Impact of the Peace Education Program in Brazilian Correctional Facilities

Report prepared by Ace Insights for The Prem Rawat Foundation
October 2022
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1.0 INTRODUCTION

1.1 The Prem Rawat Foundation

The Prem Rawat Foundation (TPRF) is a non-profit public foundation created in 2001. The aim of TPRF is to advance dignity, peace and prosperity through a variety of Programs and initiatives. These activities include:

- The **Food for People Program**, which takes an innovative approach to helping people emerge from poverty by providing nutritious meals, clean water, and educational opportunities to disadvantaged communities in India, Nepal, and Ghana. To date, the program has served more than 5 million nutritious meals.

- **Humanitarian Aid** - since 2001 TPRF has made more than 170 grants to help people in 40 countries to help victims of natural disasters and other challenges. For instance, TPRF has donated funds to help supply food, water and other humanitarian aid to those suffering from the war in Ukraine.

- The **Peace Education Program** - the subject of this report.

The efforts of TPRF are funded by donors from over fifty countries. Most of the Foundation’s staff, including the Board of Directors, are volunteers.

Guidestar and Charity Navigator give TPRF their highest rankings for its commitment to transparency, fiscal responsibility, Program results and management.

1.2 The Peace Education Program

“The Peace Education Program tries only to achieve one simple thing: it’s to put you in touch with yourself” — Prem Rawat, founder of TPRF.

The Peace Education Program offers several courses, each consisting of ten facilitated workshops based on themes designed to explore one’s inner resources. The ten themes of the Peace Education Program are Peace, Appreciation, Inner Strength, Self-Awareness, Clarity, Understanding, Dignity, Choice, Hope, and Contentment.

The objectives of the Peace Education Program are for participants to:

a) Understand the possibility of personal peace
b) Become aware of their inner resources such as clarity, hope, and choice
c) Recognize their innate value.

The core material for each theme is a selection of video excerpts from Prem Rawat’s talks. Sessions also include facilitated reflection time, participant discussion, and workbook learning. The interactive, multimedia workshops are non-religious and non-sectarian, and the course material has been translated into many languages. There is a workbook for each participant. There are no tests, as the Program is about individual self-discovery, something that is unique for each person.
In 2021, 1,700 Peace Education Program courses were completed by approximately 86,500 people in 48 countries. As of September 30, 2022, 1,445 Peace Education Program courses were completed by 71,288 people in 48 countries.

Examples of organisations hosting the Program include correctional facilities, civic centres, adult education programs, healthcare providers, senior centres and veterans’ groups, as well as schools and universities.

1.3 The Peace Education Program in Brazilian Correctional Facilities

Peace Education Program courses began in Brazilian Correctional Facilities in 2009. From 2009 to 2019, nine facilities hosted the Program with courses facilitated by volunteers. However, from 2019 onward, inmates have been the facilitators and the number of correctional facilities involved has expanded to 28 medium security facilities in the State of Sao Paulo. See Appendix One for a list of the facilities involved.

Courses have been run in a broad range of correctional facilities, including:

- Penitentiaries – these are closed facilities; i.e. prisons
- Agricultural colonies – semi-open rural facilities
- Penitentiary Progression Centers – semi-open ‘half-way houses’ designed to help inmates return to society
- Provisional Detention Centers – remand centers where inmates await trial in public jails

Since 2020, over 6,000 inmates have completed the Peace Education Program in Correctional Facilities in Brazil.
2.0 OBJECTIVES

The overall objective of the impact study is to investigate whether participation in the Peace Education Program made a positive difference in the lives of inmates who complete the Program.

Specific objectives included:

• To assess ratings for the ten Program themes
• To determine whether inmates would recommend the Program to others
• To establish whether participation in the Program has helped participants in their lives
• To analyse open-ended comments about the Program to identify key positives and negatives as well as suggested improvements.

3.0 METHODOLOGY

Research approach

On completion of the course, all participants were asked to evaluate their experience using a two-page hard copy self-completion form in the Portuguese language (see Appendix One).

Timing

The survey period was from 1 January 2021 to 6 October 2022 (22 months).

Survey questions

Course participants were asked:

1. To rate their level of agreement with ten statements representing the ten course themes, using the following agreement scale:
   Strongly agree Agree Neutral Disagree Strongly disagree.

2. An advocacy question - How likely would you be to recommend the Peace Education Program to someone else? This question used the scale below:
   Very likely Likely Neutral Unlikely Very Unlikely Don’t know.

3. Two open-ended questions to determine perceived positives and negatives:
   1. What did you like most about the Peace Education Program?
   2. Is there anything about the Peace Education Program that could be improved?

4. Two questions about the helpfulness of the Program:
   1. Has the Peace Education Program helped you in your life? (yes/no)
   2. Why do you say that? (open-ended)

5. Two demographic questions recording inmates’ age-group and gender.

6. Three classification questions – Was the course completed online? Which Peace Education Program course did they complete? Had they listened to Prem before they participated in the Peace Education Program? These questions are not covered in the report.
Data entry and translation of open-ended questions
Completed evaluation forms were manually data-entered into a survey software platform. This included entering all open-ended responses in the Portuguese language. Subsequently, 4,171 open-ended responses were translated into English using an automated translation service.

