Peer Health Advocate

Peer Health Advocates (PHAs) are student leaders who empower fellow students to make healthy lifestyle choices. They are trained to develop, promote, and provide health and wellness related outreach such as educational workshops, tabling events, and other health promotion programs. In addition, our team members serve as positive role models by committing to live healthy lifestyles themselves.

Position Description

Under the supervision of the UHS Health Promotion Office and the UHS Health Educator, the Peer Health Advocate will:

• Be knowledgeable in the topics of health and wellness most important to college students as identified by the ACHA, NCHA, and Healthy Campus 2020 - alcohol, drugs, health literacy, interpersonal relationships, mental / emotional health, nutrition, physical activity, safe campus communities, sexual health, sleep, and stress.

• Act as liaisons on behalf of the UHS Health Promotion Office to the University of Rochester student community. Promote awareness of the PHA team to your residence hall, athletic team, student organizations, fraternity or sorority, and / or personal social network. Provide information, resources, peer advice, and referrals to other students.

• Attend monthly PHA team meetings with enthusiasm and thoughtful participation. Work collaboratively with other team members to strategically develop evidence-based educational programming based on the assessed health and wellness needs of the University community.

• Review program request forms and meet with students to explore programming needs, make program recommendations, then schedule and execute program implementation.

• Co-facilitate and / or participate in campus-wide programs hosted by the UHS Health Promotion Office.

• Create awareness of health topics affecting University students and promote student health and wellness programs / activities via social media campaigns, poster campaigns, tabling at health education initiatives, Student Health 101 article submissions, etc.

• Collect and report evaluation metrics on all health and wellness programming efforts.

• Uphold the standards of ethics and confidentiality important to this role.

• Attend PHA educational trainings, informational webinars, or planning retreats when requested.

Qualifications

• Must have completed the Peer Health Advocacy course (PH 216) with a final grade of B or higher.
• Must maintain a minimum 3.0 GPA and be in good standing academically and judicially.
• Commit two to three hours per week to the position for at least a full academic semester.
• Posses strong oral and written communication skills as well as creative, energetic, and interactive public speaking skills.
• Demonstrate proficient competency of the concepts, theory, and practice of health promotion
• Demonstrate the ability to work with individuals and groups in a leadership capacity.
• Be an effective role model for students and consistently model healthy decision making skills.