

# *Evaluation Findings*



## ***MEN CAN STOP RAPE***



***MEN OF STRENGTH CLUB 2004-2005***

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## Overview

Men Can Stop Rape (MCSR) was formed in 1997 to inspire a healthier model of masculinity and create a safer, more civil environment for us all. Over the course of eight years, MCSR has developed into a nationally recognized, innovative organization that has developed programs that inspire male youth to redefine what it means to be a strong man, prevent violence against women, and build healthy relationships based on respect, equity, and peace. One of Men Can Stop Rape's flagship programs is the Men of Strength Club (MOST Club). The MOST Club consists of 16 weekly sessions with high school young men and is designed around a curriculum intended to raise young men's awareness of the importance of male involvement in rape prevention and mobilize them as visible allies in preventing men's violence against women and girls. The report herein describes the evaluation findings from five MOST Club sites during the 2004-2005 academic year. The five schools include Bell Multicultural Senior High School, Hyde Leadership Public Charter School, Kingsbury Day School, Maya Angelou Public Charter School, and School Without Walls Senior High School. A brief discussion of each of the participating schools is provided below.

Alexander Graham Bell Multicultural Senior High School exposes students to various careers in which they individually show a particular interest. This is achieved by placing students in small clusters within the school that work closely with businesses and community partners. A new emphasis has been placed on helping all students prepare for college through Bell's association with the "College Summit" program that places 80% of its participants in college.

Hyde Leadership Public Charter School is a college-preparatory public charter school serving students from throughout the District of Columbia. The core philosophy of Hyde Leadership PCS is that each individual is gifted with a unique potential that defines a destiny. Unique potential is developed through a character-based curriculum that stresses a student-parent-teacher partnership and creates a family-school bond. The Hyde program is designed to insure that all graduates are accepted into college and are prepared for the intellectual and ethical challenges of college and life beyond college.

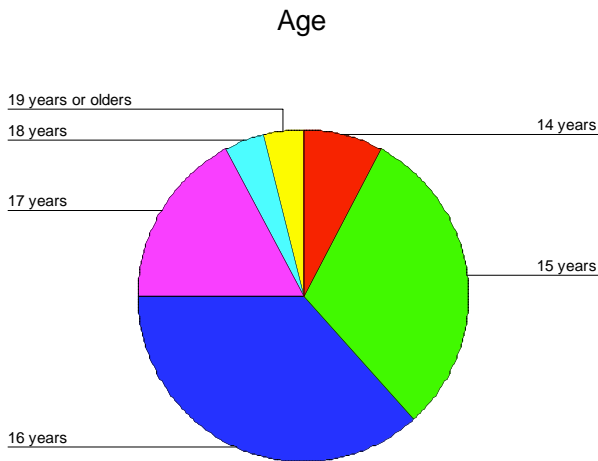
Kingsbury is the oldest nonprofit educational organization addressing the needs of children and adults with learning disabilities and differences in the Washington, D.C. area. The teachers, psychologists, diagnosticians, and tutors bring to bear a wealth of training, experience, and expertise, along with a genuine love for helping children and adults with learning difficulties.

Maya Angelou was developed to create learning communities in lower income urban areas where all students, particularly those who have not succeeded in traditional schools, can reach their potential. At Maya Angelou, the students develop the academic, social, and employment skills that they need to build rewarding lives and promote positive change in their communities.

