# SCSU Recreation \& Leisure Studies/ New Haven Public Schools Collaboration 

# New Haven After-School Program 

## Second Year Student Data: Baseline

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## Introduction and Overview of Program

## Description of the Program

In January 2014, Southern Connecticut State University (SCSU) was awarded a grant to implement an after school violence prevention program in Hill Central School, a K-8 school which is part of New Haven Public Schools District (NPHS). The program was to be aimed at grades 6-8, but was adapted to include the fifth grade as well. The funding was provided from the Institute of Municipal and Regional Policy at Central Connecticut State University. Second year funding was provided during Summer 2015 and the program began implementation mid-fall 2015 using adaptations created by the lessons learned in the pilot year of implementation.

The long term goal of this program is to reduce the number of violent incidents, both in school and in the community. The program intends to accomplish this goal through an after school program. There are two ways that this program works to reduce violence among youth. First, the program seeks to offer students the opportunities to develop skills in various arts, e.g., music, painting, drama, and sports, both competitive and noncompetitive during a critical time during the day. Using new enrichment opportunities will open the students up to new possibilities for their lives, both in finding meaningful ways to spend leisure time and possibly identifying potential careers by finding unknown talents within themselves. Keeping young students occupied during the after-school hours has been shown to reduce many at-risk behaviors and their associated consequences, including substance use, sexual behaviors, and violence behaviors.

The second way this program will accomplish this goal of reducing violence is by providing students with access to mentoring role models, which are the on-site program staff. Hiring college and post-college individuals to work as counselors and program directors in the after school program offers the students access to adults who can have a significant impact in their lives. Finding counselors and staff with similar backgrounds allows the youth to see all the future possibilities they can have by working hard in school and avoiding consequences from poor decision making. Making these adult connections is critical for atrisk youth and has been shown to be effective for long term academic success.

The program is also designed in a manner that encourages participation through the reduction of traditional barriers to program involvement. The program operates on the school site five days a week, beginning right at dismissal. There is after school bussing provided for students so that they may become involved and still have a safe method of transportation home; this is even more critical when working with families that may not have transportation access.

## Baseline Data

During the first weeks of implementation, the Project Evaluator went to the schools to collect baseline data from the participating students. A mid-week day was selected, due to
higher attendance on that day. The next day, also a mid-week day, the Evaluator returned to collect data from missing students. A total of 54 out of 73 ( $74 \%$ ) students completed the baseline questionnaire over those two days.

## Instrument

The instrument was adapted from the original instrument used during the pilot year. The original instrument was developed by the project evaluator with much guidance and feedback from Drs. MacGregor and Smith. Multiple discussions were held regarding the amount of information to gather and what was most important to know at this time. The instrument was developed after reviewing eight other relevant instruments and then reviewed multiple times by both Co-Directors until it was deemed ready for use.

The completed instrument has 44 questions across four pages, with some of those questions having multiple components (Appendix). While the instrument appears extensive and long, it was written in a manner to be easy to read at this developmental stage. Students took 10-15 minutes to complete it during the sign-in portion of afternoon when students were in their assigned classrooms and having snacks. Program counselors monitored the tables to ensure students concentrated only on their own document as well as to help with reading difficulties among the students, if needed. The Evaluator moved between rooms to check with counselors about problems and help students as needed.

For the second year, some questions were adapted to be clearer for the students and four questions were added when it was realized that they had not been previously included. The first new question asked students if they had attended in the previous year. The first seven questions address student's expectations for joining the program, including what they are looking forward to participating in and connections with staff. The second section moved on to address student's views on their lives, using 13 questions with response options of: "Yep, that sounds like me" or "Nope, that isn't me". Items addressed their attitudes on friendship, home neighborhood, stress, and a number of questions related to views on violence. This section including the remaining three new questions.

The third section addressed personal safety through four questions. Response options were "A lot/all the time", "Sometimes", and "Not a lot/never". Students were asked their how often they felt safe at school, coming to/from school, home, and in their neighborhood. The fourth section was eight questions about their personal experiences, with "yes/no" as the response options. Students were asked if they had ever joined school clubs, skipped school, played on a sports team, volunteered, attended church, been invited to a gang event or been suspended. The positive and negative behaviors were interspersed to ensure the students read and properly responded to the questions.

The fourth section contained two boxes (each an individual question) on behaviors related to violence. In the first box, students were asked to check the box if someone had done the action to them; in the second box, they were to check the box if they did those actions to someone else. The eight actions listed included verbal and physical fighting, threatening and rumors, as well as attacks by types of weapons. The last question on violence asked students to select people they would go to in a violent/scary situation. They were given
nine people to choose from, as well as "no one". They could select as many individuals as they choose and the options included multiple family members (parents, siblings, grandparents), school based staff, their doctor or the police/firemen. The last five questions were demographic, asking grade, gender, ethnicity, race, and who the student lives with at home.

