Health Peer Educator Volunteer Description

SECTION 1: OPPORTUNITY DESCRIPTION

Descriptions & Responsibilities

As a Health Peer Educator you will work with the Health Promotion team at Health and Counselling Services to enhance student well-being and create a positive and supportive campus culture at SFU. You will work in small group teams to plan, prepare, deliver, and evaluate health education outreaches at all SFU campuses. Outreach topics include mental health, sexual health, responsible partying, building resilience, stress management, healthy eating, active living, physical health, and positive self-image. In this role you will develop professional and personal competencies and will have the opportunity to contribute to the work of the SFU Health Promotion Team.

As a Health Peer Educator you will:

- Deliver health education to the SFU student community through outreaches, workshops, and semester long programs.
- Participate in weekly team meetings.
- Work in small groups to plan, prepare, deliver and evaluate health education activities.
- Facilitate and/or participate in workshops, presentations, special events, awareness weeks, displays, committees, activities and other programs to promote healthy lifestyles, overall well-being and a positive and supportive campus community.
- Explore the possibility of working with other on-campus groups and departments as well as off campus organizations to further promote health and well-being for SFU students.
- Participation in two or more of the following health outreaches or semester long programs:
  - Sexual health: Condom Crew
  - Healthy eating: Community Cooking Workshops/Outreaches
  - Active living: Fitmix Programs and Outreaches

Mental health and well-being: Make SPACE for Well-being This program is a part of Peer Education, a collaboration with Student Engagement & Retention at SFU. Embedded within your role will be a focus on your personal development, including goal-setting and connecting with an experienced Peer Educator, your Peer Coach.
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Time Commitment

Peer Educators commit to volunteering for two (2) terms; however, these terms do not need to be consecutive if the student is away for co-op or field school etc. This role requires approximately 60 hours per term for the Fall & Spring terms; optional Summer term or additional terms.

Mandatory Training

- Core Training (that all Peer Educators cover)
  - 6 hours of online preparation for Core Training on Canvas
    - Available in August and must be completed before Core Training
  - 3 hours of in-person Core Training (all programs):
    - TBD
- Orientation to Health and Counselling Services (Health Peers specific training)
  - 5 hours of health-specific online training component on Canvas
    - Available in August and must be completed before in-person training
  - 12-14 hours of in-person training held within Health and Counselling Services as follows:
    - Friday, August 28th from 9:00am – 4:30pm
    - Saturday, August 29th from 10:00am-3:00pm

Required Meetings

- 1 hour mandatory weekly meetings, with the exception of holidays and reading week in Health and Counselling Services, Burnaby campus
  - Meeting time is 7:30am – 8:20am every Wednesday, starting September 9th
- One-on-one check in’s, once per term, with the Program Supervisor

Benefits

As a Peer Health Educator you will:

- Gain enhanced knowledge of student health issues including stress management, physical health, sexual health, responsible partying, resilience and positive self-image. You will have the freedom to pursue health topics and programs that interest you most.
- Meet like-minded students and work collaboratively to positively impact student health.
- Gain exposure to various health professionals and career options.
- Gain skills and knowledge related to developing, implementing and evaluating health education programs, outreach delivery, team management and team building
- Opportunity to participate in free Peer Education Professional Development Workshops for student leaders
SECTION 2: OPPORTUNITY REQUIREMENTS

What we are looking for in our future Health Peers

- Current SFU student in good academic standing (min. GPA 2.0)
- Interest in well-being, Health Education and Health Promotion.
- Good teamwork and team building skills
- Good written and oral communication skills
- Experience working with diverse cultural backgrounds
- Respects and supports everyone, regardless of religion, gender, ethnicity, or sexual orientation, by creating and promoting an inclusive space

SECTION 3: ADDITIONAL APPLICATION INFORMATION

Please note that you need to submit the following three items with your application:

- A Cover Letter – please include in your cover letter your response to this question:
  - How have you or how would you approach planning outreaches that are inclusive of diverse cultural backgrounds and well-being practices?
- Your Resume
- A completed copy of the Application Questions (click on the Attachment, at the bottom of the Opportunity Posting ("Application Information Download"), to download these questions)

You can upload these documents and create your Application Package in your myDocuments area in myInvolvement. Applications for this role are due by February 19th, 2020 at 11:59pm.

If you have questions about the program, please contact Lehoa Mak (Health Promotion Strategist) at Lehoa_mak@sfu.ca.

If you have questions about using myInvolvement, please contact the Student Engagement Administrative team at myinvol-admin@sfu.ca.