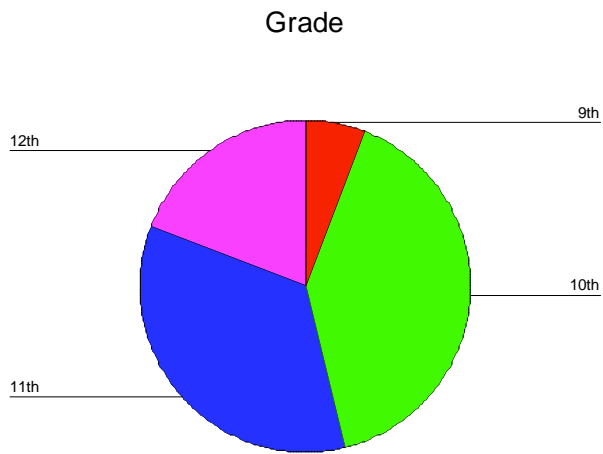
School Without Walls, a non-traditional high school established in March of 1971, provides a quality student-centered environment that maximizes integrative, interactive, experiential learning within the framework of a humanities approach. This is achieved by using the "city as a classroom" and the school as a model of collaboration among staff, students, and parents.

The young men participating in the MOST Club came from a diverse set of schools as evidenced by the descriptions above. The majority of the MOST Club participants were 16 years of age and in the 10th grade. There were a total of 42 MOST club members represented in this report. 83% of the participants identified themselves as African American, 10% as Hispanic, and 7% as White, Asian or other self-identified group. (See Figures below)

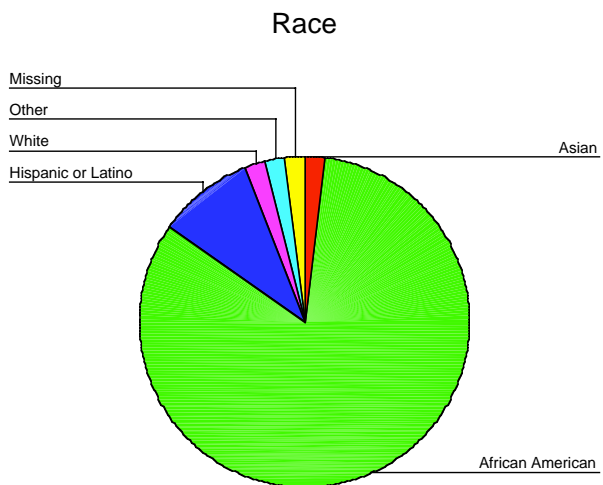
**Figure 1. Age of MOST Club participants**



**Figure 2. Grades of MOST Club participants**



**Figure 3. Race of MOST Club participants**



## Evaluation Findings

All of the MOST Club members participated in data collection that assists Men Can Stop Rape in assessing what changes occur after completion of the MOST Club. Data collection includes a pre and post survey examining the participant's knowledge, beliefs, and behaviors on topics related to masculinity and sexual violence; a participant assessment that is given midway through the sixteen weeks to explore what the MOST Club members think about the club; and focus groups with select MOST Club participants to better understand the young men's experiences in the club.

Analyses of the 2004-2005 MOST Club data utilized a mixed method approach whereby the quantitative data from the pre and post test surveys and the qualitative focus group data are integrated into one report to counter some of the weaknesses of the individual methods, but also to produce a clearer, and sometimes very different, picture than if they had used just one method.

Analyses of the 2004-2005 MOST Club data were conducted and revealed favorable changes related to knowledge, beliefs, and behaviors after completion of the 16-week MOST Club. Most notably, in response to questions assessing bystander behavior, the MOST Club participants were significantly more likely to intervene in situations when a young woman was touched inappropriately by her male peers after the 16 week MOST Club than he was before his participation in the club (Pre=3.00/ Post=3.20) One of the goals of the MOST Club is to increase young men's awareness that they can serve as allies to women and girls. The aforementioned finding suggests

young men in the MOST Club may be embracing this idea and engaging in public action. Focus group data from the MOST Club participants offer the best explanation for why this change in behavior may have occurred. One of the MOST Club participants shares, “The MOST Club has changed me. Even though I don’t hit or rape women, the program showed me that I shouldn’t stand back and watch people do that to other people.” The young men who participate in the MOST Club were not only more aware of inappropriate behaviors but it appears they were moved to take a stand against these behaviors.