Sample details
5,276 inmates from 28 medium security correctional facilities in the State of Sao Paulo, Brazil completed evaluations of the Peace Education Program. Of these facilities, 10 are for women and 18 are for men.

While the total sample size is 5,276, the base for a number of individual questions is less than this, as some inmates chose not to answer some questions.

Demographic profile of course participants
The next tables illustrate the profile of the inmates who completed the Program by age and gender:

<table>
<thead>
<tr>
<th>Age</th>
<th>n=</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>35 or younger</td>
<td>3,475</td>
<td>66%</td>
</tr>
<tr>
<td>36 to 54</td>
<td>1,625</td>
<td>31%</td>
</tr>
<tr>
<td>55 plus</td>
<td>151</td>
<td>3%</td>
</tr>
<tr>
<td>Total</td>
<td>5,251</td>
<td>100%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Gender</th>
<th>n=</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>3,621</td>
<td>69%</td>
</tr>
<tr>
<td>Female</td>
<td>1,625</td>
<td>31%</td>
</tr>
<tr>
<td>Other</td>
<td>2</td>
<td>0.04%</td>
</tr>
<tr>
<td>Total</td>
<td>5,228</td>
<td>100%</td>
</tr>
</tbody>
</table>

As the tables show, participants in the Program are skewed towards those aged 35 or younger (66%) and males (69%).

Analysis of the results
Analysis of the quantitative results includes descriptive analysis and cross-analysis by age and gender.

Thematic analysis of the open-ended qualitative feedback was conducted by coding a random sample of responses from 300 inmates. Focusing on this sub-sample was required to manage the huge volume of comments made about the Program – in total, these comments amounted to 332,000 words from all 5,276 respondents.
Statistical reliability of the results
With a total sample of 5,276 inmates, the quantitative findings are extremely robust, with a predicted maximum margin of error at the 95% confidence level of ±1.3%.

Results from the thematic analysis of qualitative responses (from the random sample of 300 inmates) are statistically reliable, with a predicted maximum margin of error of ±5.7%. Bear in mind that these open-ended questions were not intended to provide definitive results but to give a good feel for how inmates perceive the Program in their own words.

4.0 EXECUTIVE SUMMARY

Both quantitatively and qualitatively, inmates in the study strongly endorse participation in the Peace Education Program.

Positive results from the 5,267 inmates who provided feedback on the Program include the following:

• On completion of the Program on average 94% agree that they understand or recognise the ten course themes, while only 4% disagree.
• 96% said they are likely to recommend the Program to others (73% strongly likely).
• 99.7% said that the Program had helped them in their lives, with only 15 inmates out of 5,276 (0.3%) disagreeing.

The main things inmates like about the Program include:

• Understanding that inner peace is possible
• Everything about the Program
• Experiencing hope, inner strength
• New ways of thinking and self-understanding
• Videos, stories and examples.

Almost nine out of ten (89%) see no need for any improvements to the Program.

Mean reasons that the Program helped inmates in their lives are:

• My life is changed – I see things differently – I am a better person
• I know/feel inner peace
• I understand and appreciate the value of my life
• I have better self-awareness.

In summary, these results from a very large sample of inmates from Brazilian correctional facilities, indicate that the Peace Education Program is making a very positive impact on almost all inmates’ lives.
DETAILED REPORT
5.0 QUANTITATIVE RATINGS OF THE PEACE EDUCATION PROGRAM

5.1 Rating the ten Program themes

Average level of agreement with ten statements about understanding or recognizing the themes

As shown in the chart below, on average, there is strong agreement by course participants that they understand or recognize the ten themes after completing the Program.

On average 56% strongly agree and 38% agree with each statement, meaning that 94% agree in total with the ten statements. By contrast, on average only 4% disagree.

![Chart showing agreement levels: 56% strongly agree, 38% agree, 3% neutral, 3% disagree, 1% strongly disagree.]

Base n=5,276 inmates who completed the Program
Results exclude those who gave ‘no response’. This ranged from 1% to 5% for each statement.

As the next chart shows, on average females and those aged 55 or more are significantly more likely at the 95% confidence level to strongly agree that they understand or recognise the ten statements about the Program themes. By contrast, males are less likely to strongly agree.

Average strongly agree with the statements by age and gender
Percent who agree that they understand or recognise each theme

Total agreement (strongly agree or agree) that inmates understand or recognize the individual themes ranges from 89% to 97%. The highest level of understanding is for:

- *I know that I have inner strengths that I can use to help me in my life* (94% Total Agree)
- *I understand that hope is an inner resource that can help me deal with challenging times in my life* (94% Total Agree).

Between 36% and 72% of inmates strongly agree that they understand each statement.

The lowest level of strongly agree was for:

- *I understand the importance of knowing something from my own experience rather than just believing something* (36% Strongly Agree)
- *I know that one of my inner resources is the ability to appreciate and enjoy life* (44% Strongly Agree)
### Bases shown in the chart exclude 'no response' results for each statement. Note rounding of the results.

