Peer Programs: An In-Depth Look at Peer Programs: Planning, Implementation, and Administration

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Abstrak

The Peer Power Program is a peer training program designed for middle, high school, and higher education students, focusing on 8 core skills: Attending, Empathizing, Summarizing, Questioning, Genuineness, Assertiveness, Confrontation, and Problem Solving. Through a series of exercises, games, and self-awareness techniques, youth and adults involved in the program can gain the basic communication and mediation skills necessary to effectively help their peers.

An overview of peer helping, Peer Programs explains the value of and techniques for helping non-professionals learn to help others one-on-one, in small groups and in groups of classroom size. Intended to be of use to those responsible for planning, implementing and/or administering peer programs, this text should also convince those who are not directly involved that peer helping is a worthwhile undertaking – reducing drug and alcohol abuse, dropouts, violence and conflict, HIV and AIDS, pregnancy, stress and negative peer pressure.