In order to sustain the MOST Club participants’ increased likelihood of intervention and to support this level of public action in future MOST Club participants, it is important to assess what types of knowledge acquisition and/or beliefs might predict this intervention behavior. Results from multiple regression analyses suggest the MOST Club member’s intervention behavior can be predicted when (1) the MOST Club member believes he knows how to support a woman who has been raped, (2) if he has confidence that he can do something to prevent sexual violence, (3) if he possesses the belief that men can play a role in preventing sexual violence, (4) if he believes his friends would be upset if he disrespected a woman, (5) if he believes that a guy will not lose respect if he talks about his feelings, and (6) if he believes it is not more important for a guy to get respect from other guys than from girls ( $F=3.065$ ,  $p \leq .05$ ).

In addition to assessing the overall changes in the likelihood of intervening in harmful situations before and after MOST Club participation, the MCSR survey was designed to explore the specific conditions around which intervention occurred. A series of T-tests were conducted to assess the knowledge, beliefs and behavioral changes



before and after the MOST Club participation and analyses revealed when a young woman was touched inappropriately by her male peers, the young men in the MOST Clubs were more likely to intervene when the person who was engaging in the inappropriate behavior was their good friend (Pre=2.90, Post=3.28) or was popular in school (Pre=2.73, Post=3.17). Similarly, the MOST Club participants also displayed significant positive changes over the course of the MOST Club in their likelihood to intervene in situations when either their good friend (Pre=2.42, Post=2.78) or a guy who is popular in school bragged about how far he got with his girlfriend on their last date (Pre=2.42, Post=2.73). Lastly, the MOST Club participants were more likely to intervene when they witnessed a young man call another young man negative names. This was true in situations when the MOST Club member was alone and the perpetrator was with his friends (Pre=2.23, Post=2.58) and in situations when the victim was not the MOST Club member's friend (Pre=2.37, 2.68) [see Appendix I. for t-test statistics and probability values]

These results show that after completing the MOST Club, members were more likely to intervene under two conditions when a young woman was being victimized: a potentially safe condition (intervening with a good friend) and a potentially risky condition (intervening with someone who is popular in school). It is very likely that the MOST Club members would feel safe telling their good friend that the behaviors they were engaging in were not acceptable. There may be few, if any, negative repercussions to this behavior. However, when the MOST Club member was likely to take a stand against someone popular in the high school setting, he may be risking his own reputation. These findings illustrate that MOST Club members were learning that

being allies to girls and women cannot be conditional; rather, they should take a stand in all situations that can cause harm to women. The data suggests MOST Club members seemed likely to intervene under different conditions when the victim was a young man. When a young man was being victimized by other young men, the MOST Club members took a stand when they were alone and the perpetrator had the support of his friends and when the victim was not the MOST Club member's friend. Both of these conditions appear risky in that the MOST Club member may not have had support from any of the people present when he intervened in these situations. This demonstrates that MOST Club members were learning to take a stand for both men and women, regardless of the risk to their personal reputation.

There were two areas where the MOST Club members experienced significant changes in their beliefs in ways that were not consistent with the MOST Club philosophy. After completing the 16-session club, more MOST Club participants thought it was acceptable to spend all of one's free time with the person you were dating (Pre=2.63, Post=2.39). They also increased their approval of telling a guy that he fights like a girl (Pre=3.00, Post 2.51).

Midway through the 16 week MOST Clubs, the MOST Club participants completed a survey that demonstrated 75% of the participants believed they could always talk about things during a MOST Club meeting that are important to them, 83% always thought the MOST Club facilitator was a good listener, 69% always thought the MOST Club facilitator was someone he could trust, 36% always thought the young men in their MOST Club understood them, 69% always thought the young men in their MOST Club respected them, and 83% always thought they were getting something

valuable out of the MOST Club. These findings suggest the MOST Club members experienced the positive impact of the MOST Club as early as midway through the program.

