



Life Synergy for Youth: Workshop Feedback Report

Report prepared for Life Synergy for Youth

by

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Overview of Analyses Conducted:

This report contains the results of student, staff and parent feedback collected anonymously after participating in the Life Synergy Youth Assembly workshop or the Small Group Session at their school. Demographic information as well as frequency counts describing the percentage of participants endorsing each survey item are provided in tables that follow. In addition, t-tests and one-way analyses of variance (ANOVAs) were conducted to evaluate differences as a function of sex and grade. A *p-value of <0.05* was used to determine if the differences between groups was statistically significant, which would indicate that the differences reported are likely to be true differences (not spurious) 95% of the time. Additional tests were conducted to examine pairwise differences between grade levels using Tukey's post-hoc analysis and a *p-value of <0.05*.

1) Life Synergy for Youth:
Student Assembly Feedback Survey

Demographic Characteristics of Participants:

Total sample:	2004
Number of Schools:	19
Range of Samples Across Schools:	9 - 299
Median Sample Size per school	111
Sex of Respondents:	
Male	50%
Female	50%
Grade Level Reported:	
Grade 7	18%
Grade 8	38%
Grade 9	23%
Grade 10	10%
Grade 11	7%
Grade 12	4%

The total number of youth who responded to the Youth Assembly Student Feedback survey was 2004 (50% girls), from 19 schools with a median sample size of 111 students per school. The sample was predominantly made up of students in Grades 8 and 9, who made up 61% of the respondents. Relatively few students in older grades completed the feedback form (21% Grades 10-12).

Compared to other assemblies the Life Synergy workshop...

	Strongly Disagree	Disagree	Agree	Strongly Agree	Sex Difference	Grade Difference
...was valuable.	1%	2%	46%	51%	F>M	7, 8 >9
...was boring.	32%	49%	15%	5%	M>F	9 >7, 10
...made me think.	1%	4%	43%	52%	F>M	7 >9
...provided important information.	1%	2%	36%	61%	F>M	7 >9, 11
...helped me realize the choices are mine.	2%	5%	45%	49%	F>M	No difference

Compared to other assemblies, the vast majority of participating students *agreed* or *strongly agreed* that the Life Synergy workshop was valuable (97%), thought-provoking (95%), provided important information (97%), and helped them to realize that they have autonomy in making decisions about their own lives (94%).

Female students were more likely than males to rate the workshop positively. Younger students (Grade 7) tended to be more likely to rate the workshop positively than older students (Grades 9 and 11).

A minority of students reported that the workshop was boring (20%). Male students and Grade 9 students were more likely to report that the workshop was boring compared to other students.

The Life Synergy Workshop was effective in...

	Strongly Disagree	Disagree	Agree	Strongly Agree	Sex Difference	Grade Difference
...addressing real student concerns.	1%	3%	53%	43%	F>M	No difference
...creating more respect among students.	1%	8%	56%	35%	F>M	7>8,9,10,11
...creating more respect between students and teachers.	2%	14%	57%	28%	F>M	7>8, 9, 11
...helping students to see one another differently.	1%	7%	50%	42%	F>M	No difference
...helped me realized the choices are mine.	2%	5%	41%	53%	F>M	7>8, 9

Overall, the majority of participating students rated the Life Synergy workshop as effective (agree or strongly agree) in addressing real student concerns (96%), creating more respect among students (91%), creating more respect between students and teachers (85%), helping students to see each other differently (92%) and helping individual students realize that they have autonomy in making decisions about their own lives (94%).

Female students consistently rated the workshop as more effective than male students. Younger students (Grade 7) were also more likely to rate the workshop as more effective for 3 out of 5 of the effectiveness items compared to older students. Across grade levels students were equally likely to rate the workshop as effective at addressing student concerns and helping students to see each other differently.

Given what I learned in the Life Synergy Workshop today...