#### Percent who disagree that they understand or recognise each theme

From 1% to 9% of course participants disagree (strongly disagree or disagree) that they understand each theme. The highest levels of total disagree responses are for:

- **I understand that I can feel contentment no matter what is happening in my life (9%)**
- **I recognize that I have the freedom and power to make daily choices and that these choices affect my wellbeing (8%).**
Bases shown in the chart exclude 'no response' results for each statement. Note results.
5.2 Likelihood to recommend the Program

Inmates were asked how likely they would be to recommend the Program to someone else using a 5-point rating scale from ‘strongly unlikely to ‘strongly likely’. This scale included a ‘don’t know’ response (selected by 1% of the total); however, for reporting purposes, the base excludes these responses.

The following chart shows that 96% of Program participants are likely to recommend the Program to someone else (strongly likely and likely). Almost three-quarters (73%) are strongly likely to recommend the Peace Education Program.

Only 105 inmates out of 5,234 (2%) are unlikely to recommend the Program.

![Chart showing likelihood to recommend the Program](chart.png)

Base n=5,234 (excludes ‘don’t know responses)

Very likely to recommend the Program by age and gender

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Total (n=5,234)</th>
<th>Males (n=3,571)</th>
<th>Females (n=1,610)</th>
<th>35 or less (n=3,440)</th>
<th>36 to 54 (n=1,612)</th>
<th>55 or more (n=157)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strongly likely</td>
<td>73%</td>
<td>71%</td>
<td>77%</td>
<td>72%</td>
<td>74%</td>
<td>75%</td>
</tr>
<tr>
<td>Likely</td>
<td>23%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neutral</td>
<td>3%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unlikely</td>
<td>0%</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strongly unlikely</td>
<td>2%</td>
<td></td>
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</table>
Analysis by age and gender shows that **over 70% of all sub-groups** in the chart are **very likely to recommend** the Program. Females (77%), those aged 36 to 54 (74%) and aged 55 or more (75%) are all **significantly more likely** to recommend the Peace Education Program at the 95% confidence level.

5.3 Did the Program help inmates in their lives?

All inmates who completed the Program were asked a yes/no question whether the Program had helped them in their lives.

**Almost all course participants (99.7%) agreed that the Program had helped them in their lives, with only 15 inmates out of 5,276 (0.3%) disagreeing.**

![Pie chart showing 99.7% response of 'Yes' and 0.3% response of 'No']

*Base n=5,276*
6.0 QUALITATIVE FEEDBACK

6.1 What inmates like most about the Program

All inmates were asked, ‘What did you like most about the Peace Education Program?’

From a random sample of 300 inmates, comments are overwhelmingly positive with only 1 respondent (0.3%) saying they did not like anything about the Program.

As shown below, main things inmates like about the Program are:
- Understanding that inner peace is possible (23%)
- Everything about the Program (22%)
- Experiencing hope, inner strength (12%)
- New ways of thinking, self-understanding (12%)

Things inmates like most about the Program

- Understanding inner peace is possible: 23%
- Enjoyed everything: 22%
- Gave hope, inner strength: 12%
- New ways of thinking, self-understanding: 12%
- Videos, stories and examples: 9%
- Greater self-knowledge: 7%
- Specific Program themes e.g. Peace, Clarity, Choice: 6%
- Made me feel better, happier: 4%
- Focus on prisons, peace is possible in prison: 3%
- Better relationships/helping others: 2%
- Enjoyed class discussion/reflection time: 2%
- Helped with my issues: 1%
- Other: 6%
- I did not like the Program: 0.3%

Base: n=300 randomly selected inmates – total adds to more than 100% as some inmates made several comments

The following verbatim comments illustrate these themes...

**Understanding that inner peace is possible (23%)**...
“It is a very good program, because everything that has happened has fallen into place in my life. I didn’t know I had an inner peace in my life myself, I just have to say thank you.” (Male, Aged 35 or younger)

“I learned that we can draw peace from within, that strength is within each of us. I understood that day by day, we can improve, all we have to do is want to and strive to.” (Female, Aged 36 to 55)

“I learned that peace is not just being quiet, but peace is from the inside out, today I know how to practice peace.” (Male, Aged 35 or younger)

“I liked the way Prem Rawat teaches us with such simplicity, clarity, that peace can be at every moment in our lives.” (Male, Aged 35 or younger)

“I liked all the teachings to feel peace even in adversity, I didn’t think that was possible, today I know it is.” (Male, Aged 35 or younger)

“I liked that I learned what I already had inside of me that was stuck inside of me, peace, love and being able to know that I will always be somebody.” (Male, Aged 35 or younger)

I enjoyed everything (22%) ...

“I liked the whole show.” (Female, Aged 35 or younger)

“It was wonderful. Peace is great, clarity, dignity, understanding, choice. Without peace and understanding nothing works out. We have to try to be at peace with ourselves. Thank you.” (Female, Aged 55 plus)

“I liked everything about it. Peace education is fantastic. It is something that soothes the soul. It is something amazing.” (Female, Aged 36 to 55)

“I liked everything that was talked about I will take all this that I learned here with me forever.” (Male, Aged 36 to 55)

“I liked everything, I learned to value myself, I found peace within myself, regardless of where I am. This program or course, it was a great learning for my life.” (Female, Aged 36 to 55)

Program gave hope, inner strength (12%) ...

