



# “Be the Peace” Program 2025



Partnership: Everystory & Memphis Allies

Key findings from “Be the Peace,” an arts-based theater program delivered at Memphis Allies, a community violence intervention .

Pre-survey  
Participants: 11  
4 Life Coaches  
7 SWITCH Participants

Post-survey  
Participants: 7  
7 SWITCH Participants



## Transformative Communication

Engaging in empathetic conversations that foster understanding, active listening, and emotional connection.



Before: 72.72%  
After: 100%



## Cultural Humility

Respecting others' perspectives, staying open to learning, and reflecting on one's own cultural biases and assumptions.



Before : 81.81%  
After: 85.71%



## Emotions & Wellbeing

Recognizing, understanding, and managing one’s emotions, with a focus on emotional awareness and self-regulation.



Before : 27.27%  
After: 71.42%

The “Be the Peace” program enhanced participant’s communication, empathy, and emotional awareness, with notable improvements in asking questions to understand others feelings, expressing feelings openly, and reflecting on personal emotions.



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