



the men of strength club



MEN CAN
CREATING CULTURES FREE FROM VIOLENCE
STOP RAPE

the men of strength club



In 2000 Men Can Stop Rape created its youth development program, the **Men of Strength Club**, now considered to be the country's premier primary violence prevention program for mobilizing young men to prevent sexual and dating violence.

MOST Club provides young men with a structured and supportive space to build individualized definitions of masculinity that promote healthy relationships. The Club employs a 22-week curriculum profiled by the **National Crime Prevention Council** as one of our nation's most promising "50 Strategies to Prevent Violent Domestic Crimes."

In 2003 the **Centers for Disease Control and Prevention** identified MOST Club as among the top four gender violence prevention programs in the country and initiated a two-year study to evaluate the Club's impact.

As a result of ongoing membership, MOST Club members report feeling more responsible and connected to their schools, families, and communities.

Reaching Teens Nationwide

Now in its tenth year, MOST Club's middle school and high school curriculum are taught in over 100 schools in over ten states: **California** (through the California Coalition Against Sexual Assault), **District of Columbia, Florida, Kansas, Maryland, Missouri, New York City, North Carolina, Ohio, and South Carolina.**

MOST Club Aims To:

- Provide young men with a safe, supportive space to connect with male peers
- Promote an understanding of the ways in which traditional masculinity contributes to sexual assault and other forms of men's violence against women
- Expose young men to healthier, nonviolent models/visions of manhood
- Build young men's capacity to become peer leaders and allies with women
- Serve as a hub for social justice activism and nonviolence

Club Partners and Supporters

Liz Claiborne, Inc. and the Ford Foundation funded **Strong Boroughs**, MOST Club's 2007 expansion into New York City schools.

MOST Club partners include:

Cafritz Foundation, The Community Foundation for the National Capital Region through the Starbucks Memorial Fund, DC Department of Health, the Herb Block Foundation, Morris and Gwendolyn Cafritz Foundation, Fleet Feet Sports, Ford Foundation, Gannett Foundation, Mead Family Foundation, Moran Family Foundation, Moriah Fund, NoVo Foundation, Open Society Institute, Summit Fund of Washington, Washington DC Public Schools, *The Washington Post*, and the Weissberg Foundation.

most club members



Members Talk About MOST Club

Member Feedback Emphasizes...

- Appreciation for a safe space to gather
- The value of forming meaningful relationships with other young men
- The impact of open, honest discussion
- The importance of feeling trusted and respected as individuals.

"MOST Club has done wonders for me. I have a newfound respect for women and what they go through. I learned about the things that males do that are harmful to women everywhere. I now think of a woman as my partner and no more as an object."

* Vincent Scott, Hyde Leadership PCS (DC)

"MOST Club has helped me greatly in life by giving me the ability to look at people and relationships in a different way. Now I am more aware of what it means for men and women to have respectful relationships with each other."

* Justin Cruz, School Without Walls (DC)

"Everyone had a chance to speak their minds [in the MOST Club]. Usually in other programs, if one person says it, they just put it up. But here, not just one person. Even if we are running out of time, nobody is left out. Even if there is one minute left, they make sure everyone gets a chance."

* Delante Britton, Good Shepherd Teen Learning Center (DC)

Club Members as Spokespersons

The commitment of veteran Club members is exceptional. They have become spokespersons for healthy masculinity and prevention in their schools and the culture at large.

Club members regularly appear on national talk radio shows for **"It's Time to Talk Day."** Through continued collaboration with Liz Claiborne, veteran MOST members sat on the **Teen Dating Violence Prevention Task Force for Love is Respect**, the first ever National Teen Dating Violence Hotline.

MOST Club members also took part in the Advisory Board for the **National Teen Dating Violence Prevention Initiative**, a project of the American Bar Association.

In 2010, MOST Club members were asked to speak on a youth panel for the **United Nations** 54th session of the Commission on the Status of Women - "Beijing + 15."

Beyond Graduation

To meet their desire for involvement beyond high school graduation, members formed a **Men of Strength Club Advisory Board**. For the young men of MOST Club, membership doesn't end with the receipt of a diploma; it simply transitions to the next phase, affording them even greater opportunities to "show their strength."

community strength projects



Community Strength Projects translate curriculum lessons into public action and peer education. Under the guidance of adult facilitators, Club members develop, execute, and evaluate their own projects. By earning service learning credits to fulfill graduation requirements, Club members enjoy tangible benefits of active participation as well as the intrinsic rewards that accompany service to others.

