

Table 2. Critical findings

- Reviews and meta-analyses demonstrated significant improvements in knowledge and attitudes.
- Not all programs evaluated behavior as an outcome measure, and the findings for behavior change were mixed.
- Small but significant reductions in perpetration and victimization were reported but effects tended to fade or disappear at follow up in the majority of programs.
- The lack of rigorous longitudinal evaluation design and moderator analyses limited our ability to draw conclusions about specific program features that enhance effectiveness of violence prevention programs.
- We provide a set of recommendations identifying best bet content and guidelines on how to improve evaluation methodology in this field.

Table 3. Implications for practice, policy and research

- A moderator analysis should be carried out to explore which program features enhance or decrease effectiveness of programs depending on sample and context.
- Future programs should incorporate a gender-neutral approach and be implemented in various settings to ensure inclusivity and diversity of populations.
- Successful campus-based violence prevention programs should include behavior change in its various forms, such as physical, verbal, and emotional, as the target outcome.
- Program curricula should be intensive and activity-based with a skill-building component.
- A needs assessment should be performed to ensure the timely and appropriate implementation.
- If future programs incorporate our evidence-based recommendations, they may tackle violence among young people more effectively.
- When more persuasive effectiveness data is generated the most effective approaches can be integrated into nationally-funded programs embedded in everyday education practice