## Baseline Data

## Table 1. Demographic Profile

| N |  |  | N |
| :---: | :---: | :---: | :---: |
| Total Students | 54 | Hispanic |  |
|  |  | Yes | 42 |
| Previously Attended Yes |  | No | 12 |
|  | 24 |  |  |
| No | 30 | Race |  |
|  |  | African American/Black | 32 |
| Grade |  | Caucasian/White | 16 |
| 5 | 22 | Native American/ | 1 |
|  | 20 | American Alaskan |  |
| 7 | 6 | Multi-racial | 1 |
|  | 6 |  |  |
|  |  | People in the Home |  |
| Gender <br> Male <br> Female |  | Parents | 49 |
|  | 27 | Grandparents | 11 |
|  | 27 | Siblings | 43 |
|  |  | Other Family | 11 |
|  |  | Friend | 3 |
|  |  | Other | 3 |

The next table addresses the activities that the students were looking forward to participating in the most. They were only allowed to select two from twelve options, which included the option of writing in their own activity. Playing sports and hanging with friends were the two most common, with dance/Zumba and computer lab closely following as anticipated activities.
Table 2. Anticipated Program Activities

|  | Playing Sports | Hanging out w/ Friends | Computer Lab | Dance/ <br> Zumba <br> Activities | Playing Games | Not Home Being Bored | Music | Drama | Creative Arts | HW | Being with Staff \& Counselors | Other* |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Total Students $(n=54)$ | 27 | 11 | 10 | 10 | 7 | 7 | 7 | 7 | 6 | 4 | 3 | 2 |
| Gender |  |  |  |  |  |  |  |  |  |  |  |  |
| Male ( $\mathrm{n}=27$ ) | 20 | 7 | 8 | 0 | 5 | 3 | 1 | 0 | 1 | 1 | 1 | 2 |
| Female ( $\mathrm{n}=27$ ) | 6 | 3 | 2 | 10 | 2 | 4 | 6 | 7 | 5 | 3 | 2 | 0 |
| Grade |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 ( $\mathrm{n}=22$ ) | 7 | 4 | 4 | 5 | 4 | 3 | 2 | 5 | 2 | 1 | 2 | 0 |
| 6 ( $\mathrm{n}=20$ ) | 11 | 6 | 3 | 5 | 2 | 1 | 3 | 2 | 4 | 2 | 0 | 1 |
| 7 ( $\mathrm{n}=6$ ) | 5 | 0 | 1 | 0 | 0 | 2 | 1 | 0 | 0 | 0 | 0 | 1 |
| 8 ( $\mathrm{n}=6$ ) | 3 | 0 | 2 | 0 | 1 | 1 | 1 | 0 | 0 | 1 | 1 | 0 |
| Hispanic |  |  |  |  |  |  |  |  |  |  |  |  |
| $\text { Yes }(n=42)$ | 20 | 8 |  |  |  |  | 7 |  |  | 4 |  |  |
| No ( $\mathrm{n}=12$ ) | 6 | 2 | 2 | 3 | 0 | 2 | 0 | 3 | 2 | 0 | 1 | 0 |
| Race |  |  |  |  |  |  |  |  |  |  |  |  |
| AA/B ( $\mathrm{n}=32$ ) | 10 | 3 | 3 | 2 | 3 | 2 | 0 | 3 | 1 | 1 | 2 | 1 |
| C/W ( $\mathrm{n}=16$ ) | 15 | 7 | 6 | 7 | 4 | 5 | 7 | 4 | 4 | 3 | 1 | 1 |
| $\text { NA/AA }(n=1)$ | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Mixed Race $(n=1)$ | 0 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 0 | 0 |

* Other Write in Answers: Music lessons and playing football

Students were again asked to select only two options for the next question, which addressed what they might be doing if they not at the program. Of the top four choices, three of those involve sitting inactively, and possibly alone, using media and technology, showing the limited options these youth have if not at the program.

Table 3. Two Most Likely Activities If Not At the After-School Program

|  | Homework | Watching TV | Playing Video Games | $\begin{gathered} \hline \text { Texting/ } \\ \text { Social } \\ \text { Media } \\ \hline \end{gathered}$ | Outdoors/ With <br> Friends In <br> Neighborhood | Things I Shouldn't Be Doing | Home By Myself | Other* |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Total Students $(n=54)$ | 28 | 27 | 21 | 16 | 5 | 4 | 1 | 5 |
| Gender |  |  |  |  |  |  |  |  |
| Male ( $\mathrm{n}=27$ ) | 12 | 12 | 18 | 3 | 2 | 1 | 1 | 2 |
| Female ( $\mathrm{n}=27$ ) | 16 | 14 | 2 | 13 | 3 | 3 | 0 | 3 |
| Grade |  |  |  |  |  |  |  |  |
| 5 ( $\mathrm{n}=22$ ) | 12 | 12 | 6 | 7 | 2 | 2 | 0 | 1 |
| 6 ( $\mathrm{n}=20)$ | 13 | 8 | 9 | 7 | 1 | 1 | 0 | 2 |
| 7 ( $\mathrm{n}=6$ ) | 1 | 4 | 3 | 0 | - 1 | 1 | 1 | 1 |
| 8 ( $\mathrm{n}=6$ ) | 2 | 2 | 2 | 2 | 1 | 0 | 0 | 1 |
| Hispanic |  |  |  |  |  |  |  |  |
| Yes ( $\mathrm{n}=42$ ) | 22 | 19 | 18 | 13 | 3 | 2 | 1 | 3 |
| No ( $\mathrm{n}=12$ ) | 6 | 7 | 2 | 3 | 2 | 2 | 0 | 2 |
| Race |  |  |  |  |  |  |  |  |
| AA/B ( $\mathrm{n}=32$ ) | 5 | 9 | 6 | 4 | 4 | 2 | 0 | 2 |
| C/W ( $\mathrm{n}=16$ ) | 21 | 16 | 13 | 12 | 1 | 2 | 1 | 3 |
| NA/AA ( $\mathrm{n}=1$ ) | 1 | 0 | 1 | 0 | 0 | 0 | 0 | 0 |
| Mixed Race ( $\mathrm{n}=1$ ) | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 |

* Other: Play Basketball, Play Football, Videochatting with Friends, Cousins, and On My Phone

Students were next asked a series of questions regarding their views on how they may feel participating in the program. Most students had very positive expectations of the program and their experiences with the program.