30 Days of Strength

Throughout Sexual Assault Awareness Month, MOST Club members devote the entire month of April to “showing their strength” to classmates in ways that create environments of learning, activism, and positive change to stop violence against women.

MOST TV

“What makes a man ‘real’? This is just one of the many questions asked in **MOST TV**, one of the MOST Club’s biggest Community Strength Projects. Debuting October 2008 on Washington, DC public access television, the show is created and hosted by MOST Club high school members who explore and debate connections between masculinity and self-identity, relationships, and popular culture.

In MOST TV’s second episode, “Who’s the Real Man?,” members compared and contrasted the masculinity of 50 Cent, George Bush, Tiger Woods, The Rock, 2Pac, and Martin Luther King, Jr. The episode was nominated for a DCTV Viewer’s Choice Award in May 2009.

“Solutions Through Film”

Recognizing the links between racism and gender-based violence, MOST Club honors Black History Month by inviting fellow classmates, family members, and supporters to their annual film festival “Solutions Through Film.”

Held ever year at the prestigious **American Film Institute** in Maryland, “Solutions Through Film” has garnered support from filmmakers such as Spike Lee, Byron Hurt, and Quincy Jones Jr.

The highlight of the festival is the student-led panel discussions that allow audience members to discuss solutions to the issues reflected in the films. Through revenue donations, our festival has contributed to a variety of charities including Girls Education and Mentoring Services (GEMS) and H.E.A.L.S Uganda.

Between the Notes

MOST Club is always looking for opportunities where young men may grow and use their strength outside of individual club sessions. Stressing leadership and mentoring, “Between the Notes” gives MOST Club members the chance to support and promote other male youth, especially during the transitional phases of their lives.

In 2009, MOST Club members spoke on panels at national conferences, facilitated Clubs for middle school students, and co-facilitated trainings and focus groups.

evaluating impact



In 2003, the **Centers for Disease Control and Prevention (CDC)** selected MOST Club as a subject for a two-year evaluation study, with the goal of identifying best primary prevention practices aimed at stopping young men from committing sexual assault. The full report describes the evaluation findings from five MOST Club sites during the 2004-2005 academic year:

Participant Data

The majority of the MOST Club participants were 16 years of age and in the 10th grade. There were a total of 42 participants included in the 2004-2005 evaluation report. 83% identified themselves as African American, 10% as Hispanic, and 7% as White, Asian or other self-identified group.

More Likely to Intervene

Analysis of the 2004-2005 MOST Club data utilized a mixed method approach whereby the qualitative focus group data and quantitative data from the pre- and post-Club surveys are integrated.

Findings revealed favorable changes related to knowledge, beliefs, and behaviors after completion of the 16-week MOST Club.

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. Most notably, a pre- and post-survey revealed a Club member was significantly more likely to intervene in situations in which a young woman was touched inappropriately by her male peers after the MOST Club than he was before his participation in the Club.

The aforementioned finding suggests young men in the MOST Club may be embracing this idea and engaging in public action.

Strong Man

The focus group discussions with members 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."

Next Steps

Given the relatively small sample size included in these analyses, the significant findings are highly encouraging and represent a first step in understanding the impact of the MOST Club on its participants.

In ongoing partnership with the CDC, next steps for the evaluation of the Men of Strength Club include:

- ◆ Increasing sample size to increase the power to detect significant changes in other areas of functioning in the MOST Club participants
- ◆ Expanding the MOST Club to sites beyond the Washington, DC metropolitan area to assess whether similar findings from the MOST Club exist when implementing the program in other states
- ◆ Evaluating the impact of long term membership in the MOST Club (1+ years)

Analysis of 2008-2009 data will be available in 2010.

For a copy of the full evaluation

Contact Kedrick Griffin, Senior Director of Programs, at kgriffin@mencanstoprape.org.

honoring men of strength



Every year, Men Can Stop Rape has carefully hand-picked men from MOST Club, Washington, DC and the nation at large - "men of strength" - men who positively redefine what it means to be a man.

Since its April 1999 debut, the Men of Strength Awards has honored nationally-renown men such as **Congressman John Conyers, Jr.**, former NFL Defensive Lineman **Joe Ehrmann**, and former **Liz Claiborne Chairman and C.E.O., Paul Charron**.

These business professionals, politicians, athletes, activists, and students epitomize a masculinity that differs from the norm - a "counterstory" that demonstrates a commitment to promote positive masculinity as well as promote gender equity in their communities.

