

# Peer Health Education Leadership Program

## **What is Peer Education?**

Peer Education is students learning from other students. The goal is to help students develop the tools needed for making informed choices, achieving and maintaining a healthy lifestyle, and functioning more effectively with others and in groups.

## **Who are Peer Health Educators?**

Peer Health Educators are students who combine their specialized training in Health Education and Wellness with a desire to make a difference on campus. Peer Health Educators are responsible, enthusiastic, dedicated student leaders that provide workshops, facilitate discussions, and sponsor campus events.

## **What Can Peer Health Educators provide?**

Peer Health Education programs can include formal presentations, role-play scenarios, facilitated discussions, interactive games and informational table booths.

## **Key Tasks and Responsibilities Involve:**

- Attending one-hour weekly planning/training meetings (required)
- Assist in designing, organizing, and participating in campus-wide awareness activities
- Designing, presenting and marketing outreach programs
- Staffing information booths on a variety of health issues
- Assist in designing and distributing flyers, brochures, and other promotional materials
- Assisting with the planning and implementation of the **Big Event, Health and Wellness Expo, Healthy State Outreach, Safety Week, Alcohol Awareness Week, etc.**
- Attending Peer Health Education training workshops on subjects of interest (required)
- After orientation and training specific to your topic interest you could expect to be doing peer activities 1 to 3 hours a week

## **Benefits:**

- Gain extensive knowledge about sexually transmitted diseases, alcohol, nutrition, and sexual assault
- Become part of a highly skilled, diverse team of students committed to providing accurate, nonjudgmental college-health information to the NC State Community
- Develop teaching, communication, presentation, and group facilitation skills
- Become a recognized member of the Health Promotion volunteer staff
- Contribute significantly to the growth of the Peer health education program

**A strong PHE applicant should possess the following qualities:**

- Interest and enthusiasm in promoting healthy behaviors among your fellow students
- Open to various cultures, practices, and sexual orientations
- Sensitivity to controversial and personal topics, and have a willingness to talk candidly about them
- Ability to articulate the facts about health-enhancing behaviors and dispel myths and misperception
- Demonstrate a concern for others, their well-being and quality of life

**Operational skills** (You should have some comfort with these skills and you will be coached on how to build and improve in these areas)

- Speak publicly in a positive, engaging, interactive, and nonjudgmental manner
- Facilitate group discussions and include all members of the audience
- Show concern and empathy in a one-on-one information-sharing format
- Function in a group, both as a leader and as a supportive team member

**How to Become a Peer Health Educator:**

Applications for the PHE program are welcome at any time. Depending on the time of application your peer role may be adjusted due to training schedules. Complete the attached form and send or drop off to:

Marianne Turnbull  
Box 7304 (Room 2105)  
Student Health Services  
NCSU  
Raleigh, NC 27695

**For More Information:**

For questions and additional information, please contact the department of Health Promotion at 919-515-9355.

**Thank you for your interest!**

We look forward to receiving your application. If you would like to learn more about stress, sexuality, alcohol, and other college-health issues, would like to be part of an effort to raise awareness of these issues on campus, and have the time to devote to being a PHE, we welcome your contribution to the program and encourage you to apply.

# Peer Health Education Leadership Program Application

**Personal Information: (PLEASE type or print clearly)**

Name: \_\_\_\_\_ Local Address: \_\_\_\_\_

Local Phone/Cell Number: \_\_\_\_\_ Email \_\_\_\_\_

Class

Standing: \_\_\_\_\_ Major: \_\_\_\_\_

Gender: \_\_\_\_\_

1. Why does a position as a peer health educator interest you?

2. What qualities/skills do you bring to the program? What skills would you like to develop while you are in the program?

3. What ideas do you have for educational/awareness activities that you think would be engaging and valuable for the student community?

4. What previous experience (academic, volunteer, personal or work-related) has prepared you in some way to be a Peer Health Educator or deal with some of the issues that the PHE's address?

5. Please rate the following according to your level of interest, experience, and skills, using the scale below.

1-None            2\_Little            3-Some            4-Extensive

	Interest	Experience	Skills
Leading a workshop			
Giving a presentation			
Designing an awareness event			
Web Design			
Publication/Newsletters			

6. What challenges do you think you will face in becoming a Peer Health Educator?

7. What are common college student attitudes, issues or misinformation that you would like to see challenged: What are some ways you think we can challenge these concerns? (Check all that apply)

8. The peer health education program covers many areas of health and wellness; please indicate which of the following topics interest you:

- Alcohol and Other Drugs             Nutrition             Body Image  
 Sexual Assault             Eating Disorders             Relationship Violence  
 Sexual Health             Men's Health             Other

9. Please include any additional information about yourself that is relevant to joining the peer health education program.

10. List other time commitments for the next academic year (i.e. academic load, work, extra-curricular activities, athletic, community service etc.)

11. Will you be studying abroad next year: Y/N      Fall term \_\_\_\_\_      Spring term \_\_\_\_\_

I have read the peer health education information sheet particular to the program that I am applying for and understand the commitment involved.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Please return this application to Marianne Turnbull in the Health Promotion Department of the Student Health Center, Room 2105. An interview is required and will be scheduled upon receipt of the completed application. Or mail to Health Promotion, Box 7304, NCSU, Raleigh, NC 27695