PEER HEALTH EDUCATOR (PHE) PROGRAM

ABOUT
A rewarding volunteer opportunity for WWU students interested in enhancing their own health and the health of their community. After a four credit spring quarter class and five days of intensive pre-fall quarter training, Peer Health Educators work within their campus community in various topic groups to provide services and facilitate programs and events that promote health and wellness.

TOPIC GROUPS

ALCOHOL AND 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 utilize and build their own capacity for thriving in a stressful world, while promoting resilience, wellbeing, and emotional health. THRIVE works to reduce stigmas related to mental illness and help-seeking behaviors and encourages Western student engagement among those who could benefit from education and support.

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

WESTERN’S EMPOWERMENT AND VIOLENCE EDUCATION (WEAVE)
Strives to end oppression of all identities and fosters positive, healthy expressions of masculinity. WEAVE promotes messages about healthy relationships, cultural attitudes about violence, and community safety, while focusing on the empowerment of all genders.

FOR MORE INFORMATION
Want to be a Peer Health Educator? Program recruitment and application process happens early winter quarter.

Contact us to find out how to get involved.

Are you interested in having one of our Peer Health Educator Groups do an outreach program in your dorm or classroom? Contact Prevention and Wellness Services to find out more.

CONTACT
360-650-2993
Old Main 560
pws@wwu.edu
www.facebook.com/wwupws

www.wwu.edu/pws
Prevention and Wellness Services, MS 9039
Western Washington University
516 High Street
Bellingham, WA 98225
WHO WE ARE

Our dedicated staff is here to support you in your personal efforts to improve and maintain your health.

OUR MISSION

“To facilitate individual and community health and well-being. To 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.”

We maintain a policy of positive messaging; inclusive services, programs, and materials; and the practice of empowering individuals to make constructive, health enhancing choices in their lives.

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. REV 7/16