"When I started with MOST Club, I came once for the grade...then four years later they're giving me a piece of glass. What do I do with it? It doesn't give me super powers to go stop rape or change the world's mind about sexual assault and masculinity...But it confirms the workshops and the projects and the volunteering and even the talking has made a positive impact...so this award is not a culmination, a mere pat on the back, but a wholehearted shove out the door to keep the fight alive elsewhere."

- * Rafael Suarez, 2007 Men of Strength Award recipient and School Without Walls HS MOST Club member

National Honorees

- * Chris "Kazi" Rolle, subject of 2007 film *The Hip Hop Project*
- * Eve Ensler, founder of V-Day and *The Vagina Monologues* playwright
- * Paul Charron, Liz Claiborne, Inc. former Chairman & CEO
- * Joe Ehrmann, President, Building Men for Others and former Baltimore Colts Defensive Lineman
- * Rep. John Conyers, Jr., Michigan's 14th District

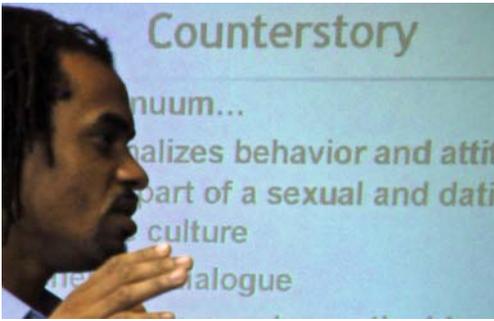
Washington, DC Honorees

- * Preethmohan Singh, Senior Policy Analyst, Interfaith Alliance
- * John W. Euill, II, Experience Corps Mentor, Birney Elementary School
- * Adrian Valdiva, Teen Pregnancy Prevention Coordinator, Bell Multicultural HS

MOST Club Honorees

- * Odinga Johnson, Frederick Douglass Activist Award Honoree, Coolidge HS Senior
- * William Harris, W. E. B. DuBois Academic Award Honoree, Hyde HS Senior
- * D'Von Moore, Arthur Ashe Athletic Award Honoree, Bell HS Senior
- * Raphael Suarez, School Without Walls Senior
- * Justin Evans, School Without Walls Senior
- * Nate Cole, School Without Walls Senior

starting a most club



Benefits of Starting a MOST Club

For Men of Strength Club Members

- Access to positive male mentors
- Fun environments
- Healthier understanding of manhood and masculinity
- Increased awareness of men's role in preventing violence against women
- Increased skills to take public action to prevent violence against women

For Partner Sites

- Additional strategies for ensuring a healthy, safe, and equitable environment for young women and men
- Status as community leader in innovative violence prevention and youth development practices
- Increased engagement and investment from students

For Your Community

- The tangible outcomes of Community Strength Projects
- Status as a national leader in innovative violence prevention and youth development practices
- Greater investment from young people in the health and safety of their community

Preparing to Start a MOST Club

Get Buy-in from Others

Identify the key players that will work as possible allies. Get their support. Share this package with them. If you need more, you can download it from our website or request additional copies to be mailed to you.

Conduct a Readiness Assessment

Request and review the "Criteria Questionnaire" to determine your level of preparedness. Examples of questions that you will be asked:

- When and where can the Club regularly meet? Consistency is crucial!
- Are there on-site staff who will support the Club?
- Will the facilitator be available for a mandatory two-day training?
- Do you have the capacity to evaluate Club impact?
- Are you willing to support a Community Strength Project?

Determine Costs and Funding Availability

- Draft a budget to determine the projected operating costs of a Club. Money is needed for staffing, supplies, incentives, overhead, travel, training, certification fees, etc.
- Can you cover these costs with existing funds? If not, what is your plan to raise the necessary revenue?

Once you have completed the steps above, submit the criteria application to Kedrick Griffin, Senior Director of Programs, at kgriffin@mencanstoprape.org.

Criteria Questionnaire for The Men of Strength Club



Thank you for your interest in the **Men of Strength (MOST) Club**, Men Can Stop Rape's youth development program.

To determine whether a MOST Club would be a good fit at your site and of benefit to the youth you serve, we ask that you complete this questionnaire. The information that you provide will help us in understanding your site's specific environment and plan how we can best work together.

Once you have filled out the questionnaire, please **mail or fax this document** along with a **notarized background check for the intended Club facilitator(s)**.

Application Checklist:

Completed MOST Club Criteria Questionnaire?

Notarized background check(s) for the intended Club facilitator(s)?

