

Peer Health Education Program

Mission

The goal of the Peer Health Education Program is to support the mental and physical health and well-being of California State University Dominguez Hills (CSUDH) students. We aim to increase students' awareness of both physical and mental health. The objective of CSUDH's Peer Health Education Program is to recruit and train students on various topics so that they can conduct health outreach. We welcome all the skills, ideas, passions, and creativity that CSUDH students possess.

What is the Peer Health Education Program?

The Peer Health Educators (PHE) are students who teach their peers about physical and mental health by conducting presentations, discussions, small group workshops, and outreach activities. Under the guidance of the Health Educator, the PHEs will undergo training so that they can provide preventative education for the CSUDH student body.

Recruitment

Recruiting for PHE positions will be done in a number of ways. The intention is to rely on various departments and majors to assist with recruitment. Majors that we intend to focus on include Health Science, Human Services, and Psychology. Reaching out to the department chairs and deans will allow us to widen our interest. We also plan on communicating with the campus Career Center for postings, distributing fliers to areas that receive a lot of student traffic, outreach events such as Healthy Tuesdays, Welcome Week, and various forms of print and social media, including the student newspaper, Facebook, and Instagram.

Selection Process

The selection process involves a written application submitted by the stated due date and a first round of interviews. Because PHEs work closely with Student Health and Psychological Services, staff may be present during the interviews

Curriculum and Training

Peer educators will engage in regular meetings with the Health Educator for supervision, training, planning and support. PHEs will be trained on a variety of topics, including but not limited to: sexual health, nutrition, alcohol, tobacco, and other drugs, violence prevention, mental health, general health, and the services offered within

Student Health and Psychological Services. Other in-house training modules may be used as supplemental information. It is the expectation of the Health Educator that all PHEs participate in each training and are engaged, receptive, and respectful.

Confidentiality

Because PHEs may be exposed to sensitive topics within their outreach, they are required to read and sign a Student Oath of Confidentiality. Students who work or volunteer at the health center sign an oath to keep confidential any and all information having to do with our patients. The oath specifically states that student will not divulge any information regarding patients or information received from other students to unauthorized persons. Non-adherence to this policy will result in severe consequences, including immediate removal from the Peer Health Education program.

Benefits of Becoming a PHE

- Improved leadership and communication skills
- Program planning and presentation skills
- Increased knowledge about a wide range of health and wellness topics
- An opportunity to make a difference in the health of CSUDH students
- Recognition for volunteerism and service learning
- Interaction and collaboration with various campus organizations
- Resume enhancement
- Improved self-awareness
- Networking opportunities
- Internship positions (for class credit or volunteer) available throughout the year.

PHE Qualifications

Students chosen to become PHE must meet and adhere to the following guidelines:

- Commit to a minimum of 8 hours per week for an entire semester.
- Participate in regular meetings.
- Serve as a health information resource for the campus and provide referrals for students to on- and off- campus resources which may assist them.
- Actively promote the Peer Health Education program (outreach, marketing, social media, etc.)
- Seek out opportunities to work collaboratively with student organizations and other departments.
- Participate in training and continuing education opportunities, as identified/assigned.
- Must be self-motivated and mature.
- Must be timely, respectful, engaging, and approachable
- Willing to work in a team environment and able to work independently.
- Adhere to dress code
- Other duties as determined and assigned as the program evolves.

Evaluation

At the end of the semester, each PHE will be evaluated by the Health Educator on various criteria, including but not limited to: quality of work, ability to work successfully in groups, ability to complete tasks in a timely manner, attendance and punctuality.

Additionally, each PHE will have the ability to evaluate the PHE program and provide feedback to the Health Educator on trainings, curriculum, tasks and assignments, and methods to improve CSUDH's Peer Health Education Program.

Adherence to the Program Expectations:

Because an internship is essential in a student's personal and career development, it is mandatory that this position receives the same level of attention and professionalism as a job would. As a Peer Health Educator, you are representing Student Health and Psychological Services and CSU Dominguez Hills. Failure to abide to the PHE guidelines may result in disciplinary action including verbal warnings, written warnings, and dismissal from the program, regardless of internship participation.

The Application Process:

Please submit the following items to the PHE advisor, JoAnn Aragon Valdivia, at the Student Health Center (across from Welch Hall) or via email jaragon@csudh.edu:

- 1) Peer Health Education application
- 2) Cover letter
- 3) Current resume (detailing employment or if no employment, school and volunteer experience).
- 4) A recent (written within 6 months) writing sample on any health or wellness-related topic, approximately one page+ in length.

Incomplete applications will not be considered

Staff reviews all completed applications. Applicants that may be appropriate for the program will be invited to a brief interview (approximately 15 minutes). Students will be notified of the decision approximately one week after the interview.

Contact:

JoAnn Aragon Valdivia, CHES
Health Educator and Peer Health Education Program Manager
310.243.3629// jaragon@csudh.edu