Table 4. Student's Anticipated Views on the Program

|  | I hope that I will connect with the staff and that they will care about me |  | I hope this after school program gives me the chance to try new things |  | I hope I can be myself at this after school program |  | I hope I can spend time with my current friends at this after school program |  | I hope that I meet new friends during this after school program |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Yes | No | Yes | No | Yes | No | Yes | No | Yes | No |
| Total Students $(n=54)$ | 50 | 6 | 49 | 7 | 52 | 4 | 50 | 6 | 40 | 15 |
| Gender |  |  |  |  |  |  |  |  |  |  |
| Male ( $\mathrm{n}=27$ ) | 24 | 4 | 23 | 5 | 24 | 4 | 27 | 1 | 22 | 6 |
| Female ( $\mathrm{n}=27$ ) | 25 | 2 | 25 | 2 | 27 | 0 | 22 | 5 | 17 | 9 |
| Grade |  |  |  |  |  |  |  |  |  |  |
| 5 ( $\mathrm{n}=22$ ) | 18 | 4 | 20 | 2 | 19 | 3 | 19 | 3 | 18 | 4 |
| 6 ( $\mathrm{n}=20$ ) | 20 | 1 | 18 | 3 | 20 | 1 | 20 | 1 | 11 | 9 |
| 7 ( $\mathrm{n}=6$ ) | 5 | 1 | 6 | 0 | 6 | 0 | 5 | 1 | 5 | 1 |
| 8 ( $\mathrm{n}=6$ ) | 6 | 0 | 4 | 2 | 6 | 0 | 5 | 1 | 5 | 1 |
| Hispanic |  |  | - |  |  |  |  |  |  |  |
| Yes ( $\mathrm{n}=42$ ) | 24 | 4 | 37 | 5 | 38 | 4 | 39 | 3 | 29 | 12 |
| No ( $\mathrm{n}=12$ ) | 25 | 2 | 11 | 2 | 13 | 0 | 10 | 3 | 10 | 3 |
| Race |  |  |  |  |  |  |  |  |  |  |
| AA/B ( $\mathrm{n}=32$ ) | 16 | 1 | 16 | 1 | 17 | 0 | 14 | 3 | 15 | 2 |
| C/W (n=16) | 32 | 4 | 30 | 6 | 33 | 3 | 33 | 3 | 23 | 12 |
| NA/AA ( $\mathrm{n}=1$ ) | 0 | 1 | 1 | 0 | 0 | 1 | 1 | 0 | 0 | 1 |
| $\begin{aligned} & \text { Mixed Race } \\ & (\mathrm{n}=1) \end{aligned}$ | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 0 |

## Student's Views on Their Lives

The second section of the questionnaire addressed the youth's views on their lives, including friendship, school, and violence. The first eight questions addressed non-violence related topics and can be seen in the below table. A third of students noted they felt stressed a lot of the time, which could have an impact on their health and violence related behaviors.

Table 5. Student's Views on Their Lives - Those Agreeing with the Non-Violence Statements

|  | I have at least 3 friends who care about me | If I had to move, I would miss my neighborhood | When not home, my parents know where I am/who I'm with | I have a parent/guardia n that I can talk to | I feel good about myself | I look forward to the future | I enjoy being at school | I feel stressed a lot |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Total Students $(n=54)$ | 50 | 41 | 43 | 50 | 53 | 52 | 47 | 18 |
| Gender |  |  |  |  |  |  |  |  |
| Male ( $\mathrm{n}=27$ ) | 25 | 19 | 19 | 26 | 26 | 27 | 22 | 8 |
| Female ( $\mathrm{n}=27$ ) | 25 | 21 | 23 | 23 | 26 | 24 | 24 | 10 |
| Grade |  |  |  |  |  |  |  |  |
| $5(\mathrm{n}=22)$ | 22 | 16 | 17 | 21 | 22 | 19 | 19 | 9 |
| 6 ( $\mathrm{n}=20$ ) | 18 | 15 | 15 | 20 | 19 | 20 | 17 | 5 |
| 7 ( $\mathrm{n}=6$ ) | 5 | 5 | 5 | 5 | 5 | 6 | 5 | 2 |
| 8 ( $\mathrm{n}=6$ ) | 5 | 4 | 5 | 3 | 6 | 6 | 5 | 2 |
| Hispanic |  |  |  |  |  |  |  |  |
| Yes ( $\mathrm{n}=42$ ) | 40 | 33 | 34 | 39 | 41 | 39 | 37 | 11 |
| No ( $\mathrm{n}=12$ ) | 10 | 7 | 8 | 10 | 11 | 12 | 9 | 7 |
| Race |  |  |  |  |  |  |  |  |
| AA/B ( $\mathrm{n}=32$ ) | 14 | 10 | 12 | 14 | 15 | 15 | 14 | 7 |
| C/W ( $\mathrm{n}=16$ ) | 35 | 28 | 29 | 33 | 36 | 34 | 30 | 9 |
| NA/AA ( $\mathrm{n}=1$ ) | 0 | 1 | 1 | 1 | 0 | 1 | 1 | 1 |
| Mixed Race ( $\mathrm{n}=1$ ) | 1 | 1 | 0 | 1 | 1 | 1 | 1 | 1 |