	Strongly Disagree	Disagree	Agree	Strongly Agree	Sex Difference	Grade Difference
I am more likely to make changes in my life.	2%	11%	59%	28%	F>M	7>8,9,10,11,12
I am more likely to seek out an adult for help at school when I need it.	3%	19%	55%	23%	No difference	7>8,9,10,11,12
I am more likely to support a fellow student in need (even if I don't know them well).	2%	5%	52%	41%	F>M	7>9

Most students who attended the Life Synergy workshop reported that they were more likely to make changes in their life based on what they learned in the workshop (87%). Similarly, most students indicated that they would be more likely to seek out an adult for help at school (78%), and would be more likely to support other students in need whether or not they knew them well (93%).

Females were more likely than males to indicate that they would be more likely to make changes in their lives and help a student in need. Similarly, Grade 7 students were more likely than older students to indicate that they would make changes, seek out an adult for support, or help another student after attending the workshop.

Awareness of Consequences:

	No	Yes	Sex Difference	Grade Difference
Do you feel more aware of the possible consequences of your use of social media?	5%	95%	F>M	<i>no difference</i>
Do you feel more aware of the consequences of police involvement?	5%	95%	F>M	<i>no difference</i>

The majority of students who attended the workshop said that they felt more aware of possible consequences of social media use (95%) and involvement with police (95%).

Females were more likely than males to endorse both of these items. Students across all grade levels were equally likely to report greater awareness of these issues after attending the Life Synergy workshop.

Would you recommend the Life Synergy workshop?

	No	Yes	Sex Difference	Grade Difference
Would you recommend the Life Synergy workshop for other schools?	5%	95%	F>M	none
Would you want to have more assemblies like this for your school?	14%	87%	F>M	7, 11> 9
Would you be willing to attend similar sessions with Dwayne Peace on THE TRUTH ABOUT DRUGS?	19%	81%	F>M	7>9, 10
Would you be willing to attend similar sessions with Dwayne Peace on THE TRUTH ABOUT DRINKING?	20%	80%	F>M	7>10
Would you be willing to attend similar sessions with Dwayne Peace on THE TRUTH ABOUT TOBACCO?	27%	73%	none	7>8, 9, 12

Most youth indicated that they would recommend the Life Synergy workshop for other schools (95%), and would want to have more assemblies like this for their own school (87%). Youth were somewhat more likely to indicate willingness to attend similar sessions on drugs (81%) and alcohol (80%) compared to tobacco (73%). Female and Grade 7 students were significantly more likely to report willingness to attend the same, or similar workshops in the future, compared to male and older students.

2) Life Synergy for Youth:
Small Group Session
Student Feedback Survey

Demographic Characteristics of Participants:

Total sample:	684
Number of Schools:	17
Range of Samples Across Schools:	10 - 134
Median Sample Size per school	24
Sex Reported:	
Male	48%
Female	52%
Grade Level Reported:	
Grade 7	2%
Grade 8	42%
Grade 9	23%
Grade 10	15%
Grade 11	14%
Grade 12	5%

The total number of youth who responded to the Small Group Session Feedback survey was 684 (52% female), from 17 schools, with a median sample size of 24 students. The sample was predominantly made up of students in Grades 8 and 9, who represented 65% of the respondents.

The Life Synergy small group session...

	Strongly Disagree	Disagree	Agree	Strongly Agree	Sex Difference	Grade Difference
...was valuable.	<1%	1%	20%	78%	F>M	8,10,11,12>7
...was boring.	70%	24%	4%	2%	M>F	7>8,9,10,11,12
...made me think.	<1%	1%	26%	72%	F>M	8,10,11,12>7
...provided important information.	<1%	2%	27%	72%	F>M	none
...helped me realize the choices are mine.	1%	2%	28%	69%	F>M	none

A majority of participating students *agreed* or *strongly agreed* that the small group session was valuable (98%), thought-provoking (98%), provided important information (99%), and helped them to realize that they have autonomy in making decisions about their own lives (97%).

Female students were more likely than male students to rate the small group session positively. In contrast to the youth assembly, younger students (Grade 7) rated the small group session as less valuable and less thought-provoking than older students.

