

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, peer theatre, facilitated discussions, interactive games and informational table booths.

Peer Health Education is ideal for:

- RAs looking for interesting programs
- Chapter officers in need of ideas and presentations for training or programming
- Student organizations looking for an event co-sponsor.

Key Tasks and Responsibilities:

- Attending one-hour weekly planning/training meetings
- Designing, organizing, and participating in campus-wide awareness activities
- Designing and presenting outreach programs
- Staffing information booths (i.e., National Depression Screening Day)
- Designing and distributing flyers, brochures, and other promotional materials
- Assisting with the planning and implementation of the **Big Event, 5K Run for Respect, Safety Week, Great American Smoke, Alcohol Awareness Week etc.**
- Attending Peer Health Education training workshop
- After orientation and training specific to your topic interest you could expect to be doing peer activities 2 to 3 hours a week.

Benefits:

- Gain extensive knowledge about sexually transmitted diseases, alcohol
- 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 Student Health Center volunteer staff.
- Contribute significantly to the growth of the Peer health education program

A strong PHE applicant should possess the following qualities:

- Strong interest and enthusiasm in promoting healthy behaviors among your fellow students
- Open mind to cultures, practices, and sexual orientations different from your own
- Sensitivity to controversial and personal topics that are sometimes embarrassing, 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 sincere concern for others, their well-being and quality of life

Operational skills:

- 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. Applications can be obtained at the Health Promotion department in the Student Health Center, upstairs on the 2nd floor.

For More Information:

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

Thank you for your interest!

We look forward to receiving your application or inquiry. 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 interest and 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:

- | | | |
|--|---|--|
| <input type="checkbox"/> Alcohol and Other Drugs | <input type="checkbox"/> Nutrition | <input type="checkbox"/> Body Image |
| <input type="checkbox"/> Sexual Assault | <input type="checkbox"/> Eating Disorders | <input type="checkbox"/> Relationship Violence |
| <input type="checkbox"/> Sexual Health | <input type="checkbox"/> Men's Health | <input type="checkbox"/> 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 Health Promotion Department at the Student Health Center on the 2nd fl. An interview is required and will be scheduled upon receipt of the completed application.