Focus group discussions in four of the five MOST Club sites included in these analyses were conducted to gain a deeper understanding of the impact the MOST Clubs had on the young men who participated. Overwhelmingly, the MOST Club participants thought their experience in the MOST Club was rewarding. One young man stated, "This club is genuine." The focus group results show the MOST Club provided an environment that was unique for its participants. It allowed them an opportunity to talk about issues important to them while at the same time learning how men can and should be allies in preventing men's violence against women and girls. In the words of one of the participants: "I really learned what it is to be a man, a real definition of a man. It's not a lot of muscles and real deep voice and everything...It's really what's on the insides, it's in your heart."

The focus group discussions suggest young men participating in the MOST Club have clear ideas of how they can prevent violence against women and girls. Commitment to the cause of preventing violence against women, spreading a consistent message to peers, and leading by example were some of the actions MOST Club participants thought they could accomplish. One of the participants said, "I feel like the MOST Club has taught me to lead by example and try to set the tone for men to learn that violence against women is wrong. I feel basically the only thing I can do is lead by example."

MOST Club participants indicated they began to listen to what other people were saying as a result of being in the Club. One of the participants suggested the reason some young men talk negatively about women and girls is because they hear other young men doing it and they want to fit in. The MOST Club participants were also keenly aware of the potential consequences of intervening in situations. One participant stated, “Because nowadays there is so much violence you’ve got to be careful who you talk to.” The MOST Club is designed to challenge the traditional view of what it means to be a strong man. The focus group discussions provide qualitative support that the MOST Clubs are making a difference in the lives of young men and broadening their views on what it means to be a strong man. In the words of two MOST Club participants, “Being a strong man is not always about physical strength,” and “as long as you respect yourself and respect others, then that makes you a man of strength.”

## **Conclusions**

Given the relatively small sample size included in these analyses, the significant findings are encouraging and represent a first step in understanding the impact of the MOST Club on its participants. Additionally, the use of focus group data was helpful as it provided additional support to quantitative findings and elucidated areas of investigation that would benefit from further study.

Next steps for the evaluation of Men Can Stop Rape’s MOST Clubs include:

- Increasing sample size to increase the power to detect significant changes in other areas of functioning in the MOST Club participants
- Expand the MOST Club to sites beyond the Washington DC metropolitan area to assess if similar findings from the MOST Club exist when implementing the program in other states

- Evaluate the impact of long term membership in the MOST Club (1+ years)

## Appendix I. T-Test Findings

	Question	Mean	N	T	df	Sig. (2-tailed)
Pair 1	Pre-Males and females should have equal say in relationships	3.6098	41	.443	40	.660
	Post	3.5610	41			
Pair 2	Pre- It is okay to pressure someone to have sex with you when they are drunk or high	3.5476	42	.313	41	.756
	Post	3.5000	42			
Pair 3	Pre- If a girl dresses in sexy clothes, it means she wants to have sex	3.0244	41	-1.030	40	.309
	Post	3.1707	41			
Pair 4	Pre-Most rapes are committed by a person the victims does not know	2.8095	42	.613	41	.544
	Post	2.7143	42			
Pair 5	Pre-It is more important for a guy to get respect from other guys than from girls	3.0250	40	1.347	39	.186
	Post	2.8250	40			
Pair 6	Pre-A guy will lose respect if he talks about his feelings	3.0000	42	.518	41	.607
	Post	2.9286	42			
Pair 7	MCSR: Pre Dominant Story of Masculinity	2.5250	40	-1.309	39	.198
	Post	2.7250	40			
Pair 8	Pre-It bothers me when a guy acts like a girl	2.1429	42	-.797	41	.430
	Post	2.2619	42			
Pair 9	Pre-Boys/Men can play an important role in preventing sexual violence	3.38	42	.000	41	1.000
	Post	3.38	42			
Pair 10	Pre-Trying to prove you're a "real man" is harmful to girls/woman	2.54	41	-.675	40	.504
	Post	2.68	41			
Pair 11	Pre-Trying to prove you're a "real man" is harmful to boys/men	2.63	40	-.393	39	.696
	Post	2.70	40			
Pair 12	Pre-I would know how to support a girl/woman who came to me and said she had been raped	2.98	40	-.321	39	.750
	Post	3.03	40			
Pair 13	Pre-Strong men have to be physically tough	2.8250	40	.361	39	.720
	Post	2.7750	40			