A small minority of students reported that the small group session was boring (6%). Male and Grade 7 students were more likely to report that the workshop was boring compared to female and older students.

The small group session was effective in...

	Strongly Disagree	Disagree	Agree	Strongly Agree	Sex Difference	Grade Difference
...creating the foundations for school change.	<1%	2%	37%	61%	F>M	none
...improving the culture of our school.	<1%	3%	42%	55%	F>M	none
...creating more respect among students.	<1%	1%	22%	77%	F>M	none
...creating more respect between students and teachers.	<1%	1%	23%	76%	F>M	none
...helping students to see one another differently.	<1%	1%	20%	78%	F>M	none

Overall, the vast majority of participating students rated the small group session as effective in creating the foundation for school change (98%), improving the culture of their school (97%), creating more respect among students (99%), creating more respect between students and teachers (99%), and helping students to see each other differently (98%).

Female students consistently rated the small group session as more effective than male students. There were no differences across grades in student's ratings of session effectiveness.

Given what I learned in the small group session today...

	Strongly Disagree	Disagree	Agree	Strongly Agree	Sex Difference	Grade Difference
I am more likely to make changes in my life.	<1%	3%	38%	56%	F>M	10>7
I am more likely to seek out an adult for help at school when I need it.	2%	11%	45%	43%	F>M	none
I am more likely to support a fellow student in need (even if I don't know them well).	1%	2%	30%	67%	F>M	none

Most students who attended the small group session reported that they were more likely (agree or strongly agree) to make changes in their life based on what they learned in the session (94%). Similarly, most students indicated (agree or strongly agree) that they would be more likely to seek out an adult for help at school (88%), and would be more likely to support other students in need whether or not they knew them well (97%).

Female students were more likely than male students to report that they would make changes in their life, seek help from an adult, and help other students in need. Grade 10 students were more likely than Grade 7 students to say that they would make changes in their life after attending the small group session.

Would you recommend the small group session?

	No	Yes	Sex Difference	Grade Difference
Would you recommend the small group session for other schools?	1%	99%	none	none
Would you like to attend another small group session like this one?	11%	89%	F>M	none
Do you think other students should have the opportunity to attend a small group session like this one?	1%	99%	none	none
If every student in your school participated in a small group session like this one, would it have a major impact on your school?	3%	97%	none	none

Most youth indicated that they would recommend the small group session for other schools (99%), would like to attend a similar small group session (89%), and that other students should have the opportunity to attend a small group session in the future (99%). Students also agreed that they believed that if all students in their school attended a small group session it would have a major impact on their school (97%).

Female students were more likely than male students to endorse that they would like to attend another small group session

3) Life Synergy for Youth:
Youth Assembly
Staff Feedback Survey

Demographic Characteristics of Participants:

Total sample:	131
Number of Schools:	16
Range of Samples Across Schools:	2-20
Median Sample Size per school	7
Sex Reported:	
Male	28%
Female	72%
Staff Position: *	
Teacher Position	77%
Substitute Teacher	1%
Educational Assistant	1%
School Resource Officer	<1%
Administrator (Principal, Vice-Principal)	49%
Counsellor	31%
Other	<1%
*Staff could select multiple roles	
Grade Level Reported: **	
Grade 7	55%
Grade 8	61%
Grade 9	66%
Grade 10	47%
Grade 11	42%
Grade 12	20%
**Teachers could select multiple grade levels	

The total number of school staff who responded to the Youth Assembly Staff Feedback survey was 131 (72% female), from 16 schools, with a median workshop sample size of 7 staff members per school. The majority of staff attending the Youth Assembly were Teachers (77%), followed by Administrators (49%) and Counsellors (31%). Most staff indicated that they taught more than one grade level within their school.

The Life Synergy workshop...