With regard to violence, many youth felt that violence is an acceptable way to handle problems. There should be concern with regard to gangs, gang presence was visible in the youth's community and there is perceived pressure to join gangs. These baseline feelings can help guide the program development.

Table 6. Student's Views on Violence - Those Agreeing with the Statements on Violence

|  | If a fight between students is going to happen, I would try to stop it | I think it is OK to use violence to stop problems | I would rather\|use violence to handle problems | I think if I walk away from a fight, I'd be a coward ("chicken") | I think it is OK to hit someone who hits you first | I think it is easy for someone my age to get a gun | I think gangs cause most of the violence in my community | I feel pressure to join a gang |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Total Students $(n=54)$ | 32 | 18 | 19 | 20 | 36 | 8 | 28 | 10 |
| Gender |  |  |  |  |  |  |  |  |
| Male ( $\mathrm{n}=27$ ) | 16 | 8 | 9 | 5 | 18 | 5 | 19 | 6 |
| Female ( $\mathrm{n}=27$ ) | 16 | 9 | 9 | 14 | 17 | 3 | 8 | 4 |
| Grade |  |  |  |  |  |  |  |  |
| 5 ( $\mathrm{n}=22$ ) | 16 | 5 | 7 | 8 | 12 | 3 | 11 | 5 |
| 6 ( $\mathrm{n}=20$ ) | 7 | 6 | 7 | 6 | 14 | 1 | 7 | 2 |
| 7 ( $\mathrm{n}=6$ ) | 5 | 2 | 1 | 2 | 5 | 2 | 5 | 2 |
| 8 ( $\mathrm{n}=6$ ) | 4 | 4 | 3 | 3 | 4 | 2 | 4 | 1 |
| Hispanic |  |  |  |  |  |  |  |  |
| Yes ( $\mathrm{n}=42$ ) | 25 | 13 | 15 | 14 | 26 | 5 | 20 | 6 |
| No ( $\mathrm{n}=12$ ) | 7 | 4 | 3 | 5 | 9 | 3 | 7 | 4 |
| Race |  |  |  |  |  |  |  |  |
| AA/B ( $\mathrm{n}=32$ ) | 11 | 4 | 6 | 5 | 12 | 3 | 10 | 5 |
| C/W ( $\mathrm{n}=16$ ) | 21 | 11 | 10 | 13 | 22 | 4 | 17 | 5 |
| NA/AA ( $\mathrm{n}=1$ ) | 0 | 1 | 1 | 0 | 1 | 1 | 0 | 0 |
| Mixed Race $(\mathrm{n}=1)$ | 0 | 1 | 1 | 1 | 0 | 0 | 0 | 0 |

Overall, youth felt safe in school and their home, but less so in their neighborhood.
Table 7. Student's Responses on Feelings of Personal Safety

|  | School |  |  | Coming To/From School |  |  | At Home |  |  | In Neighborhood |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | A Lot | Sometimes | Never | A Lot | Sometimes | Never | A Lot | Sometimes | Never | A Lot | Sometimes | Never |
| Total Students $(n=54)$ | 29 | 22 | 4 | 29 | 23 | 2 | 42 | 9 | 3 | 19 | 26 | 10 |
| Gender |  |  |  |  |  |  |  |  |  |  |  |  |
| Male ( $\mathrm{n}=27$ ) | 17 | 8 | 3 | 17 | 10 | 1 | 22 | 5 | 0 | 11 | 13 | 4 |
| Female ( $\mathrm{n}=27$ ) | 11 | 14 | 1 | 11 | 13 | 1 | 19 | 4 | 3 | 7 | 13 | 6 |
| Grade |  |  |  |  |  |  |  |  |  |  |  |  |
| 5 ( $\mathrm{n}=22$ ) | 12 | 6 | 3 | 10 | 9 | 1 | 17 | 2 | 2 | 7 | 10 | 4 |
| 6 (n=20) | 10 | 10 | 1 | 10 | 11 | 0 | 15 | 5 | 0 | 6 | 10 | 5 |
| 7 ( $\mathrm{n}=6$ ) | 4 | 2 | 0 | 4 | 1 |  | 5 | 1 | 0 | 3 | 3 | 0 |
| 8 ( $\mathrm{n}=6$ ) | 2 | 4 | 0 | 4 | 2 | 0 |  | 1 | 1 | 2 | 3 | 1 |
| Hispanic |  |  |  |  |  |  |  |  |  |  |  |  |
| Yes ( $\mathrm{n}=42$ ) | 20 | 18 | 3 | 21 | 17 | 2 | 31 | 7 | 2 | 13 | 20 | 8 |
| No ( $\mathrm{n}=12$ ) | 8 | 4 | 1 | 7 | 6 | 0 | 10 | 2 | 1 | 5 | 6 | 2 |
| Race |  |  |  |  |  |  |  |  |  |  |  |  |
| AA/B ( $\mathrm{n}=32$ ) | 11 | 3 | 2 | 9 | 7 | 0 | 11 | 3 | 1 | 8 | 6 | 2 |
| C/W (n=16) | 16 | 18 | 2 | 17 | 16 | 2 | 28 | 6 | 2 | 9 | 20 | 7 |
| NA/AA ( $\mathrm{n}=1$ ) | 0 | 1 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 0 | 0 | 1 |
| Mixed Race $(n=1)$ | 1 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 0 | 1 | 0 | 0 |

