

EXPERIENCE THE POWER OF PEER EDUCATION



Peer education is based on the understanding that many young people make changes not only based on what they know, but on the opinions and actions of their peers. Peer educators can effectively communicate important health-related messages to their younger peers and can serve as true role models for change.

The Role Models for Change Academy, is a two-part Peer Prevention Education program utilizing mentorship, education, and peer-to-peer support training to highlight the consequences of nicotine use (including vaping) by youth.

Part I - Leadership Skills Workshop*

The first part of the program is geared toward peer leaders. Caron Specialists will provide the following modules to identified peer leaders. The length and structure of the modules can be modified to fit specific school/agency needs.

- **Module 1:** Program Overview and Team-building
- **Module 2:** Effective Communication and Facilitation Skills
- **Module 3:** Nicotine Education
- **Module 4:** Practice

Peer Leaders will:

- Develop and enhance leadership skills through team-building exercises and effective communication skills
- Learn nicotine-specific substance use information
- Practice leading activities to share with their younger peers

Part II - Role Models for Change Prevention Education*

The second part of the program consists of interactive classroom programs delivered to middle school or high school students within a school district or youth-serving agency by a Caron Specialist, with the assistance of the trained peer leaders.

Topics include:

- The importance of remaining nicotine-free
- The physical, social, emotional, and mental consequences of nicotine use
- Nicotine addiction and why young people are particularly vulnerable
- The impact nicotine has on a developing brain

Peer leaders will:

- Understand the negative impacts of nicotine use including vaping
- Experience positive interactions and team-based learning with their peers and student leaders
- Earn an opportunity to showcase their leadership skills by co-facilitating prevention education sessions
- Understand the power of their positive influence on their peers
- Process their Academy experience and receive feedback from the Caron Specialist

For more information about this program, please contact Caron's Education Department at 800-678-2332 ext. 6117.