

24: Being a Peer Educator

Words of Wisdom

Dos and Don'ts of a Peer Educator

Would You Say...?

Peer Educator Brainstorm

When to Make a Referral

**Learn how to talk,
then learn how to
teach.**

Nez Perce

Dos and Don'ts of a Peer Educator

A Peer Educator Does	A Peer Educator Does Not
<ul style="list-style-type: none">• Facilitate trust, openness, comfort, empathy• Accept people as they are• Listen, clarify and help people see alternatives• Give support and encouragement to take positive action• Validate people without being phony• Respect confidentiality• Realize that not all problems can be solved and not all people want to be helped• Refer extremely troubled youth to a professional person or group, such as a counselor, psychologist, or community agency	<ul style="list-style-type: none">• Dominate, preach, tell people what to do• Judge people, try to change them• Give advice, offer solutions• Listen with a casual, wandering attitude• “Rescue”—do for a person what he/she should do independently• Put people down• Gossip about anything said to you or about other youth• Expect all problems to be resolved quickly and easily• Attempt to provide services beyond what he/she is qualified to provide

Adapted from ETR Associates' Resource Center for Adolescent Pregnancy Prevention

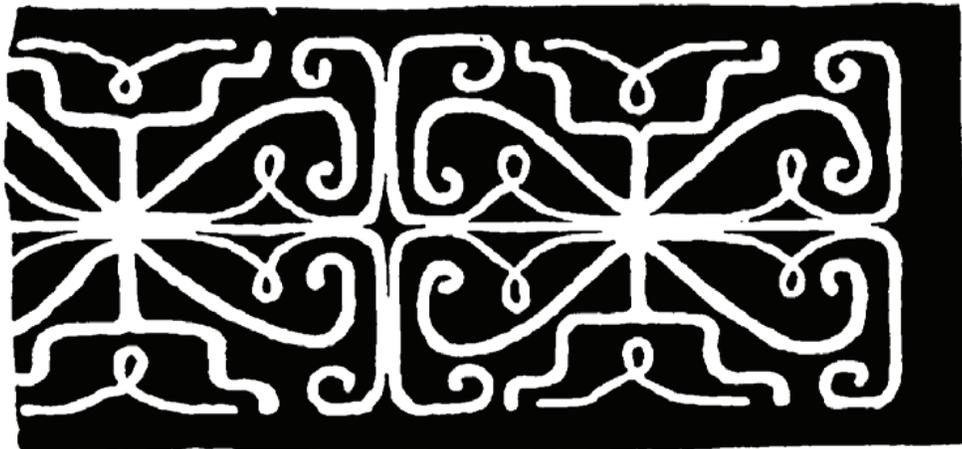
Would you say...?

Read the following statements. Put a check mark next to the statements you think would be appropriate to say to a fellow student and an X next to those that would not.

- _____ 1. You have got to stop having sex without a condom.
- _____ 2. Mark has the same problem with his girlfriend.
- _____ 3. Unprotected sex is really dangerous to your health.
- _____ 4. You want to keep getting drunk on weekends? Why don't you want to stop? Don't you want to be safe?
- _____ 5. I think you should just break it off with him if he keeps pushing you to have sex and you don't want to
- _____ 6. I know that will be hard, but I know you can do it!
- _____ 7. You are really stupid to keep doing whatever she wants you to do.
- _____ 8. The answer to your problem is to get a better group of friends.
- _____ 9. You should get on the pill.
- _____ 10. If you want, I'll call the clinic and make an appointment for you.
- _____ 11. Are you still smoking weed? Didn't you tell me last week you were going to stop?
- _____ 12. Are you really thinking about killing yourself? Let's talk about this and see how I can help you.
- _____ 13. Man, that's a weird problem! I never heard of anybody feeling like that!
- _____ 14. I'm sorry. I believe it's a sin to be gay. I can't help you.
- _____ 15. What are some ways you can come up with to solve this problem?
- _____ 16. I don't know the answer to that question.

Peer Educator Brainstorm

1. I've been dating Joe for a couple of months. He says he loves me and he wants to have sex with me. Last night he said, "You love me enough to have sex with me, don't you?" I really like him and I really like "fooling around" but I am just not sure I want to have sex yet.
2. I've been dating my girlfriend for a long time. We've had sex a couple of times, but now I am not sure that it was such a good idea. I am afraid to bring it up with her because I am afraid of how she might react.
3. I'm going camping this weekend with a bunch of friends. This guy I've gone out with a few times, Alex, is going to be there. I think we're sharing the same tent. I am not sure what is going to happen or if he expects anything.
4. Jamie and I were invited to Sam's for a party this weekend. I heard he's going to have keg and some weed there. I've heard lots of rumors about Sam's parties, that people always go off and hook up at his house. I think it will be really fun, and Jamie really wants to go, but I'm not sure.
5. So, I met this guy online last night. He asked if I want to meet up and go clubbing one night. I really want to meet him in person, but I am little nervous.



When to Make a Referral

Some issues require more training to deal with than Native STAND peer educators receive. The best thing you can do when these issues come up is to get the person to the help they need. You can continue to be supportive as they deal with the problem with a professional, but you should not attempt to be the only helper they talk to.

Issue	Refer to . . .
Alcoholism	
Drug addiction	
Depression	
Suicidal thoughts*	
Quitting smoking	
Coming out/sexual orientation	
Plans to hurt others*	
Sexual abuse	
Physical abuse	
Rape	
Medical problems	

* Make every effort to go WITH the person to get help IMMEDIATELY.