## Youth Personal Experiences

When asked about experiences related to both healthy and non-healthy activities, there was a wide range of answers. While most youth tried to do well in school and have also attended religious activities and clubs, there is already a large portion of students who have been suspended, skipped school, and gone to a gang event by early middle school.

Table 8. Students Who Say They Have Participated in the Following Activities During the Previous Academic Year

|  | Joined a club/group after school | Tried to do well in school | Played on sports team (school/city) | Volunteered in the community | Attended religious activity/ school | Skipped at least 1 Day of school | Been invited/gone to gang event | Been suspended from school |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Total Students $(n=54)$ | 29 | 51 | 29 | 16 | 37 | 22 | 4 | 17 |
| Gender |  |  |  |  |  |  |  |  |
| Male ( $\mathrm{n}=27$ ) | 18 | 26 | 18 | 6 | 18 | 10 | 2 | 8 |
| Female ( $\mathrm{n}=27$ ) | 11 | 24 | 10 | 10 | 18 | 12 | 2 | 8 |
| Grade |  |  |  |  |  |  |  |  |
| 5 ( $\mathrm{n}=22$ ) | 14 | 21 | 12 | 10 | 15 | 9 | 1 | 4 |
| 6 (n=20) | 9 | 19 | 9 | 3 | 14 | 8 | 1 | 6 |
| 7 ( $\mathrm{n}=6$ ) | 3 | 5 | 4 | 3 | 4 | 1 | 1 | 2 |
| 8 ( $\mathrm{n}=6$ ) | 3 | 5 | 3 | 0 | 3 | 4 | 1 | 4 |
| Hispanic |  |  |  |  |  |  |  |  |
| Yes ( $\mathrm{n}=42$ ) | 21 | 40 | 23 | 10 | 26 | 14 | 2 | 11 |
| No ( $\mathrm{n}=12$ ) | 8 | 10 | 5 | 6 | 10 | 8 | 2 | 5 |
| Race |  |  |  |  |  |  |  |  |
| AA/B ( $\mathrm{n}=32$ ) | 10 | 15 | 8 | 7 | 11 | 8 | 1 | 5 |
| C/W ( $\mathrm{n}=16$ ) | 17 | 33 | 18 | 8 | 24 | 14 | 2 | 10 |
| NA/AA (n=1) | 1 | 1 | 1 | 0 | 0 | 0 | 1 | 0 |
| Mixed Race $(\mathrm{n}=1)$ | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 1 |

## Violence Disclosure

Students were asked to identify who they would disclose to about a violent or scary situation. Seven students noted that they would not tell anyone; it is hoped that time in the program will change that so they feel there is an adult they can talk to. A large portion already noted they would speak to After School Staff, even with the program just beginning. (Students were allowed to choose as many options as they felt were appropriate.)

Table 9. If a Student Was in a Violent/Scary Situation, They Would Tell:

|  | Parents | Siblings | Friend | After School Staff | My Doctor | Grandparents | Other <br> Family | Teacher | Police/ Fireman | Other* | NOONE |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Total Students $(n=54)$ | 45 | 31 | 26 | 21 | 3 | 24 | 29 | 17 | 18 | 7 | 7 |
|  |  |  |  |  |  |  |  | - |  |  |  |
| Gender |  |  |  |  |  |  |  |  |  |  |  |
| Male ( $\mathrm{n}=27$ ) | 22 | 15 | 14 | 9 | 1 | 10 | 13 | 8 | 8 | 1 | 5 |
| Female ( $\mathrm{n}=27$ ) | 22 | 15 | 11 | 12 | 2 | 13 | 16 | 9 | 9 | 6 | 2 |
| Grade |  |  |  |  |  |  |  |  |  |  |  |
| 5 (n=22) | 19 | 11 | 5 | 13 | 3 | 11 | 12 | 10 | 12 | 2 | 2 |
| $6(\mathrm{n}=20)$ | 17 | 13 | 13 | 4 | 0 | 8 | 13 | 4 | 4 | 5 | 0 |
| 7 ( $\mathrm{n}=6$ ) | 5 | 3 | 3 | 2 | 0 | 3 | 2 | 2 | 1 | 0 | 2 |
| $8(\mathrm{n}=6)$ | 3 | 3 | 4 | 2 | 0 | 1 | 2 | 1 | 0 | 0 | 3 |
| Hispanic |  |  |  |  |  |  |  |  |  |  |  |
| Yes ( $\mathrm{n}=42$ ) | 33 | 23 | 23 | 18 | 3 | 20 | 24 | 15 | 11 | 6 | 5 |
| No ( $\mathrm{n}=12$ ) | 11 | 7 | 2 | 3 | 0 | 3 | 5 | 2 | 6 | 1 | 2 |
| Race |  |  |  |  |  |  |  |  |  |  |  |
| AA/B ( $\mathrm{n}=32$ ) | 15 | 7 | 4 | 4 | 0 | 5 | 7 | 2 | 5 | 1 | 1 |
| C/W ( $\mathrm{n}=16$ ) | 27 | 21 | 20 | 16 | 3 | 17 | 22 | 14 | 11 | 6 | 6 |
| NA/AA ( $\mathrm{n}=1$ ) | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Mixed Race $(\mathrm{n}=1)$ | 1 | 1 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 0 | 0 |