Send To

Kedrick Griffin
Senior Director of Programs
Men Can Stop Rape

Fax: (202) 265-4362 or **Mail:** Men Can Stop Rape
1003 K Street, NW, Suite 200
Washington, DC 20001

Questions?

Contact Kedrick Griffin, Senior Director of Programs
(202) 534-1838
kgriffin@mencanstoprape.org

MOST Club Benefits and Training Fees

The training fee for **one** MOST Club site is **\$12,500**. This fee includes:

- Permission to facilitate one MOST Club for one year.
- Training for the facilitator.
- Access to evaluation tools.
- Participation in the MOST Club National Digital Video Summit.
- Student eligibility for annual grants.
- Access to our international network of MOST Club members.
- MOST Club 22-week curriculum (including graduation ceremony)
- Official MOST Club Training Manual
- Two-day MOST Club Training for facilitators (travel and lodging not included)
- Inclusion in official MOST Club evaluation (created in collaboration with the Centers for Disease Control & Prevention)
- Participation in Annual Strength Summit
- Official MOST Club Gear (club pin, tee-shirt, sweatshirt, wristband)
- Community Strength Project “The Strength Campaign”
- “30 Day’s of Strength” Community Strength Project Kit
- “Between the Notes” Community Strength Project Guide
- Stipends for facilitators and supplies
- Monthly cross-site conference calls with MCSR national office
- Qualification for MOST Club educational grants
- MOST TV Episodes
- Speaking Opportunities
- Mentions on Men Can Stop Rape’s website and in MCSR & MOST Club newsletters

Training for **additional sites** is **\$1,000 per site**. This fee includes:

- Permission to facilitate one additional MOST Club for one year.
- One training session.
- Official MOST Training Manual, including Graduation Ceremony
- Official MOST evaluation option
- Monthly consulting call with National MOST Club office staff
- Official MOST gear to order
- Men Can Stop Rape Newsletter
- Community Strength Project, Strength Campaign
- 30 Day’s of Strength Project Kit
- Men Can Stop Rape Web site participation
- Participation in Annual Men of Strength Summit (per location request)

APPLICATION

The Men of Strength Club



Date: ___/___/___

Organization Name: _____

Address: _____

City, State, Zip: _____

Contact Name: _____

Job Title: _____

Telephone: _____ Fax: _____

E-Mail: _____

1. What is the **mission** of your organization/institution? Are there specific values that guide your work with young people?

2. Who would be the **primary contact person** at the site? The primary contact person **must** be a full-time employee at the location (you may list the club facilitator as the primary contact as long as they meet this requirement).

Name: _____ Position: _____

Phone: _____ Email: _____

3. Do you have staff who would be interested in being **trained as Club facilitators**?

YES

NO

If yes, please specify: 1) _____

2) _____

4. MCSR requires background checks for all MOST Club facilitators. Do you currently require **background checks** for your employees?

YES NO

If not, will you **commit to running background checks** on potential MOST Club facilitators?

YES NO

5. MCSR requires all facilitators to sign our **Code of Conduct**. Do you have a similar policy?

YES NO

If not, would you adopt a similar policy?

YES NO

6. Would there be a **designated space** within your site to hold a MOST Club with enough room for a minimum of 10 members and 2 facilitators?

Specify location: _____

7. Could you commit to meeting with a principal or a site director to sign a Memorandum of Agreement for establishing a MOST Club on that site?

YES NO

8. Would you have the ability to **require member attendance?** (e.g., make participation in MOST Club a course requirement; allow members to earn service learning hours towards graduation)

YES NO

9. Do you already know **young men at your site who would want to join** a MOST Club?

YES NO

If "YES", please list them below:

If "NO", from where would you draw membership for the MOST Club?

10. What is your current available budget for establishing a first time MOST Club? Please list an approximate range: _____

11. Would we be able to hold a **pre- and post-Club meeting with the site contact** to evaluate the Club process and members' growth?

YES

NO

12. Do you have access to **TV/VCR and or a DVD player** that you could use during MOST Club meetings?

YES

NO

13. Are you willing to support a **"Community Strength Project"** (CSP details in packet) at the end of your MOST Club?

YES

NO

14. Are you willing to support implementation of a **public education campaign** (i.e. posters, banners, postcards) (details in packet) followed by an evaluation in February or April?

YES

NO

15. What **time** during the day do you see a MOST Club taking place? Circle all possible times.

Before school

During lunch

After school

Please specify possible times: _____ or _____

16. What would you want the specific **start and end dates** to be for a 22-week MOST Club?

Start Date: _____

End Date: _____