	<b>Question</b>	<b>Mean</b>	<b>N</b>	<b>T</b>	<b>df</b>	<b>Sig. (2-tailed)</b>
Pair 14	Pre-If my friends found out that I threatened or physically hurt someone I was dating, they would be upset with me	3.26	42			
	Post	3.05	42	1.296	41	.202
Pair 15	Pre-It is okay to have sex with someone who is passed out or asleep	3.6098	41			
	Post	3.5854	41	.162	40	.872
Pair 16	Pre –If someone pays for a date, they have the right to expect sex from their date	3.0976	41			
	Post	3.3415	41	-1.570	40	.124
Pair 17	Pre – If you are just joking, it is okay to touch or grab someone in a sexual way without their permission	3.2500	40			
	Post	3.1000	40	1.233	39	.225
Pair 18	Pre – If you threaten or physically hurt someone you are going out with, that person should break up with you	3.02	42			
	Post	2.93	42	.530	41	.599
Pair 19	Pre –If someone is making out with me, it is okay to pressure them to have sex or do other sexual things	3.0476	42			
	Post	3.0238	42	.154	41	.878
Pair 20	Pre – Girls often lie about rape to get back at someone	2.6579	38			
	Post	2.8684	38	-1.243	37	.222
Pair 21	Pre –It is okay to brag about having sex with someone that you are dating	2.8718	39			
	Post	3.0769	39	-1.052	38	.299
Pair 22	Pre-I feel confident that I can do something to prevent sexual violence	3.12	42			
	Post	3.21	42	-.662	41	.512
Pair 23	Pre – How often is it okay to refuse to wear a condom during sex	1.34	41			
	Post	1.44	41	-.454	40	.652
Pair 24	Pre – How often is it okay to tell another boy that he “throws like a girl”	3.00	41			
	Post	2.51	41	2.427	40	.020
Pair 25	Pre-a good dating relationship includes controlling your temper when you are feeling extremely jealous	3.3077	39			
	Post	3.3333	39	-.190	38	.850
Pair 26	Pre – A good dating relationship includes knowing where the person you are dating is at all times	2.4872	39			
	Post	2.6154	39	-.819	38	.418

	<b>Question</b>	<b>Mean</b>	<b>N</b>	<b>T</b>	<b>df</b>	<b>Sig. (2-tailed)</b>
Pair 27	Pre – a good dating relationship includes spending all of your free time with the person you date	2.6316	38			
	Post	2.3947	38	1.713	37	.095
Pair 28	Pre – A good dating relationship includes pressuring the person you are dating to have sex or do other sexual things, even if she/he doesn't want to	3.4054	37			
	Post	3.2162	37	1.045	36	.303
Pair 29	Pre- A good dating relationship includes listening to the person you date, even when you disagree	3.2308	39			
	Post	3.1538	39	.464	38	.645
Pair 30	Pre – A good dating relationship includes deciding who the person you date can be friends with	3.1389	36			
	Post	2.8611	36	1.616	35	.115
Pair 31	Pre – A good dating relationship includes doing whatever the person you date wants even if you don't want to	3.0270	37			
	Post	3.0270	37	.000	36	1.000
Pair 32	Pre – a good dating relationship includes having sex or doing other sexual things even when you don't want to	3.1622	37			
	Post	3.2973	37	-.896	36	.376
Pair 33	Pre – a good dating relationship includes having sex or doing other sexual things even when you don't want to	2.8919	37			
	Post	2.8649	37	.154	36	.878
Pair 34	Pre – a good dating relationship includes talking openly about feelings	3.5405	37			
	Post	3.3784	37	1.138	36	.262
Pair 35	Pre-Likelihood of Intervention: Touch Butt Scenario When Robert was your good friend	2.90	39			
	Post	3.28	39	-2.306	38	.027
Pair 36	Pre Likelihood of Intervention: Touch Butt Scenario When Robert was not your friend	2.95	41			
	Post	3.17	41	-1.355	40	.183
Pair 37	Pre Likelihood of Intervention: Touch Butt Scenario When Robert was popular in school	2.73	41			
	Post	3.17	41	-2.808	40	.008
Pair 38	Pre Likelihood of Intervention: Touch Butt Scenario When Robert was with his friends and you were alone	2.54	41			
	Post	3.17	41	-1.476	40	.148