*OTHER: A friend name, Mom only (3), My mom's friend, my cousin's bestie, Principal (2)

## Violence Behavior Experiences

The next two tables represent violence behavior experiences. The first table addresses behaviors that have been done to the youth. All behaviors except attacked by a gun were done to at least one student; most of these behaviors happened to a large proportion of the students during the previous academic year.

Table 10. Students Who Say SOMEONE DID the Following Activities TO THEM during Previous Academic Year

|  | Started yelling argument | Swore/ cursed/ name called | Teased/ picked on someone | Spread rumors/ lies about someone | Threatened to hit/kick/ punch/hurt | Started physical fight | Attacked or threatened with non-gun weapon | Attacked or threatened with gun |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Total Students $(n=54)$ | 30 | 33 | 26 | 25 | 22 | 16 | 3 | 0 |
| Gender |  |  |  |  |  |  |  |  |
| Male ( $\mathrm{n}=27$ ) | 14 | 15 | 13 | 9 | 11 | 8 | 2 | 0 |
| Female ( $\mathrm{n}=27$ ) | 16 | 18 | 13 | 16 | 11 | 8 | 1 | 0 |
| Grade |  |  |  |  |  |  |  |  |
| 5 ( $\mathrm{n}=22$ ) | 12 | 13 | 12 | 12 | 7 | 6 | 2 | 0 |
| $6(\mathrm{n}=20)$ | 11 | 13 | 8 | 9 | 10 | 5 | 0 | 0 |
| 7 ( $\mathrm{n}=6$ ) | 3 | 3 | 3 | 2 | 3 | 3 | 1 | 0 |
| 8 ( $\mathrm{n}=6$ ) | 4 | 4 | 3 | 2 | 2 | 2 | 0 | 0 |
| Hispanic |  |  |  |  |  |  |  |  |
| Yes ( $\mathrm{n}=42$ ) | 22 | 26 | 20 | 19 | 15 | 11 | 3 | 0 |
| No ( $\mathrm{n}=12$ ) | 8 | 7 | 6 | 6 | 7 | 5 | 0 | 0 |
| Race |  |  |  |  |  |  |  |  |
| AA/B ( $\mathrm{n}=32$ ) | 10 | 11 | 10 | 9 | 11 | 7 | 2 | 0 |
| C/W ( $\mathrm{n}=16$ ) | 18 | 21 | 15 | 16 | 11 | 8 | 1 | 0 |
| NA/AA ( $\mathrm{n}=1$ ) | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 0 |
| Mixed Race $(\mathrm{n}=1)$ | 1 | 0 | 0 | 0 | 0 | 1 | 0 | 0 |

Similar to the previous table, the youth not only experienced verbal or physical violence towards them, but many have already acted as the instigators of these behaviors. While the youth have instigated less than they have had the experiences inflicted upon them, unlike the previous question, each category had a least one individual note the experience, including an attack with a gun.

Table 11. Students Who Say THEY DID the Following Activities TO SOMEONE during Previous Academic Year

|  | Started yelling argument | Swore/ cursed/ name called | Teased/ picked on someone | Spread rumors/ lies about someone | Threatened to hit/kick/ punch/hurt | Started physical fight | Attacked or threatened with non-gun weapon | Attacked or threatened with gun |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Total Students $(n=54)$ | 19 | 15 | 9 | 9 | 14 | 12 | 3 | 1 |
| Gender |  |  |  |  |  |  |  |  |
| Male ( $\mathrm{n}=27$ ) | 8 | 6 | 5 | 5 | 7 | 6 | 1 | 1 |
| Female ( $\mathrm{n}=27$ ) | 11 | 9 | 4 | 4 | 7 | 6 | 2 | 0 |
| Grade |  |  |  |  |  |  |  |  |
| $5(\mathrm{n}=22)$ | 9 | 4 | 4 | 2 | 4 | 5 | 1 | 0 |
| 6 ( $\mathrm{n}=20$ ) | 5 | 7 | 1 | 4 | 6 | 5 | 2 | 1 |
| 7 ( $\mathrm{n}=6$ ) | 2 | 2 | 1 | 1 | 2 | 2 | 0 | 0 |
| 8 ( $\mathrm{n}=6$ ) | 3 | 2 | 3 | 2 | 2 | 0 | 0 | 0 |
| Hispanic |  |  |  |  |  |  |  |  |
| Yes ( $\mathrm{n}=42$ ) | 14 | 11 | 6 | 8 | 10 | 9 | 3 | 1 |
| No ( $\mathrm{n}=12$ ) | 5 | 4 | 3 | 1 | 4 | 3 | 0 | 0 |
| Race |  |  |  |  |  |  |  |  |
| AA/B ( $\mathrm{n}=32$ ) | 7 | 5 | 4 | 2 | 5 | 6 | 1 | 0 |
| C/W ( $\mathrm{n}=16$ ) | 10 | 9 | 4 | 6 | 8 | 5 | 1 | 0 |
| NA/AA ( $\mathrm{n}=1$ ) | 1 | 1 | 1 | 1 | 1 | 1 | 0 | 1 |
| Mixed Race $(\mathrm{n}=1)$ | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 0 |

