**WORDS FROM PEER HEALTH EDUCATORS**

“This program has increased my confidence, people skills, ability to articulate my points, and numerous other skills. All of these factors contribute to my ability to be successful later in my life.”

“This program has helped me utilize leadership skills in ways I did not expect. It has pushed me to try new things, talk to people I do not know, and accept responsibilities I might not have accepted before the program.”

“I have learned how to communicate with others, work as part of a team, and be a leader in the classroom.”

“The PHE program gave me an advantage in class discussions, assignments, and work in the field because I already developed public speaking, facilitation, and outreach skills. I feel like I got a head start by being in the PHE program!”

**HOW DO YOU BECOME A PEER HEALTH EDUCATOR?**

**1 INFORMATION & APPLICATION**
- Information sessions are scheduled throughout January - Check our website for dates/times/locations.
  - www.wwu.edu/pws
- Program information and applications are available during these sessions and on our website.

**2 SUBMIT AN APPLICATION**
- Applicants provide details on abilities, prior job/volunteer experience, and experiences with diversity.
- Submit application by 5pm on the first Friday of February to Prevention and Wellness Services.
  - Drop it off at Old Main 560
  - or
  - Email application to pws@wwu.edu

**3 SELECTION PROCESS**
- Acceptance letters will be sent out in time for spring quarter registration.
- Accepted students required to register for the four credit spring quarter course, HLED 250: Health and the College Student.

**4 TOPIC GROUP SELECTION**
- Students in HLED 250 apply for positions in a Peer Health Educator topic group. Placements are made prior to the end of spring quarter.
- Peer Health Educators return to campus prior to the start of fall quarter for a week-long intensive training in their specialty topic group. They then volunteer for the academic year.

**QUESTIONS?**
- 360-650-2993
- Old Main 560
- pws@wwu.edu
WHAT DO PEER HEALTH EDUCATORS DO?

- Attend a four-credit class spring quarter (Health Education 250) and return to campus prior to fall quarter for intensive training in a specialized health topic.
- Volunteer on campus and in the community within their topic specialty to empower themselves and their peers to improve upon their personal and academic success.
- Increase the health literacy of Western’s campus community.

OUR MISSION

“To facilitate individual and community health and well being and nurture students’ self-care and social responsibility so that they may maximize their academic and personal success and engage in the creation of a safe and healthy community.”

ALCOHOL & OTHER DRUG RISK REDUCTION (AOD)
Provides a non-judgmental approach while teaching skills to reduce the risks and avoid unwanted consequences related to drinking and other drug use.

BODY EMPOWERMENT
Encourages the benefits of incorporating regular activity, healthy eating, adequate sleep, a positive perception of our bodies, and effective approaches to managing stress in our daily lives.

THRIVE
Empowers students to build their capacity for thriving in a stressful world and promotes well being and emotional health.

BODY EMPOWERMENT
Encourages the benefits of incorporating regular activity, healthy eating, adequate sleep, a positive perception of our bodies, and effective approaches to managing stress in our daily lives.

MALE EMPOWERMENT
Encourages the benefits of incorporating regular activity, healthy eating, adequate sleep, a positive perception of our bodies, and effective approaches to managing stress in our daily lives.

TO BECOME A LEADER?

BECOME A PEER HEALTH EDUCATOR!

Program recruitment and application process happens early winter quarter.

See back panel for application instructions.

Contact us for more information about how to participate in the Peer Health Educator Program.