	Question	Mean	N	T	df	Sig. (2-tailed)
	Post	2.83	41			
Pair 39	Pre Likelihood of Intervention: Touch Butt Scenario When Robert was alone and you were with your friends	3.28	40	.313	39	.756
	Post	3.23	40			
Pair 40	Pre Likelihood of Intervention: Touch Butt Scenario When Brianna was your good friend	3.75	40	1.000	39	.323
	Post	3.68	40			
Pair 41	Pre Likelihood of Intervention: Touch Butt Scenario When Brianna was not your friend	2.83	41	-1.388	40	.173
	Post	3.05	41			
Pair 42	Pre Likelihood of Intervention: Brag How Far Scenario When James was your good friend	2.42	40	-2.106	39	.042
	Post	2.78	40			
Pair 43	Pre Likelihood of Intervention: Brag How Far Scenario When James was not your friend	2.30	40	-1.221	39	.229
	Post	2.53	40			
Pair 44	Pre Likelihood of Intervention: Brag How Far Scenario When James was popular in school	2.42	40	-2.149	39	.038
	Post	2.73	40			
Pair 45	Pre Likelihood of Intervention: Brag How Far Scenario When James was with his friends and you were alone	2.34	41	-.927	40	.360
	Post	2.46	41			
Pair 46	Pre Likelihood of Intervention: Brag How Far Scenario When James was along and you were with your friends	2.76	41	.305	40	.762
	Post	2.71	41			
Pair 47	Pre Likelihood of Intervention: Brag How Far Scenario When Nikki was your good friend	3.22	41	.151	40	.881
	Post	3.20	41			
Pair 48	Pre Likelihood of Intervention: Brag How Far Scenario When Nikki was not your friend	2.49	41	-.615	40	.542
	Post	2.61	41			
Pair 49	Pre Likelihood of Intervention: Punk Scenario When Andre was your good friend	2.63	41	-.368	40	.715
	Post	2.71	41			
Pair 50	Pre Likelihood of Intervention: Punk Scenario When Andre was not your friend	2.61	41	.298	40	.767

	Question	Mean	N	T	df	Sig. (2-tailed)
Pair 51	Post	2.56	41			
	Pre Likelihood of Intervention: Punk Scenario When Andre was popular in school	2.46	41	-1.325	40	.193
Pair 52	Post	2.68	41			
	Pre Likelihood of Intervention: Punk Scenario When Andre was with his friends and you were alone	2.23	40	-2.655	39	.011
Pair 53	Post	2.58	40			
	Pre Likelihood of Intervention: Punk Scenario When Andre was alone and you were with your friends	2.73	41	-.943	40	.352
Pair 54	Post	2.90	41			
	Pre Likelihood of Intervention: Punk Scenario When Bill was your good friend	3.18	40	.961	39	.343
Pair 55	Post	3.00	40			
	Pre Likelihood of Intervention: Punk Scenario When Bill was not your good friend	2.37	41	-1.766	40	.085
Pair 56	Post	2.68	41			
	Pre Likelihood of Intervention: Bitch Scenario When Jose was your good friend	3.00	41	-.386	40	.701
Pair 57	Post	3.07	41			
	Pre Likelihood of Intervention: Bitch Scenario When Jose was not your good friend	2.90	41	-.797	40	.430
Pair 58	Post	3.02	41			
	Pre Likelihood of Intervention: Bitch Scenario When Jose was popular in school	2.85	41	-1.155	40	.255
Pair 59	Post	3.02	41			
	Pre Likelihood of Intervention: Bitch Scenario When Jose was with his friends and you were alone	2.73	41	-1.612	40	.115
Pair 60	Post	2.98	41			
	Pre Likelihood of Intervention: Bitch Scenario When Jose was alone and you were with your friends	2.93	41	-1.532	40	.133
Pair 61	Post	3.17	41			
	Pre Likelihood of Intervention: Bitch Scenario When Maria was your good friend	3.37	41	-.842	40	.405
Pair 62	Post	3.49	41			
	Pre Likelihood of Intervention: Bitch Scenario When Maria was not your good friend	2.85	41	-1.160	40	.253