## Conclusions and Recommendations

## Discussion

Among the students, the majority are in the younger grades ( $5^{\text {th }}$ and $6^{\text {th }}$ ), which is an ideal time for prevention programs. While primary prevention would be the most intended method, based on much of what the students reported, they are already experiencing violence. The students have both instigated violence (physical and verbal) and experienced it towards them. Therefore, prevention efforts also need to be addressed at the secondary prevention level. The important aspect to consider is that these are the appropriate students for such an intervention, as they are already skipping school, experiencing violence, and have attitudes that violence can be used to solve problems. At the end of the academic year, these students will answer most of the same questions to see if some attitudes have changed based on being in the program.

The students provided information about the types of activities that they are interested in, and many of them want to be active. With in-school activity time on the decline, this will be important to retaining student participants throughout the full academic year. Some of the students also noted their desire to have computer access and also to work on homework, indicating a desire to do well in school. Given their developmental stage, this is integral to fostering positive behaviors that will reduce likelihood of violence behaviors and thoughts as they move forward to high school. The other aspect of the program that is important to focus on is the relationships with adults, such as the counselors. These counselors can have a great impact on the students and their desire to move successfully towards high school, as well as provide students with another adult they can confide in, especially if they experience violence. With seven students noting they would not disclose violence, having a strong adult in their life may reduce this number at the conclusion of the program.

## Appendix A: Program Model

| Feel Safe | Be Connected | Dream Big and Find the Hope/Build the Skills | Become More |
| :---: | :---: | :---: | :---: |
| (Physiological/ Safety) | (Belonging/Social) | (Esteem) | (Self-actualization) |
| Recreation and Setting Domain | Belonging and Connection: Micro to Macro | $\begin{aligned} & \text { [Empowerment Model] } \\ & \text { *Self-Efficacy } \end{aligned}$ | Achievement |
| *freedom from pain and fear | *start with micro: friends and interactions with others | ${ }^{*}$ respect <br> *recognition from others <br> *personal feelings of accomplishment | *celebrate small successes |
| *stability | *add on family: special | *curiosity built <br> *challenge provided | *incubate potential |
| *provide a safehouse | events and programs | Everyone Track <br> *abilities developed | *nourish desire for growth, self-expression, |
| *health, relaxation, release from stress, and recuperation from... | *grow over time to macro: community engagement <br> - community provides programs and services: | *reduce anti-social behaviors <br> *improve life skills: social skills, hygiene, communication skills, discipline, character development, *improve work skills: able to work | constructive accomplishment <br> *showcase whatever we can on an on-going basis |
| Social Work, Public Health and Family \& Marriage Domain | Common Ground and Sound School, community members lead programs, sport leagues with parent | with others, problem solving, decision making, planning skills, creative skills, educational skills *improve physical health |  |
| *structural, environmental family and peer challenge | coaches <br> - youth involved in community service and service learning | Older Track Add-ons <br> *financial literacy <br> *college readiness/Promise program <br> *career education |  |
| Preconditions To Addr | ess -------------------------------> | Foundations and Tools To Achieve $-\cdots \rightarrow-\cdots$ | Non-Violent Alternatives |

## Appendix B: Student Baseline Instrument

$\qquad$

## Hill Central After-School Program

Thank you for taking the time to take this questionnaire. You won't get a grade on it and no one from the after-school program will see your answers. Please answer as honestly as you can.

The first set of questions asks you about what you think about starting the program. There is no right answer for these questions - every person is different. For each set, circle the answer that is most like how you feel.

1. Did you attend this afterschool program last year?

Yes No
2. What are the activities that you are looking forward to doing as part of this after school program? (circle only TWO/2)

Being with the staff and counselors Playing sports
Drama
Dance/Zumba/movement activities
Music
Hanging out with my friends
Arts: painting, drawing Getting my homework done (with/without help)
Computer lab
Not being bored at home
Other: $\qquad$
3. What would you be doing if you didn't come to this after school program? (circle only TWO/2)

Watching TV Doing things I shouldn't be doing
Playing video games Home by myself
Homework
Other: $\qquad$
Hanging out outdoors/neighborhood with friends
Texting/social media (Facebook, Twitter, Instagram...)
4. I hope that I will connect with the staff and that they will care about me.

Yep, that sounds like me Nope, that isn't me
5. I hope this after school program gives me the chance to try new things.

Yep, that sounds like me Nope, that isn't me
6. I hope I can be myself at this after school program.