“That we are capable of anything and that there is always hope to live each day in peace.” (Female, Aged 35 or younger)

“What I liked the most was that this program opens our mind and vision, it prepares us for the adversities of life and how to deal with everyday problems.” (Male, Aged 35 or younger)

“I liked the way it opened our hearts, our minds to the good things in life, this program gave me a lot of hope for my future.” (Male, Aged 35 or younger)

“I liked it because it is a course that gives you encouragement, self-esteem, makes us reflect and think about a better future.” (Male, Aged 35 or younger)
“I enjoyed knowing more about the strength in me.” (Female, Aged 35 or younger)

New ways of thinking, self-understanding (12%) ...

“I liked it because this program helped me to know myself.” (Female, Aged 36 to 55)

“For me it was good because it opens up the mind a lot so we can reflect better on our life, on our inner strength, peace, hope, dignity, choices we want in our life.” (Male, Aged 35 or younger)

“I liked it because that program teaches us to look inside ourselves.” (Female, Aged 36 to 55)

“From the knowledge it provided me.” (Female, Aged 36 to 55)

“I enjoyed it all as it helped me a lot to open my mind and have a lot more peace in my heart.” (Female, Aged 36 to 55)

Videos, stories and examples (9%) ...

“I enjoyed everything especially the videos, lectures, stories.” (Male, Aged 35 or younger)

“I liked the videos, they are very educational and inspiring to have a new way of thinking and acting. I learned that we have to have peace with everyone and with ourselves.” (Female, Aged 36 to 55)

“I liked the videos and the themes addressed. I liked the reflections addressed by the facilitator. I really liked the course itself.” (Female, Aged 35 or younger)

“I enjoyed the life stories and I liked the way he taught me how to overcome the obstacles in my life.” (Female, Aged 35 or younger)

Greater self-knowledge (7%) ...

“The possibility that the program provides to re-evaluate oneself by looking inward.” (Male, Aged 36 to 55)

“I liked it very much, because I ended up discovering some things inside me that I expected was from other people. The only person I have to expect is myself, peace exists within me. My inner peace.” (Male, Aged 36 to 55)

“What I liked best is that we can control our feelings and we can help ourselves with inner peace.” (Male, Aged 35 or younger)

“The Peace Education Program made me reflect on my life, that’s what I liked the most.” (Male, Aged 35 or younger)

“I enjoyed it all as you can learn more about yourself and how to see people from the inside out.” (Male, Aged 36 to 55)
Specific themes e.g. Peace, Clarity, Choice (6%) …

“Various issues like Peace, Hope, Inner Strength, Dignity and Choice were the ones that caught my attention, plus it was very good for me this course.” (Female, Aged 36 to 55)

“I really enjoyed several topics, but the one that speaks to me the most was about Dignity, as it is something very important for our coexistence with other people.” (Male, Aged 35 or younger)

“Well, all ten courses are great, But the one I liked best was Peace.” (Male, Aged 36 to 55)

“I liked them all, but the one that caught my attention the most was about Clarity, that we must be clear, transparent, acting with truth in everything we do.” (Male, Aged 36 to 55)

It made me feel better, happier (4%) …

“It occupied my mind, it felt really good.” (Female, Aged 35 or younger)

“It was everything because what this program teaches is essential to my life and makes me feel better. Thank you.” (Male, Aged 36 to 55)

Focus on prisons, peace is possible in prison (3%) …

“I liked it but it was when Prem Rawat went in the prisons and when I saw the video of the inmates when they know they are going to serve life imprisonment and they are not going to leave anymore, yet they are calm and at peace with themselves.” (Male, Aged 35 or younger)

“I liked that it helps people to seek their peace even when they are in prison and to be able to seek their improvement from now on.” (Male, Aged 35 or younger)

“I liked the part about the prisoner who changed his life after he attended the peace course.” (Male, Aged 35 or younger)

“I liked the video of the prisoners in Ghana, to be able to see their joy with the course.” (Male, Aged 35 or younger)

Better relationships/helping others (2%) …

“I liked it best when he talks about how to have peace you have to know how to deal with others, respect others more.” (Male, Aged 35 or younger)

“That you have to love your neighbor as yourself, know how to handle differences and live in peace and do things you like that are good for yourself.” (Female, Aged 35 or younger)

“I enjoyed sharing it with my friend. I liked everything about the course.” (Female, Aged 35 or younger)

Enjoyed class discussion/reflection time (2%) …

“The way it is taught, open, where everyone can share their opinions, it is a reflective course.” (Male, Aged 35 or younger)
“What I enjoyed most were the meetings where we were able to voice our opinions and learn as a group.” (Male, Aged 35 or younger)

It helped with my issues (1%) ...

“It helped me because I was very confused inside and I couldn’t make a decision alone, I always had to listen to others speaking for me, do this, do that, but not anymore.” (Female, Aged 35 or younger)

“I have learned to better deal with the challenging problems in my life.” (Male, Aged 35 or younger)

Other (6%) ...

“All the topics have helped me a lot, to be a better person.” (Female, Aged 36 to 55)

“The teachings reveal who, what and how we are, what we can be, have and do. Very good. Thank you!” (Male, Aged 36 to 55)

“That you don’t need special education to learn this course.” (Female, Aged 35 or younger)

“Yes, I would refer other people to take this course.” (Female, Aged 36 to 55)

I did not like the Program (1 person - 0.3%) ...

