Peer Health Educators 2022-2023

Volunteer Position Description

Working within the Student Health & Wellbeing portfolio, the Health Promotion & Education team is responsible for health education and health promotion initiatives that enhance health and wellbeing for individual students and for communities of students at UBC. The Wellness Centre and the Peer Health Educators are two of these initiatives.

Program Overview

Through weekly training sessions, Peer Health Educators (PHEs) will learn about facilitation and wellbeing topics relevant for students, develop and practice skills of presenting for diverse groups, contribute to annual wellbeing campaigns and events, and expand their understanding of equity and inclusion practices.

Join a diverse community of student volunteers who share your interest in health & wellbeing and work together to give back to the UBC student community. Learn from the professional Health Promotion & Education staff through ongoing support, training, and feedback. Find out what health education is all about!

Equity Statement

We want our program to reflect the diversity and experiences of students across campus. We encourage applications from historically, persistently, or systemically marginalized groups, including but not limited to including sexual orientation, gender, gender identity or expression, racialization, disability, political beliefs, religion, marital or family status, age, and/or status as a First Nation, Métis, Inuit, or Indigenous person. We welcome you to self-identify if you belong to any of these groups.

COVID-19 impacts

As the COVID-19 pandemic evolves, the details of this role may change based on public health recommendations. We anticipate that this role will take place mostly in person, with some online hybrid options.

What you will do in this program

Program-specific tasks

All Peer Health Educators will receive general training on student health and wellbeing, health promotion, and campus resources. PHEs will also role model student leadership to the UBC campus community.

Peer Health Educators may do the following based on their topic-specific team:
• Facilitate workshops & lead skill-building sessions with campus groups to help/facilitate UBC students to develop wellbeing skills
• Engage with students through interactive booths
• Plan and implement engaging events and activities
• Design social media content

**Topic-specific tasks**

All Peer Health Educators will join a topic-specific team and will receive training and contribute to activities related to the following health streams:

**Sexual health & relationships:**
- This team will specifically have shifts and do sales in the Wellness Centre’s Sexual Health Shop
- Topics covered: Safer sex, healthy relationships, STIs, contraception, consent, 2SLGBTQIA+, reproductive health, sexual violence, pleasure and sex toys.

**Substance use health:**
- Topics covered: Harm reduction, anti-stigma, health & recovery supports, Naloxone & drug testing education, intersections with sexual violence

**Relationship with food and body:**
- Topics covered: Food and nutrition, mindful eating, intuitive eating, body image, disordered eating, eating disorders, diet culture, food security

**Mental wellbeing:**
- Topics covered: mental health literacy, mental health resources, climate anxiety, understanding stress, how to help a friend in distress, how to take care of yourself, setting boundaries

**Time commitments**

The Peer Health Educator program’s expected commitment is from the end of June 2022 - April 30th 2023.

**Training:**

Mandatory training for the 2022-2023 academic year includes:

- **Summer Online Training:**
  - Asynchronous Online: Canvas content and other program readings to be completed between mid-June and August 2022. These will be reviewed at the PHE Training in August.
- Synchronous Online Training: August 10th - 31st, Wednesdays from 4:30-6pm, weekly sessions to prepare you for the role in the upcoming school year. Summer training will be online only.

- Term In-Person Training:
  - In person PHE Core Training: Part 1: Saturday, September 10, 2022 - 9 am - 12 pm
  - In person PHE Core Training Part 2: Saturday, January 14, 2023 - 9 am - 12 pm
  - 90-minute weekly Wednesday training
    - Term 1: Every Wednesday from 4:30 - 6:00 pm, Sept 7 to Nov 30, 2022
    - Term 2: Every Wednesday from 4:30 - 6:00 pm, beginning January 11 to April 5, 2023

Please note: Attendance at all training sessions is mandatory. Successful applicants are asked to clear their schedule of all commitments during these times. Should you be unable to fulfill any aspects of the required training, you may be asked to withdraw from the program.

Term Weekly Commitment:

Beginning in September, a minimum contribution of 5-6 hours per week is expected from volunteers as follows:

- 90-minute weekly Wednesday training
- Planning and preparation for events and activities
- Facilitation of education, booths, presentations and services based on topic team.
  These hours are variable and will become available for sign up based on event and outreach schedules and times. Events and outreach will happen in person and online and can take place during the day, in the evenings, and on weekends.

Desired Skills and Strengths:

The Peer Health Educator volunteer position would be a good fit for those with some of the following:

- Interest in student health and wellbeing, sexual health, substance use health, mental wellbeing, and relationship with food and body
- Interest in anti-racism, equity, diversity and inclusion
- A desire to learn and develop new skills through experiential learning
- Interest in developing presentation and facilitation skills
- Be flexible and open to change and receptive to constructive feedback
- Strong organizational and time management skills
- Enjoy meeting new people and leading groups
- Enjoy working collaboratively with others on projects
- Take initiative and is self-motivated