



Peer Health Education

**Information
Session**

**Hosted by the
Sewanee University
Wellness Center
Spring, 2018**

What is Peer Education?

- **Peer:** Someone who is of equal standing with you in a group.
- **Peer Educator:** A peer who maximizes their knowledge and skills to make healthy (or healthier) choices.

“Peers are the most potent source of influence on one another on campus. (Astin, 1993)”

Roles:

- **Friend**
- **Educator**
- **Activist**
- **Role Model**
- **Team member**

But not therapist!

How do we define wellness?



- **Wellness is a state of being healthy in body, mind, and spirit.**
- **Flourishing is feeling good about a life in which you are functioning well. It is a continuing process and the steps are unique for each individual.**

Our Mission

- **The Peer Health Education program helps students to flourish through education, connection and advocacy.**

Students enrolled in the program will:

- **educate themselves on relevant health issues**
- **educate their peers in ways that promote health and wellness**
- **connect to, and collaborate with, various resources on campus**
- **connect students to resources**
- **advocate for changes in the campus community that supports a healthy campus.**

Values of the PHE program

- **Compassion**
- **Inclusivity**
- **Fun**
- **Collaboration**
- **Diversity**
- **Education**
- **Self-determination**
- **Social justice**
- **Advocacy**
- **Personal development**

Who we are looking for:



- **Interest and enthusiasm in promoting healthy behaviors**
- **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**



- **Self-motivated and willing to step out of their comfort zone**
- **Ability to articulate the facts about health-enhancing behaviors and dispel myths and misperceptions**
- **Demonstrate a sincere concern for others, their well-being and quality of life**



- **Ability to speak publicly in a positive, engaging, interactive, and nonjudgmental manner**
- **Ability to facilitate group discussions and include all members of the audience**
- **Ability to function in a group, both as a leader and as a supportive team member**

Roles

Educators: offers workshops and presentations to campus community

- Avg. 4 hours/week

Leadership Council: works on program development, develops collaborations, and assess needs on campus

- Avg. 5 hours/week

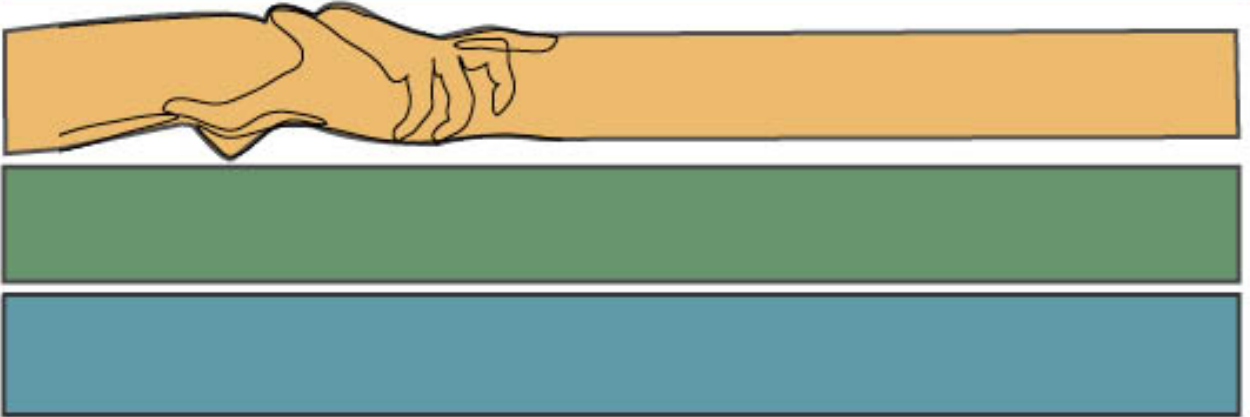
General Requirements

- **Two semester commitment**
- **Attendance at weekly meeting (day and time TBD)**
- **Attendance at a two day weekend training in early spring (dates TBD)**

Benefits of Participation

- **Gain extensive knowledge about**
 - **sexual health,**
 - **healthy habits/ harm reduction around alcohol and other drugs,**
 - **embodied wellness: nutrition, physical fitness, body image, and stress management.**
 - **Mental health awareness and stigma reduction,**
 - **healthy relationships and effective communication**
 - **Bystander intervention**
- **Become part of a highly skilled, diverse team of students committed to providing accurate, nonjudgmental health and wellness information to the Sewanee community.**
- **Obtain certification as a Peer Educator through a nationally recognized training program (the BACCHUS Initiatives of NASPA).**
- **Develop teaching, communication, presentation, and group facilitation skills.**
- **Learn approaches to create individual and social change.**

Timeline



- **Applications accepted Jan 18-Feb. 15, 2018**
- **Interviews Feb 12-16**
- **Training –Weekend (2 day), Feb. 24-25 or March 3-4**
- **March and April—**
 - **teams will develop 1 wellness workshop for the other PHE's based on their own experience and interests in health and wellness.**
 - **Develop programs and collaborations to prepare for launch in the fall of 2018.**
- **Fall 2018- Training (for study abroad students or others who couldn't attend in spring.**