“I didn’t like anything, because what I like is out there on the streets.” (Female, Aged 35 or younger)
6.2  Suggested improvements to the Program

All course participants were asked “Is there anything about the Peace Education Programme that could be improved?”

Almost nine out of ten (89%) saw no need for any improvements. This total is made up of 71% who said the course is great as it is, plus 11% who wanted to attend more courses, plus 7% who suggested that the Program should be offered more widely both within the correctional system and in the wider world.

One in ten (10%) suggested changes to the course content or delivery or suggested new themes for the Program.

Suggested improvements to the Program

<table>
<thead>
<tr>
<th>Suggested improvements</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>No improvements - the course is great</td>
<td>71%</td>
</tr>
<tr>
<td>No improvements - give us more</td>
<td>11%</td>
</tr>
<tr>
<td>No improvements - offer the Program more widely</td>
<td>7%</td>
</tr>
<tr>
<td>Suggestions re course content and delivery</td>
<td>6%</td>
</tr>
<tr>
<td>Introduce new themes</td>
<td>4%</td>
</tr>
<tr>
<td>No response</td>
<td>0.3%</td>
</tr>
</tbody>
</table>

The following selection of verbatim comments illustrate these themes:

No improvements needed – the course is great (71%) …

“I don’t think so, to me it’s perfect, wonderful, I love it.” (Female, Aged 36 to 55)

“No, everything has been well thought out, studied and researched, everything is wonderful, you just have to absorb, understand and be grateful.” (Male, Aged 36 to 55)

“I don’t see anything that can be improved, I really enjoyed doing the course, it opened my mind to see true inner peace.” (Male, Aged 36 to 55)
“I think the course is to be congratulated and I would recommend it to everyone, I am happy with everything.” (Male, Aged 35 or younger)

“I think everything is perfectly in order.” (Female, Aged 35 or younger)

“I don’t think anything needs to be changed. The education program is very good, we learned everything that was necessary for our life change.” (Male, Aged 35 or younger)

No improvements - give us more (11%) ...

“Yes, to have more course days.” (Female, Aged 35 or younger)

“It could be more days because the Peace Education Program is very helpful for us inmates.” (Male, Aged 35 or younger)

“Yes, a little more time. Time is what the inmate has most.” (Male, Aged 36 to 55)

“Yes, have more lectures and more time for us to practice more.” (Male, Aged 36 to 55)

“Yes, increase the classes because I liked it a lot.” (Male, Aged 35 or younger)

Everything is great for me, you could bring more courses for us to attend, because this course is transformative, it changed my life.” (Female, Aged 35 or younger)

No improvements - offer the Program more widely (7%) ...

“I think that this peace program should exist in various schools of education, businesses, movie theaters, as it would grow greatly and become stronger than it already is.” (Male, Aged 36 to 55)

“You can pass it on to more people in the world, so that many will have these understandings.” (Male, Aged 35 or younger)

“I think this program could be passed on to every student in the world, of every race, class and age, so that the sooner people become aware of life, we can live in a less prejudiced world without discrimination.” (Male, Aged 36 to 55)

“Yes, it should be in every prison unit in Brazil to help more people to find themselves.” (Male, Aged 36 to 55)

“I believe that the penitentiary staff should participate in this course as well.” (Female, Aged 36 to 55)

Suggestions re course content and delivery (6%) ...

“Yes, my suggestion would be to make available the texts and concepts worked on, so that the participants could take them to re-read and share with those who do not participate.” (Male, Aged 35 or younger)
“Split the course one part in the morning and one part in the afternoon, so it would be easier to ask what was covered.” (Male, Aged 35 or younger)

“Maybe more practice and less theory.” (Female, Aged 35 or younger)

“Yes, bilingual instructor because I do not understand Portuguese, I am Bolivian.” (Female, Aged 36 to 55)

“Have testimonials from past course students.” (Male, Aged 35 or younger)

“I think it should include stories of people overcoming, including songs, that would be quite interesting.” (Female, Aged 36 to 55)

“In my opinion, they could put some more recent videos and stories of people who have really changed their lives.” (Male, Aged 35 or younger)

“Yes, talk not only about peace, but also that if we don’t find peace and that if we make wrong choices in our life, we will not find peace, but consequences.” (Male, Aged 35 or younger)

Introduce new themes (4%) ...

“I wish it would talk more about a very important feeling which is love.” (Male, Aged 35 or younger)

“Could address more topics such as resilience, social empowerment.” (Male, Aged 36 to 55)

“You could have more themes that talk about everyday life.” (Male, Aged 36 to 55)

“For me all the themes were very good, if I had to change something, I would add some items such as equality, faith, respect, unity, attitudes, the importance of life.” (Male, Aged 35 or younger)
6.3 Reasons the Program helped inmates in their lives

As previously noted, 99.7% of course participants said that the Program helped them in their lives.