	Question	Mean	N	T	df	Sig. (2-tailed)
Pair 63	Post Pre-How often is it okay to touch someone in a sexual way even if they have not given you permission?	3.05 4.3333	41 33			
				-1.620	32	.115
Pair 64	Post Pre- How often is it okay to call a girl a slut or ho?	4.6364 4.5588	33 34			
				.000	33	1.000
Pair 65	Post Pre-How often is it okay to make sexual comments towards someone that you don't know well?	4.5588 4.4688	34 32			
				-.571	31	.572
Pair 66	Post Pre Gender Equality Construct	4.5625 3.6098	32 41			
				.443	40	.660
Pair 67	Post Pre Knowledge re: Consent Construct	3.5610 3.3968	41 42			
				.272	41	.787
Pair 68	Post Pre Knowledge re: Rape Myths and Beliefs Construct	3.3690 2.8373	42 42			
				-.845	41	.403
Pair 69	Post Pre ID Healthy/Unhealthy Relationships Construct -	2.9246 3.1270	42 42			
				.165	41	.870
Pair 70	Post Pre Ability to ID Types of Sexual Harassment Construct	3.1111 3.0789	42 38			
				.000	37	1.000
Pair 71	Post Pre Self Efficacy Construct	3.0789 3.1190	38 42			
				-.662	41	.512
Pair 72	Post Pre Likelihood of Intervention: Touch Butt Scenario Construct	3.2143 2.9959	42 41			
				-2.336	40	.025
Pair 73	Post Pre Likelihood of Intervention: Brag How Far Scenario Construct	3.2015 2.5801	41 41			
				-1.330	40	.191
Pair 74	Post Pre Likelihood of Intervention: Punk Scenario Construct	2.7106 2.5964	41 41			
				-1.089	40	.283
Pair 75	Post Pre Likelihood of Intervention: Bitch Scenario Construct	2.7300 2.9443	41 41			
				-1.575	40	.123
Pair 76	Post Pre Objecting to Sexually Harassing Behavior Construct	3.1156 4.4573	41 39			
				-.325	38	.747
Pair 77	Post Pre Relationship Norm Construct	4.5043 3.0832	39 39			
				.997	38	.325
Pair 78	Post Pre- Prevalence of Disrespectful Behavior	3.0038 3.0588	39 34			
				1.988	33	.055
Pair 79	Post Pre Yes, Ok Answers for Prevalence of Disrespectful Behaviors	2.4706 1.0882	34 34			
				2.228	33	.033
	Post	.5882	34			
				.314	33	.756

	<b>Question</b>	<b>Mean</b>	<b>N</b>	<b>T</b>	<b>df</b>	<b>Sig. (2-tailed)</b>
Pair 80	Pre Yes, Not Ok Answers for Prevalence of Disrespectful Behaviors	1.9706	34			
	Post	1.8824	34			
Pair 81	MCSR: Pre Dominant Story of Masculinity Construct	2.7103	42			
	Post	2.7398	42			
				-0.434	41	.667