	Strongly Disagree	Disagree	Agree	Strongly Agree	Sex Differences
...was valuable.	0%	0%	24%	76%	none
...was boring.	58%	33%	4%	5%	none
...made me think.	0%	1%	35%	65%	none
...provided important information.	1%	0%	31%	69%	none

All participating staff members *agreed* or *strongly agreed* that the Life Synergy workshop was valuable (100%), thought-provoking (100%), and provided important information (99%). Few teachers found the workshop boring (9%).

There were no sex differences in staff member's perception of the workshop.

The Life Synergy workshop was effective in...

	Strongly Disagree	Disagree	Agree	Strongly Agree	Sex Differences
...addressing real student concerns.	0%	0%	26%	74%	none
...creating more respect among students.	0%	2%	56%	42%	none
...creating more respect between students and teachers.	0%	5%	55%	40%	none
...helping school staff to see one another differently.	0%	15%	46%	39%	none

A majority of staff rated the Life Synergy workshop as effective (agree or strongly agree) in addressing real student concerns (100%), creating more respect among students (98%), creating more respect between students and teachers (95%), and helping school staff to see each other differently (85%).

There were no sex differences in staff's ratings of workshop effectiveness.

Would you recommend the Life Synergy workshop?

	No	Yes	Sex Differences
Would you recommend the Life Synergy workshop for other schools?	2%	98%	none
Would you want to have more assemblies like this for your school?	3%	97%	none
Would you be willing to attend similar sessions with Dwayne Peace on THE TRUTH ABOUT DRUGS?	4%	96%	none
Would you be willing to attend similar sessions with Dwayne Peace on THE TRUTH ABOUT DRINKING?	2%	98%	none
Would you be willing to attend similar sessions with Dwayne Peace on THE TRUTH ABOUT TOBACCO?	18%	82%	none

Most staff indicated (agree or strongly agree) that they would recommend the Life Synergy workshop for other schools (98%), and would want to have more assemblies like this for their own school (97%). Similar to students, staff members were more likely to indicate willingness to attend similar sessions on drugs (96%) and alcohol (98%) compared to tobacco (82%). There were no sex differences in staff reports that they would recommend the workshop to others, or would be interested in attending a similar workshop in the future.

4) Life Synergy for Youth:
Small Group Session
Staff Feedback Survey

Demographic Characteristics of Participants:

Total sample:	56
Number of Schools:	16
Range of Samples Across Schools:	1-9
Median Sample Size per school	4
Sex Reported:	
Male	32%
Female	68%
Staff Position: *	
Teacher Position	69%
Substitute Teacher	<1%
Educational Assistant	<1%
School Resource Officer	<1%
Administrator (Principal, Vice-Principal)	18%
Counsellor	18%
Other	<1%
*Staff could select multiple roles	
Grade Level Reported: **	
Grade 7	45%
Grade 8	55%
Grade 9	61%
Grade 10	30%
Grade 11	30%
Grade 12	21%
**Teachers could select multiple grade levels	

The total number of school staff who responded to the Small Group Staff Feedback survey was 56 (68% female), from 16 schools, with a median workshop sample size of 4 staff members per school. The majority of staff attending the small group session were Teachers (69%), followed by Administrators (18%) and Counsellors (18%). Most staff indicated that they taught more than one grade level within their school.

The small group session...

	Strongly Disagree	Disagree	Agree	Strongly Agree	Sex Differences
...was valuable.	0%	0%	5%	95%	none
...was boring.	84%	9%	0%	7%	none
...made me think.	0%	0%	18%	82%	none
...provided important information.	0%	0%	13%	88%	none

All participating staff members *agreed* or *strongly agreed* that the Life Synergy small group session was valuable (100%), thought-provoking (100%), and provided important information (100%). Few teachers found the small group session boring (7%).

There were no sex differences in staff member's perception of the workshop.

The small group session was effective in...

