

## About Peer Counseling

*“In a world where you can be anything, be kind!”*

### What is Peer Counseling?

Peer Counseling is an elective class that provides a full range of services to students, the school, and community through structured in school and outreach activities. Peer Counselors are a cross-section of students who act as helpers and active listeners for their fellow students.

The course curriculum focuses on prevention. It also addresses a multitude of social, individual, school and family concerns. The results can be a safer school climate, healthier students, and a better utilization of school and community resources.

Please note that during the course of the year many topics will be discussed. The topics include but are not limited to the following:

|                     |                      |                      |                          |                                     |                           |
|---------------------|----------------------|----------------------|--------------------------|-------------------------------------|---------------------------|
| <i>Alcohol</i>      | <i>Anger</i>         | <i>Violence</i>      | <i>Learning Styles</i>   | <i>Drugs</i>                        | <i>Divorce/Separation</i> |
| <i>Self-Esteem</i>  | <i>Child Abuse</i>   | <i>Communication</i> | <i>Grief</i>             | <i>Decision Making</i>              |                           |
| <i>Tolerance</i>    | <i>Stress</i>        | <i>Feelings</i>      | <i>Problem Solving</i>   | <i>Smoking</i>                      | <i>Cultural Diversity</i> |
| <i>Goal Setting</i> | <i>Holocaust</i>     | <i>Suicide</i>       | <i>Eating Disorders</i>  | <i>Relationships</i>                |                           |
| <i>Depression</i>   | <i>Peer Pressure</i> |                      | <i>Positive Thinking</i> | <i>Living with Parents/Siblings</i> |                           |

The discussions will be conducted using various teaching methods.

### Peer Counseling Programs/Activities:

Within the Peer Counseling Class, students will be required to participate, plan, and lead some of the following programs, clubs, and activities:

- SAVE Promise Club
- The Harvest Drive
- Project BRAIN
- S.W.A.T.-Students Working Against Tobacco
- S.P.U.D.- Students Preventing Unintentional Drowning
- The Peace Club
- Peace Week
- Anti-Bullying Week
- Red Ribbon Week
- No Name Calling Week
- Kindness Campaign
- Violence Prevention Week
- Curriculum Night
- School-wide Tutoring (PCRC)
- Best Buddies- Work with students with disabilities
- Cougars Care- New students to our school
- School-wide Recycling
- Elementary School Matriculation
- Above the Influence March
- Take Your Child To Work Day Leaders
- SVE Winter Wonderland Event
- Holiday Cards to the Military
- A Month of Service and Love
- Veteran's Day Breakfast Assistants
- Career Day Assistants

### Guest Speakers

The following Guest Speakers will conduct trainings within Peer Counseling:

## About Peer Counseling

*“In a world where you can be anything, be kind!”*

- Women in Distress- Healthy Relationships
- The Hanley Center-Peer Pressure and Alcohol Prevention
- Anti Defamation League- No Place for Hate
- Gilda’s Club-Cancer Awareness
- Look Listen and Link- District Program
- Peer/Conflict Mediation Training