

# **UNITED STATES ARMY**



## **MENTORS IN VIOLENCE PREVENTION (MVP)**

### **FINAL TRAINING REPORT**

**NOVEMBER 30, 2009**

**MNC-I Equal Opportunity and Sexual Assault Office  
CAMP VICTORY, IRAQ**

## **Overview of the MVP-ARMY Training**

MVP Strategies provided training sessions for approximately 92 US Army Soldiers at three Forward Operating Bases (FOB) in the Iraqi Theater – Camp Adder (MND-S) in Tallil, Camp Victory in Baghdad, and Joint Base Balad (JBB). MVP is a leadership program focusing on gender violence prevention and education.

A 2-day train the trainer program was delivered at each FOB for approximately 30 soldiers per group. The trainings were conducted over a two week period beginning 25 October and concluding 7 November 2009. The training groups consisted of female and male soldiers with the group spending equal amounts of time in single gender and mixed gender settings. The single gender settings proved to be beneficial for both groups, creating a “safe space” for each gender to share their respective thoughts on these issues.

## **MVP-ARMY Training Program Goals**

- Raise the awareness of Soldiers about the continuum of behaviors that can lead to sexual harassment, sexual assault and other forms of abuse.
- Challenge Soldiers to play an active role in reducing sexual violence, harassment, and abuse, and discourage them from being passive bystanders.
- Empower Soldier leaders to mentor and educate their peers and younger Soldiers in these issues.

## **MVP-ARMY Training Topics**

The focus of the training is leadership and being a bystander who is empowered to confront abusive incidents involving fellow Soldiers. Discussion topics include battering, alcohol & sexual consent, sexual assault, rape, sexual harassment, healthy relationships, gender roles and legal definitions of related violence/abuse issue

## **Post-Test Survey Results**

The Soldiers completed mixed-methods, post-test surveys following the training sessions. Here is a summary of the quantitative results:

### **Soldiers (N =92):**

- 96% of the Soldiers strongly agree or agree that the time spent at the training was worthwhile
- 100% of the Soldiers strongly agree or agree that the trainers were effective leaders of the course
- 97% of the Soldiers strongly agree or agree that the trainers created a safe space for them and their peers to talk about gender violence
- 98% of the Soldiers strongly agree or agree that the information presented was important for them to know
- 99% of the Soldiers strongly agree or agree that the training is an asset to the Army
- 94% of the Soldiers strongly agree or agree that the Army would benefit from having more Soldiers exposed to MVP

- 93% of the Soldiers strongly agree or agree that the training helped raise their awareness about gender violence
- 93% of the Soldiers strongly agree or agree that they learned valuable skills that would help them in their lives
- 97% of the Soldiers strongly agree or agree that the training provided information/perspective which can help them in making decisions in future situations involving violence against women
- 97% of the Soldiers strongly agree or agree that the MVP discussion-based training approach works well with Soldiers
- 95% of the Soldiers strongly agree or agree that the bystander approach is an effective strategy for Soldiers to utilize in preventing and/or interrupting the abusive behavior of fellow Soldiers
- 92% of the Soldiers strongly agree or agree that they felt more prepared to deliver MVP to Soldiers
- 96% of the Soldiers strongly agree or agree that they would recommend the training to their peers

**Below are some of the quotes from the Soldiers when asked where else they believed MVP should be delivered in the Army:**

- At leadership schools...
- By training individuals and bringing them to the soldiers where ever they may be...
- Deployment station and again when deploying home...
- In AIT, with refreshers later on...
- Military stations...
- Company levels...
- Everywhere...
- In Basic so its fresh in soldiers head and they know it wont be tolerated from the door...
- Small peer groups...
- Both in Iraq and stateside...
- Re-deployment and pre-deployment...
- At lowest level (team, squad)...
- Should be delivered to soldiers worldwide...
- Through all phases of their careers”

**Below are some of the quotes from the Soldiers when asked how they felt their awareness was raised:**

- Challenged conventional thinking and encouraged self re-examination...
- Some of the topics covered I had never focused on as wrong...
- Helped to hear stories from both male and female...
- Taught soldiers to take action rather than do and say nothing in bad situations...
- Awareness of how my behavior affects things...
- Stats mostly...
- Made me more open to other views and different scenarios...
- I didn't realize how many situations were directly related to violence...
- Bystander point of view...

- Made you think about everyday behaviors that contribute to the pyramid...
- There was info/statistics I did not know about...
- Opened my eyes...
- It's always easier when you understand causes, dynamics and are given tools and confidence to step up...
- Showed how serious of a problem it is and how to prevent it

**Below are some of the quotes from the Soldiers when asked which valuable skills they learned:**

- Different methods of approaching a difficult situation...
- Very helpful in public speaking for future classes...
- Learning programs...
- Ways to help females get out of potentially bad situations...
- How to talk about certain subjects...
- How to react appropriately...
- Made me realize that doing nothing is more harmful than doing something...
- Helping others in need...
- It helped me open up to things that have happened to me...
- Creating distractions, looking out for my battles...
- Putting situations into perspective

**Below are some of the quotes from the Soldiers when asked which part of the training was most valuable:**

- Interactive component, engaging students...
- All of it, you can take a little out of everything that was discussed...
- Got everybody involved...
- Open forum discussions...
- Leading a discussion...
- Learning the exercises, giving our own class...
- Agree/Disagree statements...
- Interaction with group...
- Different points of views...
- Discussion groups...
- The part that touches on everyday scenarios and their impacts...
- The conversation based approach

**Below are some of the quotes from the Soldiers when asked what things can be included in the training in order to feel more prepared:**

- More about how to conduct training, more practice/experience...
- More practice and more info about what to say to people who are engaging in bad behavior...
- Nothing-was perfect...
- More materials...
- More data materials to pass along...

- Visual aids...
- Training materials at time of session or ahead of time...
- More time

**Below are some of the quotes from the Soldiers when asked what changes they would recommend:**

- More stats...
- None...
- A little more visual aide...
- More time...
- None, training was awesome...
- More realistic army situations...
- Travel to more locations to distribute instruction...
- Get senior leaders more involved

**Below are some of the personal comments left by the Soldiers:**

Awesome 1 of the best trainings received in the army in over 10 years...

It was a great class, I hope the army values it...

I am truly impressed with the quality of this training...

I enjoyed the training and instructors in making the information clear...

Very informative...

Keep the leadership aspect...

I enjoyed the trainers, good participation...

Thank you very much for this training. It helped me think more of others"