



MENTORS *in* VIOLENCE PREVENTION

PATRICIA A. TOMSON
CENTER FOR
VIOLENCE
PREVENTION



UNI

University of
Northern Iowa



MENTORS IN VIOLENCE PREVENTION

MVP STRATEGIES PROGRAM

The Mentors in Violence Prevention Strategies Program (MVP) is a peer leadership model that seeks to empower bystanders to act in pro-social ways when witnessing unwanted behavior. MVP is a renowned international program that has been implemented in high school and college settings, military institutions, and within professional sports for decades. The Patricia A. Tomson Center for Violence Prevention at University of Northern Iowa is the state training center for MVP in Iowa and across the Midwest.

MVP GOALS

MVP uses a multi-level approach to violence prevention achieved through several program goals:

- Increasing awareness of types of violence
- Opening dialogue and challenging thinking through discussing social messages about violence
- Inspiring leadership by empowering bystanders to challenge norms that support violence

MVP STRATEGIES

WORKSHOPS & TRAININGS

MVP Strategies workshops and trainings are renowned for their participatory approach and innovative exercises that help build leadership skills. They feature a dynamic blend of:

- Leadership exercises
- Highly interactive, facilitated dialogues
- Bystander scenarios
- Experiential exercises
- Social norms understanding and education

TYPES OF TRAININGS

MVP STRATEGIES | **WORKSHOP SESSIONS**

MVP workshops are topical-based, educational sessions designed to increase awareness and skills amongst participants. MVP workshops range from one hour to half day sessions. The goals of an MVP workshop are to provide audiences with educational content to broaden their understanding of the bystander model and develop their leadership skills.

MVP STRATEGIES | **TRAIN THE TRAINERS**

MVP Strategies Train the Trainer Model (TTT) is a two-day facilitator development training. After this training, participants can facilitate MVP sessions within their organization or school and serve as MVP advisors. Facilitators are trained in the MVP protocol and structured lesson format utilizing the MVP Curriculum. Refresher trainings and educational resources are provided for MVP Facilitators to stay current in the model and the field of violence prevention.

MVP IMPLEMENTATION



MVP STRATEGIES MODEL FOR **SECONDARY SCHOOL SETTINGS**

In a secondary school setting, school personnel attend the MVP TTT. A school personnel is selected as the MVP Advisor who will train and advise student mentors in leading sessions to their peers in classroom settings. The MVP Advisor may also conduct MVP overview trainings to classroom teachers to orient them to the model. Some secondary schools in Iowa use MVP for their Tier I MTSS goals.

MVP has five core educational units centering around violence prevention using the bystander model, topical-based supplemental lesson add-on options, and a social-emotional curriculum for the secondary school level.

School teams decide on what educational units and add-on options to focus on in a school year and how many sessions will be implemented.



MVP STRATEGIES MODEL FOR **COLLEGES & UNIVERSITY SETTINGS**

In college and university settings, a multi-disciplinary team receives the MVP TTT.

Typical departments & offices involved in MVP implementation on a college campus are Residence Life, Greek Life, Athletics, Student Affairs, Counseling, student organizations and the Title IX Office. Student organizations may also form an MVP student club on their campus to deliver MVP to peer groups.

MVP lessons take place in a range of settings from residence halls, classrooms, student organization meetings, first year student orientation, or other social or academic settings on campus.

MVP OUTCOMES

MVP STRATEGIES

OUTCOME DATA FOR SECONDARY SCHOOL SETTINGS

The MVP program has been evaluated in multiple high schools throughout the state of Iowa and been shown to:

- Increase students' awareness of harmful behaviors among peers and friends
- Increase students' problem-solving skills, knowledge and understanding of the bystander approach to preventing violence among peers and friends
- Increase students' attitudes and their perceptions of other peers' and friends' attitudes with respect to interfering and preventing violence behaviors
- Decrease incidents of bullying and violence among student populations





2011-2023
IMPACT

47,950+

Secondary school students
engaged in MVP Strategies

.....

74

Secondary schools partnered with
PATCVP to implement bullying and gender
violence prevention programming

.....

43

Institutions of higher education
in Iowa have been trained in
MVP Strategies

.....

9,050+

UNI students participated in
MVP classroom modules

.....


500+

UNI students, faculty and
staff received training and
certification in MVP Strategies

CONTACT

MVP STRATEGIES MODEL **REGIONAL TRAINING CENTER**

If you are interested in implementing the Mentors in Violence Prevention Strategies Model, contact Alysa Mozak, Director, Patricia A. Tomson Center for Violence Prevention at the University of Northern Iowa.

 alysa.mozak@uni.edu

 319-273-3545

 cvp.uni.edu