching. This is compared with 92.86% indicated in the pre-survey responses.
- 62.9% of teens said they were likely to remember that abuse happens in a pattern prior to the workshops compared with 100% reported after.
- 92.9% of teens responded “yes” to the question “Do you think that society expects different behaviors from boys versus girls?” in the pre-survey compared with 100% post-survey.
- 71.4% of teens responded “yes” to the question “Do you think that gender norms can influence unhealthy relationships?” compared with 100% post-survey.

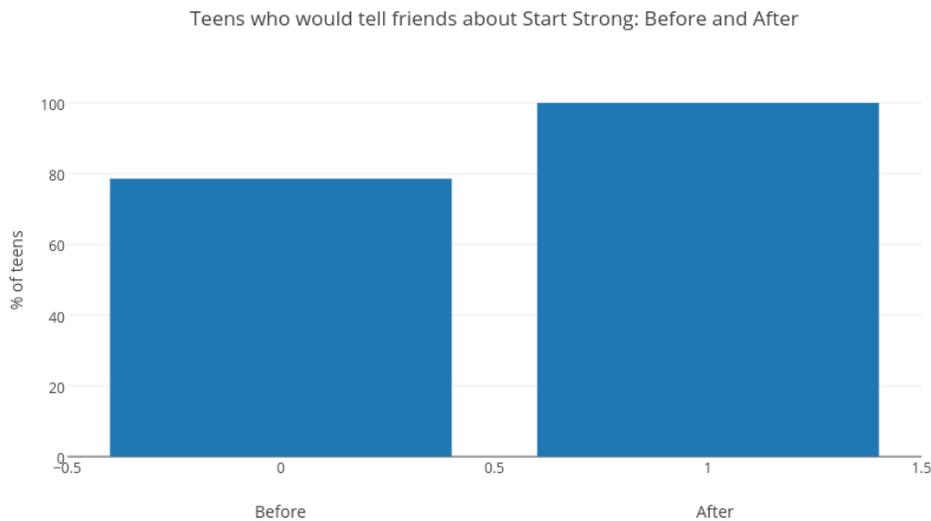
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- 64.3% responded that they knew the difference between sex, sexual orientation, and presentation in the pre-survey compared with 90% post-survey.
 - The percentage of teens who were likely to tell an adult if a male friend told them he was sexually abusive decreased by approximately 6% in the post-survey responses.
 - 21.4% were likely to make fun of a guy friend for not wanting to have sex with his partner in the pre-survey compared with 0% post-survey.
 - 0% were likely to call a male friend “gay” for sharing his emotions in the post-survey compared with 7.1% in the pre-survey.
 - 100% of teens reported that they are likely to share “THE HALLS” with a friend versus 21.4% reported in the before survey.
 - In the before survey-responses, multiple teens reported responses to the extent of “*I don’t know what gender norms are*”. In the after survey-responses, 100% of teens gave a definition tied to an accurate understanding of gender norms. Examples: “*Certain people talk like they may be dominant in the relationship.*” and “*Some consequences is that males & females might think they're supposed to act a certain way. Like not share emotions etc.*”
 - Post-survey responses show that 100% of teens believe the media influences society, a 7.14% growth from the 92.86% of teens that believed this in the pre-survey.
 - 71.4% of teens agreed that they were likely to think about relationship messages in the media in the pre-survey. 100% reported that they were likely to do so in the post-survey.
 - 78.57% of teens said they were likely to remember the difference between a healthy and unhealthy break-up in the pre-survey compared with 100% in the post-survey.
 - 100% reported they would engage in a healthy break-up post-survey compared with 85.71% pre-survey.
 - The percentage of teens reported that they were likely to ask for a partner's permission to engage in a sexual act decreased in pre/post survey responses by approximately 17% percent.
 - 57.1% reported they were likely to insult a partner during an argument in the pre-survey responses compared with 40% of teens in the post-survey.
 - 100% of teens in the post-survey reported that they were likely to ask a partner how they would like to be supported during a difficult time compared with 78.57% in the pre-survey.
 - 100% of teens in the post-survey reported they were likely to reflect on the root issue of a conflict compared with 57.14% in the pre-survey.
 - Approximate 20% decrease in the percentage of teens likely to leave a partner if they don’t trust them in pre/post.
 - 78.57% reported they were likely to go through a partners phone if they didn’t trust them in the pre-survey responses compared with 60% of the post-survey responses.
 - 100% plan to use reflective listening in the post-survey results compared with 64.29% in the pre-survey results.
 - 100% plan to use empathy when talking to someone in the post-survey results compared with 42.86% in the pre-survey results.
 - 35.71% were likely to remember the 4 types of racism in the pre-survey results compared with 40% in the post-survey results.

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- ¾ of teens in the pre-survey reported that they didn't know what role society played in shaping norms, compared with the following reports in the post-survey responses: (1) Recognition that societal norms can shape people behaving inauthentically in relationships (2) The power of society to shape what we understand as right and wrong and (3) Societal expectations of how sexes should behave and the power of society to label those who do not fit preconceived notions as "different".

I PLAN TO STAY/JOIN START STRONG BECAUSE...

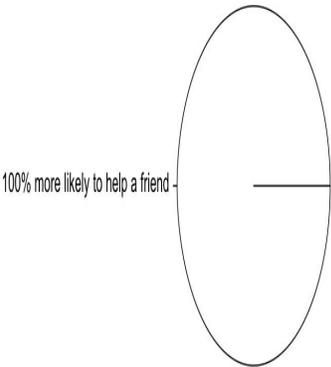
- *"I enjoy the work we do here and would love to keep making a change in our Community."*
- *"I enjoy what I do here and I also learned a lot from working here I've gained a positive impact as well."*
- *"I feel like I can learn more from the program and I can also give back to the teens of what I learned."*
- *"Stay because I have great learning experiences here and can use them outside of work."*
- *"It is a strong loving community where I feel welcomed."*

VISUALS

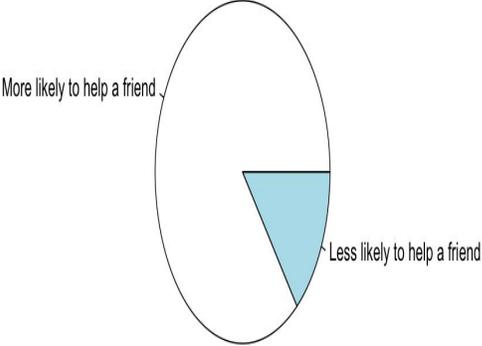


Peer Leader Likelihood of Helping a Friend in an Unhealthy/Abusive Relationship

Peer Leader Likelihood of Helping a Friend in an Unhealthy/Abusive Relationship



AFTER



BEFORE

"How likely are you to remember that abuse happens in a pattern?"

