Why become a
C.H.O.I.C.E.
Peer Health Educator?

Educate your peers and help them avoid destructive behavior

Expand your resume and gain the competitive edge in applying to graduate school or for a job

Receive extensive training in education program development and learn how to help others adopt positive health behaviors

Learn more about health issues of concern to college students

Learn effective and creative techniques in peer education

Earn 3 upper-division credits per semester (up to 6 credits)

Make a difference on campus

The Program

Health care providers continue to see students with sexually transmitted infections, alcohol, tobacco and/or other drug abuse or dependency problems, and/or students participating in health-risk behaviors.

Peer Education is considered an effective strategy for addressing these issues. When students recognize an educator as a peer, he/she is more likely to personalize and internalize the information being presented. This program provides students with the skills to provide the most effective and informative peer health information education programs.

Peer health educator training goes beyond providing information - PHE learn to identify obstacles to behavior change and to lead workshops that are experiential in nature. Programs are designed to address student attitudes, feelings, knowledge and behavior.

PHEs have a variety of outreach venues. Through the program they may spend the majority of their time speaking with student groups, work at information tables, and/or get involved in awareness activities and research projects.

What exactly does a peer health educator do?

Design health education programs.

Present workshops and answer peer questions related to health and wellness for a variety of student groups.

Create and implement health and wellness awareness campaigns on campus.

Carry out research on student health related attitudes, knowledge and behavior.

SUPPORT Campus health professionals by linking students-in-need to campus resources.

TO ENROLL:

• Complete an application (available via email or visit the CPO Health Education Office). Preference is given to upper-division students with minimum GPA of 2.5.

• Complete an interview with - and receive approval from - a program instructor.

• Agree to a two-semester commitment.

• Register: C.H.O.I.C.E Peer Internship can be found under LHW488 – Section 02.
C.H.O.I.C.E. Peer Educators are required to:

- Attend weekly class and supervisory sessions;
- Make appropriate peer referrals to University professionals;
- Assist in the evaluation of peer programs;
- Commit to two-semester participation.

Academic components of the program linked to heightening awareness of health risk behaviors and CHOICES made by college-age population.

PHE receive extensive training in:
Health education and behavior change theory
Planning effective programs
Experiential learning activities
HIV/AIDS and other sexually transmitted infections
Alcohol, tobacco and other drugs
Contraception
Cancer Risk awareness
Nutrition
Holistic health and wellness

C.H.O.I.C.E Application
Available
Online: Visit Stony Brook University’s Center for Prevention and Outreach website @ http://studentaffairs.stonybrook.edu/cpo/peer_pgs.sh
Visit: Center for Prevention & Outreach
Health Education Office
Student Health Service
Rms. 211-217.
Email: Kathleen.Valerio@stonybrook.edu
When emailing or calling PLEASE advise your name, class standing, student identification, and contact information. Your request for information will be auctioned promptly.

Please return completed forms to:
Kathleen Valerio, M.S., MCHES – Program Instructor -632-9338
SHS - Rm. 213B - CPO Health Education Office
-Or-
Sharon Fletcher, Secretary
Rm. 211 - Student Health Service

Become a Center for Prevention and Outreach (CPO)

Peer Health Educator

Help others learn to:
- Develop healthy lifestyles
- Recognize choices linked to health-risk behaviors
- Reach toward optimum health and wellness
- Avoid destructive behavior
- Prevent health-related problems.

Choosing Healthy Options In the College Environment

C.P.O
CENTER FOR PREVENTION AND OUTREACH