

MVP Strategies Implementation and Evaluation

Recommended Practices for Iowa Secondary Schools

Center for Violence Prevention (CVP)

University of Northern Iowa

PURPOSE

The purpose of this document is to identify and record those practices and strategies that best describe the training, implementation and evaluation procedures regarding MVP Strategies currently underway in Iowa's secondary schools.

TRAININGS

One-Time Training

2-Day, MVP "Train-the-Trainer" Workshop: Designed to introduce a school and their selected community partners to the MVP Strategies model. Participants would include up to 30 adults comprised of school and community professionals, parents, volunteers and civic leaders who work with youth and families. This organized and scheduled by the CVP.

Annual Trainings

1-Day, MVP Student Leadership Summit: Designed to introduce new student mentors to the MVP playbooks, facilitation, leadership development, victim service agencies and strategies to prevent gender violence and bullying (current locations: Sioux City, Cedar Falls, Cedar Rapids and Des Moines). This is organized and scheduled by the CVP and school partners.

1-Day, School-based MVP training: Designed to reinforce key MVP implementation and facilitation components introduced during the MVP Student Leadership Summits. Highlight relationship building, facilitation skills, role playing, bystander behavior and support positive school culture and climate. This is organized by MVP school sponsors (and sometimes includes the CVP).

On-going Trainings

Weekly/Bi-monthly MVP mentor planning sessions: Designed for school MVP sponsors and/or victim service advocate/prevention specialist to meet with MVP mentors to prepare and plan for a MVP session with mentees. Mentors decide on use of ice breaker activity, video/social media, personal stories, questions from the MVP card series, etc. This is organized by MVP school sponsors and student mentors.

IMPLEMENTATION

Materials needed

- MVP Trainer's Guides for mentors
- PDF of MVP Trainer's Guide (used to project onto classroom screen)
- MVP Facilitation Planning Guide (25-30 minute lesson plan for facilitating)
- MVP facilitation questions/card series

- PDFs of new, updated MVP scenarios, planning guides, facilitation questions, MVP scenario powerpoint slides, Spectrum of Prevention Model for Secondary Schools
<https://drive.google.com/drive/u/1/folders/0B0F39gHwVdIFYkxkU1RuSm04RDQ>

MVP sessions with freshmen/first year students

- MVP mentors meet with freshmen/first year student mentees 3-4 times prior to the start of implementing MVP to discuss topics such as: introduction to high school, study skills and habits, student code of conduct, attendance and discipline policies, student activities engagement, etc.
- Introduce and conduct MVP activities: Types of Abuse/Types of Respect and “The Box”
- Facilitate, at a minimum, the first seven MVP scenarios found in pages 12-28 of the playbook would be preferred. **These topics consist of: dating violence, sexual harassment, bullying, alcohol and consent, texting abuse, sexting and sexual assault.**
- Same sex sessions verses mix-gendered grouping. Begin with meeting in male-identified and female-identified groups, then convene “talk-back” opportunities to share perspectives from everyone.
- LGBTQIA students participate in the MVP discussions they feel most comfortable.
- Weekly or bi-monthly sessions. (create a steady drip of prevention)
- Adaptations to MVP scenarios should be reviewed and discussed with the CVP director.

EVALUATION

Recommended

Pre- and post- Freshmen Assessment—this survey is given to all freshmen or first year students prior to the implementation of the MVP program. Usually given early in the school year. A follow-up survey is given at the end of the school year. Online and paper/pencil version available.

Alternative:

MVP Student Mentor Summit Retro Pre/Post Survey – this survey is given to freshmen or first year students at the end of the school year/after the last of the MVP sessions are held. Request students to reflect on two points in time.

MVP Mentor Session Survey—1 page survey that asks Mentors to report on the MVP session they just facilitated. Utilized as a process measure and a program fidelity check.

Supervising Teacher Survey—1 page survey for teacher/faculty to assess how the MVP session went. Utilized as a process measure and a program fidelity check.

Optional

Parent/Community Perception Survey—online survey developed to assess parental perceptions and support for initiatives associated with MVP program.

Teacher/Staff School Perceptions Survey—online survey developed to assess teacher and staff perceptions of school/district climate as it relates to bullying, harassment and gender violence.