	Strongly Disagree	Disagree	Agree	Strongly Agree	Sex Differences
...creating the foundations for school change.	0%	0%	29%	71%	none
...improving the culture of our school.	0%	0%	25%	75%	none
...creating more respect among students.	0%	0%	13%	88%	none
...creating more respect between students and teachers.	0%	0%	21%	79%	none
...helping school staff to see students differently.	0%	2%	15%	84%	none

All of the participating staff rated the Life Synergy small group session as effective (agree or strongly agree) in addressing creating the foundations for school change (100%), improving the culture of their school (100%), creating more respect among students (100%), creating more respect between students and teachers (100%), and helping school staff to see each students differently (98%).

There were no sex differences in staff's ratings of the effectiveness of the small group session.

Given what I learned in the small group session today...

	Strongly Disagree	Disagree	Agree	Strongly Agree	Sex Differences
I am more likely to make changes in how I relate to students.	0%	2%	20%	79%	none
I am more likely to make changes in how I relate to other staff.	0%	7%	24%	69%	none

After attending the small group session, a majority of participating staff members indicated (agree or strongly agree) that they would be more likely to make changes in how they relate to students (99%), and other staff (93%).

There were no sex differences in these responses.

Would you recommend the small group session?

	No	Yes	Sex Differences
Would you recommend the small group session for other schools?	0%	100%	none
Would you like to attend another small group session?	0%	100%	none
Do you think that all students should have the opportunity to attend a small group session like this one?	2%	98%	none
If every student in your school participated in the Life Synergy small group session, would it have a major impact on your school?	0%	100%	none

All of the participating staff indicated that they would recommend the Life Synergy small group session for other schools (100%), would like to attend another small group session (100%), and the majority agreed that all students should have the opportunity to attend a similar small group session in the future (100%). All participating staff indicated that they felt their school would be substantially impacted if every student had the opportunity to participate in the Life Synergy small group session (100%).

There were no sex differences in staff reports that they would recommend the workshop to others, or that all students should have the opportunity to attend a similar session.

5) Life Synergy for
Parents/Guardians:
Feedback Survey

Demographic Characteristics of Participants:

Total sample:	292
Number of Schools:	11
Range of Samples Across Schools:	7-100
Median Sample Size	25
Gender Reported:	
Male	32%
Female	68%
Relationship to Students: *	
Parent	73%
Step-parent	2%
Grandparent	3%
Guardian	1%
Other Relative	1%
Other	20%
*Participants could select multiple roles	
Grade Level of the Students in Your Care: **	
Elementary School-Aged Students (Grade 1-3)	11%
Middle-School Aged Students (Grade 4-6)	8%
Grade 7	26%
Grade 8	25%
Grade 9	23%
Grade 10	15%
Grade 11	17%
Grade 12	11%
**Participants could select multiple grade levels	

The total number of parents or guardians who responded to the Youth Assembly Parent Feedback survey was 292 (68% female), from 11 schools, with a median workshop sample size of 25 per school. The majority of participants who completed the parent feedback survey were Parents (73%), followed by Other (20%; most commonly parents and grandparents who were also school staff at that school or another school). Most participants indicated that they were responsible for caring for students from multiple grade levels. The majority of respondents were caregivers of high school students, however a minority of respondents cared for children who were not yet in high school.

The Life Synergy workshop...

	Not At All	Somewhat	Moderately	Extremely	Sex Differences
...was valuable.	0%	1%	17%	82%	none

A majority of workshop attendees rated the parent/guardian workshop as moderately to extremely valuable (99%). There were no sex differences in participants' ratings of the value of the workshop.

How do you feel about the Life Synergy Workshop?

	No	Yes	Sex Differences
Do you feel that the information provided in the workshop will help you to be a better parent/guardian?	1%	99%	none
Are you pleased that your school hosted the Life Synergy workshop for parents/guardians?	0%	100%	--
Are you pleased that your school hosted the Life Synergy workshop for students?	0%	100%	--
Would you recommend the Life Synergy workshops for parents/guardians in other schools?	1%	99%	none

Participants overwhelmingly indicated that the parent/guardian workshop provided information that would help them to be better caregivers (99%), were happy that their school hosted the workshops for parents (100%) and students (100%), and would recommend the workshop to other schools (99%).