Main reasons for this include:

- My life is changed – I see things differently – I am a better person (23%)
- I know/feel inner peace (22%)
- I understand and appreciate the value of my life (13%)

The full range of reasons from thematic analysis of 300 randomly selected course participants is shown below:

Why inmates say the Program helped them in their lives

<table>
<thead>
<tr>
<th>Reason</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>My life is changed - I see things differently - I am a better person</td>
<td>23%</td>
</tr>
<tr>
<td>I know/feel inner peace</td>
<td>22%</td>
</tr>
<tr>
<td>I understand &amp; appreciate the value of my life</td>
<td>13%</td>
</tr>
<tr>
<td>I have better self-awareness</td>
<td>10%</td>
</tr>
<tr>
<td>I feel hopeful &amp; positive (even though I'm incarcerated)</td>
<td>9%</td>
</tr>
<tr>
<td>I feel more positive, less anxious, more patient</td>
<td>9%</td>
</tr>
<tr>
<td>I feel thankful</td>
<td>6%</td>
</tr>
<tr>
<td>I understand and respect others</td>
<td>6%</td>
</tr>
<tr>
<td>I want to share what I have learned with others</td>
<td>6%</td>
</tr>
<tr>
<td>I know my choices are up to me</td>
<td>5%</td>
</tr>
<tr>
<td>I'm able to handle situations better</td>
<td>2%</td>
</tr>
<tr>
<td>Other</td>
<td>4%</td>
</tr>
</tbody>
</table>

*Base: n=300 randomly selected inmates*

Verbatim quotations illustrating why inmates said the Program helped them are listed below.

My life is changed - I see things differently - I am a better person (23%) ...
“Here in this place, you have to be very patient with certain people, because otherwise you end up harming yourself and through the course I think twice before I speak and make some mistake, for example, swearing at people, assaulting, rudeness.” (Male, Aged 36 to 55)

“I did a reflection and learned I can be on the side of good and improve every day more, provoke inner peace, love, charity and seek my dignity, I cried all night and rejected this old me.” (Female, Aged 36 to 55)

“Yes, because my life had no meaning in the drug world, but today, watching the peace education program, made me see that I breathe, that I am my own angel and everything depends on me for positivity to be better.” (Female, Aged 35 or younger)

“Yes, because I was more explosive and now, I know how to find peace in a smart way, even distracting my mind, for example, reading a book, talking to other people.” (Male, Aged 35 or younger)

“It helped me to see things differently, that human beings are capable of doing many good things in life, that human beings have a wonderful potential.” (Male, Aged 35 or younger)

“Yes, it helped, it made me a more mature person, I started to see life in a different way, and I am sure that I will become a much better person.” (Male, Aged 35 or younger)

I know/feel inner peace (22%) ...

“I could understand that peace is not a nice house or luxury car, or in the best places, but it is within us, very good course.” (Male, Aged 35 or younger)

“Yes, because it helped me awaken an inner peace within me that I didn't know.” (Male, Aged 35 or younger)

“I really enjoyed participating in the program, I found myself and I know that I am able to find peace within myself. I thank you for the opportunity, thank you all.” (Female, Aged 36 to 55)

“It helped me a lot in my life, because I had no peace in my life and now I have peace and joy.” (Male, Aged 35 or younger)

“It helped me because it gave me peace and made me understand that I can make a change in my life for good.” (Female, Aged 35 or younger)

I understand & appreciate the value of my life (13%) ...

“Because I learned things that if it wasn’t for the course, I never would have learned.” (Female, Aged 35 or younger)

“It helped me a lot in inner self-help.” (Male, Aged 35 or younger)

“Yes, because it helped me to understand my life in another way that not even the obstacles in life, can stop me.” (Male, Aged 35 or younger)
“Because it made me remember good things that I experienced in the past, it just comforted my heart and made me able to reflect on my life.” (Male, Aged 36 to 55)

“Yes, because it made me look at life in a different way, we need courses like this in prison units.” (Male, Aged 35 or younger)

“I gained a lot of knowledge for my life.” (Male, Aged 36 to 55)

I have better self-awareness (10%) ... 

“The program helped me a lot because it opened up several other views of life that I didn’t have before.” (Male, Aged 35 or younger)

“It helped me to know myself, taught me to feel pleasure in life and to discover that peace begins within me.” (Female, Aged 36 to 55)

“It taught me to open my eyes, teaching me understanding, clarity that I can improve, whatever my problem is, to be able to solve them with consciousness, wisdom, to obtain peace in my life.” (Male, Aged 35 or younger)

“Yes, it helped a lot. After I took the course, I started to think more about my life.” (Male, Aged 55 plus)

I feel hopeful & positive (even though I’m incarcerated) (9%) ... 

“Because it taught me to have peace and clarity, even in the place I find myself.” (Female, Aged 35 or younger)

“It helped me to be who I am, without fear. I was able to find the peace that I was looking for in myself and even though I am stuck, I thank you for helping me to find peace, from now on I am a different person.” (Female, Aged 35 or younger)

“The program helped me to be a better person than I could ever think of being and showed me that even being imprisoned I can be anything I want for my future.” (Male, Aged 35 or younger)

“That I am able to get where I want, that even deprived of freedom I can have peace, that I can plant various seeds and care that they will grow, that I am alive, that I am empowered.” (Female, Aged 35 or younger)

I feel more positive, less anxious, more patient (9%) ... 