Yep, that sounds like me Nope, that isn't me
7. I hope I can spend time with my current friends at this after school program.

$$
\text { Yep, that sounds like me } \quad \text { Nope, that isn't me }
$$

8. I hope that I meet new friends during this after school program.

Yep, that sounds like me Nope, that isn't me

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$\qquad$

For this group of questions, tell us whether you think this statement is true or not true about you.
9. I think I have at least 3 friends who care about me.

Yep, that sounds like me Nope, that isn't me
10. If I had to move, I would miss the neighborhood I live in now. Yep, that sounds like me Nope, that isn't me
11. When I am not at home, one of my parents knows where I am and who I am with.

Yep, that sounds like me Nope, that isn't me
12. I have a parent/guardian that I can talk to if I have problems. Yep, that sounds like me Nope, that isn't me
13. I feel good about myself.

Yep, that sounds like me Nope, that isn't me
14. I look forward to the future.

Yep, that sounds like me Nope, that isn't me
15. I enjoy being at school.

Yep, that sounds like me Nope, that isn't me
16. I feel stressed a lot.

Yep, that sounds like me Nope, that isn't me
17. If a fight between students is going to happen, I think I would do something to stop it.

Yep, that sounds like me Nope, that isn't me
18. I think it is OK to use violence to stop problems.

Yep, that sounds like me Nope, that isn't me
19. I would rather use violence to handle problems.

Yep, that sounds like me Nope, that isn't me
20. I think if I walk away from a fight, I'd be a coward ('chicken').

Yep, that sounds like me
Nope, that isn't me
21. I think it is OK to hit someone who hits you first.

Yep, that sounds like me Nope, that isn't me
22. I think it is easy for someone my age to get a gun.

Yep, that sounds like me Nope, that isn't me

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$\qquad$
23. I think gangs cause most of the violence in my community.

Yep, that sounds like me Nope, that isn't me
24. I feel pressure to join a gang.

Yep, that sounds like me Nope, that isn't me
For this next group of questions, tell us how often you feel safe in these places. Circle the answer that is most like how you feel. Do you feel safe:
25. In your school?

$$
\text { A lot/all the time } \quad \text { Sometimes } \quad \text { Not a lot/never }
$$

26. Coming to/from school?

A lot/all the time Sometimes Not a lot/never
27. At home?

$$
\text { A lot/all the time } \quad \text { Sometimes } \quad \text { Not a lot/never }
$$

28. In your neighborhood?

A lot/all the time Sometimes Not a lot/never
Now we want to know about your experiences. For these next groups of questions, tell us which of these behaviors or activities you did in the last school year/your previous grade in school (September until June). Have you:

| 29. Joined a club or group after school (not including this program) | YES | NO |
| :--- | :--- | :--- |
| 30. Tried to do well in school | YES | NO |
| 31. Skipped one day of school | YES | NO |
| 32. Been invited to/gone to a gang event | YES | NO |
| 33. Been suspended from school | YES | NO |
| 34. Played on a sports team (school or park/city team) | YES | NO |
| 35. Volunteered in your community | YES | $N O$ |
| 36. Attended church/religious services or school | YES | $N O$ |

37. For this question on activities and behaviors, if you were in a violent or scary situation, who would you tell? Check as many as you want.
$\square$ My parents

- My brothers/sisters
$\square$ A friend
- After school staff
$\square$ My doctor
- NO ONE
$\square$ My grandparents
$\square$ Other family(cousins, aunts, uncles)
- A teacher
- Police or fireman
$\square$ Other: $\qquad$

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$\qquad$

The next set of questions, put a check in the first box if someone did this behavior or activity TO YOU during the last year (SEPTEMBER to AUGUST).
38. Behaviors/Activities

|  | Someone did this TO ME |
| :--- | :--- |
| Started a yelling argument |  |
| Swore/cursed/called names |  |
| Teased or picked on someone |  |
| Spread rumors or lies about someone |  |
| Threatened to hit/punch/kick/hurt someone |  |
| Started a physical fight |  |
| Attacked/threatened with anything but a gun (ex: bat, bottle, chain, knife) |  |
| Attacked/threated with a gun |  |

The next set of questions, put a check in the box if you did the behavior or activity TO SOMEONE during the last year (SEPTEMBER to AUGUST).

## 39. Behaviors/Activities

|  | I DID THIS to someone |
| :--- | :--- |
| Started a yelling argument |  |
| Swore/cursed/called names |  |
| Teased or picked on someone |  |
| Spread rumors or lies about someone |  |
| Threatened to hit/punch/kick/hurt someone |  |
| Started a physical fight |  |
| Attacked/threatened with anything but a gun (ex: bat, bottle, chain, knife) |  |
| Attacked/threated with a gun |  |

Finally, tell us a little about you. Check the answer that is most like you.
40. What grade are you in?
$\square 5^{\text {th }}$

- $6^{\text {th }}$
$\square 7^{\text {th }}$
$\square 8^{\text {th }}$

41. What is your gender?
$\square$ Male

- Female

42. Are you Hispanic/Latino?
$\square$ Yes
$\square$ No
43. What is your race (you may check more than one answer):
$\square$ African American/Black

- Caucasian/White
- Asian/Pacific Islander
- Native American/American Alaskan
$\qquad$

44. Who lives in your house with you (you may check more than one answer)
$\square$ My parents

- My grandparents
- My brothers/sisters
- Other family (cousins, aunts, uncles)
$\square$ A friend
- Other: $\qquad$

