Peer Health Educators

How do you become a peer health educator?

1. More than 200 students and staff are involved in the program. It has provided me with new things to try and leadership skills in ways I didn’t expect.

2. Submit an application.

- Submit application to pws@wwu.edu or drop in at 80 Old Main 560.
- February 20th: Application deadline.
- Interviews will be set up in March for selected applicants.

3. Selection process.

- Health and the college student: You are required to register for the Health and Wellness course.

4. TOPIC GROUP SELECTION.

- Health and the college student: You are required to register for the Health and Wellness course.

5. FAQ.

- Questions about the program can be found on our website:
  - www.pws.wwu.edu/peer

- Pre-health students are encouraged to participate.

6. Words from Peer Health Educators.

- "This program helped me utilize my life."
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.

PEER HEALTH TOPIC GROUPS

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.

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

MASCULINITY OUTREACH & VIOLENCE EDUCATION (MOVE)
Fosters positive, healthy expressions of masculinity; they are allies for equality.

PEER SEXUAL HEALTH EDUCATION (PSHE)
Provides students with sexual health information regarding contraceptive choices, the prevention of Sexually Transmitted Infections, HIV, unplanned pregnancies, and healthy communication about sexual choices.

WOMEN’S EMPOWERMENT & VIOLENCE EDUCATION (WEAVE)
Promotes messages about healthy relationships, cultural attitudes about violence, and community safety, while focusing on the empowerment of women and the exploration of women’s issues.

DO YOU WANT TO...

MAKE A DIFFERENCE IN YOUR COMMUNITY?

BE AN ADVOCATE FOR SOCIAL AND HEALTH EQUALITY?

BECOME A LEADER?

DEVELOP LASTING FRIENDSHIPS AND CONNECTIONS WITH YOUR PEERS?

CULTIVATE A STRONG AND APPLICABLE SKILL SET THAT SUPPORTS YOUR CAREER AND LIFE PLANS?

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.”

To request this document in an alternate format please contact PWS at 360.650.2993 or pws@wwu.edu WWU is an equal opportunity institution. 7/14

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.