“The Peace Education Programme has done me a lot of good. For me, I learned strength, clarity, determination, it made me feel at peace.” (Male, Aged 35 or younger)

“I’ve learned to be more patient.” (Female, Aged 36 to 55)

“It made me think and it really touched me, touched my heart and bringing back to having hope, joy in my life.” (Male, Aged 36 to 55)
“It made me calmer, more attentive to everything that happens, not giving importance to the turbulence that is this place.” (Female, Aged 36 to 55)

“Feeling at peace with myself.” (Female, Aged 35 or younger)
I feel thankful (6%) ...

“Because before I knew the course for peace, I was an immature, overbearing man, and today, I am a man with more maturity and peace. I have only to thank you. Thank you very much.” (Male, Aged 35 or younger)

“The Peace Programme has helped me a lot in my life. I just have to thank you for this opportunity to do this wonderful course.” (Male, Aged 35 or younger)

“The show is to be congratulated.” (Male, Aged 35 or younger)

I understand and respect others (6%) ...

“It helped me understand to have compassion with others, to know how to handle any situation with respect.” (Female, Aged 35 or younger)

“It has helped me to be more patient; to help my neighbor, to have hope in what I hope I never lose: my faith and to have more understandings.” (Female, Aged 35 or younger)

“I was able to improve my socializing in the place I find myself.” (Male, Aged 35 or younger)

“The Peace Education Program helped me to see people with other eyes and believe more in human beings and thus live better with myself.” (Male, Aged 35 or younger)

“It helped me to see people better, to treat them better, that a smile changes your day, brings you peace.” (Male, Aged 35 or younger)

I want to share what I have learned with others (6%) ...

“Know that I enjoyed it very much and wanted to give for all my companions too, I really wanted my daughter to have the opportunity to take this course.” (Female, Aged 55 plus)

“It helped because I learned a lot of things about peace and to pass on to everyone I live with because having peace is the best thing I have ever felt in my heart.” (Female, Aged 36 to 55)

“The Peace Education Programme made me find an inner peace that was hidden. I loved the programme and will not only offer it but also introduce it to friends and relatives.” (Male, Aged 35 or younger)

“Yes, because today I can more easily transmit good things to everyone who lives next to me, because after the course even my family members praised me, because I am very generous and humble.” (Male, Aged 35 or younger)

I know my choices are up to me (5%) ...
“It helped me realize that in my life, everything depends on me, who dictates the rules and choices, is me and it helped me discover that peace is within me and not in others around me.” (Male, Aged 35 or younger)

“It showed me that the choices are within me.” (Male, Aged 35 or younger)

“Because it made me see that no matter who I am, where I am and what I have peace lives in me and it is up to me to be and transmit peace.” (Male, Aged 35 or younger)

I’m able to handle situations better (2%) ...

“Yes, because I can handle situations I didn’t even know I had the capacity for.” (Female, Aged 35 or younger)

“Yes, because it helped me to think in the right way so that in the future I won’t make mistakes again.” (Male, Aged 35 or younger)

Other (4%) ...

“It helped me a lot, I loved it.” (Female, Aged 35 or younger)

“My pain will never be overcome, but I can still, in memory of my son, give the best I have in whatever I do.” (Male, Aged 35 or younger)
APPENDIX ONE: Brazilian Correctional Facilities hosting the Program

<table>
<thead>
<tr>
<th>Facility</th>
<th>Gender of Inmates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Penitenciaria Feminina da Capital</td>
<td>Women</td>
</tr>
<tr>
<td>CDP &quot;ASP Sandro Alves da Silva&quot; de Serra Azul</td>
<td>Men</td>
</tr>
<tr>
<td>CDP de Jundiai</td>
<td>Men</td>
</tr>
<tr>
<td>CDP DE LAVÍNIA</td>
<td>Men</td>
</tr>
<tr>
<td>CDP De Paulo De Faria</td>
<td>Men</td>
</tr>
<tr>
<td>CDP Hortolandia</td>
<td>Men</td>
</tr>
<tr>
<td>Centro de Detenção Provisória de Nova Independência</td>
<td>Men</td>
</tr>
<tr>
<td>Centro de Detenção Provisória II de Pacaembu</td>
<td>Men</td>
</tr>
<tr>
<td>CPP de Rio Preto</td>
<td>Men</td>
</tr>
<tr>
<td>CPP Feminino de Butanta</td>
<td>Women</td>
</tr>
<tr>
<td>CPP Franco da Rocha</td>
<td>Women</td>
</tr>
<tr>
<td>CPP Jardinópolis</td>
<td>Men</td>
</tr>
<tr>
<td>CR de Limeira</td>
<td>Men</td>
</tr>
<tr>
<td>CR Fem. de São José do Rio Preto</td>
<td>Women</td>
</tr>
<tr>
<td>CR Fem. de São José dos Campos</td>
<td>Women</td>
</tr>
<tr>
<td>Penitenciaria 1 Mirandopolis</td>
<td>Men</td>
</tr>
<tr>
<td>PENITENCIÁRIA DE ASSIS</td>
<td>Men</td>
</tr>
<tr>
<td>Penitenciaria de Franca</td>
<td>Men</td>
</tr>
<tr>
<td>Penitenciária de Mairinque</td>
<td>Men</td>
</tr>
<tr>
<td>Penitenciária de Tremembe 1</td>
<td>Men</td>
</tr>
<tr>
<td>Penitenciária Fem. &quot;Sandra Aparecida Lario Vianna&quot;</td>
<td>Women</td>
</tr>
<tr>
<td>Penitenciaria Feminina da Capital</td>
<td>Women</td>
</tr>
<tr>
<td>Penitenciária Feminina Sant'Ana</td>
<td>Women</td>
</tr>
<tr>
<td>Penitenciaria Parelheiros</td>
<td>Men</td>
</tr>
<tr>
<td>Penitenciaria Sorocaba 1</td>
<td>Men</td>
</tr>
<tr>
<td>Penitenciaria Tremembe 2</td>
<td>Women</td>
</tr>
<tr>
<td>Penitenciaria De Dracena</td>
<td>Men</td>
</tr>
<tr>
<td>Penitenciária Feminina de Tremembé I</td>
<td>Women</td>
</tr>
</tbody>
</table>
APPENDIX TWO: The evaluation form

Responda o questionário após assistir e participar de todo o curso.

**Questão 1** | Classifique as afirmações conforme a tabela abaixo (não coloque X, coloque o número que representa sua opinião)

1 = discordo totalmente; 2 = discordo; 3 = não sei; 4 = concordo; e 5 = concordo totalmente

a. ( ) Estou ciente de que sentir paz na minha vida é uma possibilidade.
b. ( ) Eu entendo que a capacidade de apreciar e desfrutar é um dos meus recursos internos.
c. ( ) Estou ciente de que tenho força interior e posso aproveitar essa força para me ajudar em minha vida.
d. ( ) Eu entendo que, conhecendo minhas forças e meus recursos internos, posso ser mais autoconsciente e viver minha vida mais conscientemente.
e. ( ) Estou ciente de que a clareza é um dos meus recursos internos e estar em contato com essa clareza vai me ajudar na minha vida.
f. ( ) Eu entendo a diferença entre acreditar e conhecer algo da minha própria experiência.
g. ( ) Eu reconheço que há uma dignidade inata em estar vivo, independentemente das circunstâncias.
h. ( ) Eu reconheço que tenho liberdade e poder para fazer escolhas e essas escolhas diárias afetam o meu bem-estar.
i. ( ) Eu entendo que a esperança é um dos meus recursos internos que posso usar para me ajudar a superar momentos desafiadores da vida.
j. ( ) Eu reconheço que posso sentir contentamento, independentemente do que está acontecendo na minha vida

**Questão 2** | Qual a probabilidade de você recomendar o Programa de Educação para a Paz a outra pessoa? (marque com um X a alternativa que mais representa sua opinião)

( ) Muito provavelmente ( ) Provavelmente ( ) Neutro ( ) Improvável

( ) Muito improvável ( ) Não sei

**Questão 3** | O que você mais gostou no Programa de Educação para a Paz?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
AVALIAÇÃO DO CURSO (Continuação)

Questão 4 | Existe algo no Programa de Educação para a Paz que poderia ser melhorado?

________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________

Questão 5 | O Programa de Educação para a Paz o ajudou em sua vida? ( ) Sim ( ) Não

Questão 6 | Justifique sua resposta da questão 5

________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________
________________________________________________________________________________________________________________________________________

Questão 7 | Quantos anos você tem? ( ) 35 ou menos ( ) 36-55 ( ) Mais de 55

Isso conclui nosso curso.

Apreciamos histórias, anedotas, músicas, desenhos, poemas, citações, e informações sobre como o programa afetou os participantes e ajudam a contar a história do programa em primeira mão. Sua ajuda com esse esforço é muito importante.

Obrigado a todos pela presença e pela participação.
Esperamos que tenham gostado.

Reconhecimentos
Teclos e citações selecionados da palestras internacionais de Prem Rawat
Equipe de desenvolvimento do PEP – TPRF e Sociedade de apoio para a Paz.
Vídeos: Produzidos pela TPRF e por Palavras da Paz Global.

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APPENDIX THREE: Introducing Ace Insights

Ace Insights is a market research company based in New Zealand. Ace is managed by Donald Sheppard, a highly experienced insights professional with over thirty years’ experience conducting and analysing market research studies.

Donald is an experienced quantitative and qualitative practitioner who has won awards for his work. He loves analysing data and identifying key insights from research studies.

He has conducted studies in many fields of research, including commercial and social research.

He has prepared the following reports for the Prem Rawat Foundation evaluating the success of the Peace Education Program:

• Evaluation of the Peace Education Program within Prisons in Trinidad and Tobago, 2020
• Impact of the Peace Education Program in Correctional Facilities Internationally, 2020
• Evaluation of the Peace Education Program in Schools Internationally, 2022

Some major research studies Donald has managed in New Zealand include:

• Attitudes to driving on New Zealand’s state highways
• Readership and engagement with magazines
• Attitudes of owners to recently constructed new homes
• Customer satisfaction work with banks and insurance companies
• Attitudes to investment in science and technology
• Attitudes and behaviour relating to COVID-19.