The New You
A Peer Health Advocacy Program
Student Advocate Volunteer Position, 2010-2011

Position Description

The New You is The New School's Peer Health Advocacy Program, supported by Student Health Services' Health Education Program. Working in partnership with each other and with the Health Educators, volunteer student leaders with a passion for health and well being develop wellness programming and services for The New School's student body. Peer Health Advocates (PHAs) receive extensive training in health education, advocacy, and leadership skills.

Lang students may get credit for participating in The New You by enrolling in the Lang Internship credit course and working more extensively as a Peer Health Advocate intern: (http://www.newschool.edu/lang/academics.aspx?id=712).

Specific duties and responsibilities include:

- Participate in the New You Peer Health Advocacy Program training that will occur on Sundays, September 12 & 19.
- PHAs will participate as their interests and schedules permit, however, it is anticipated that there will be a general meeting every semester.
- Assist in the development and delivery of at least one health promotion campaign or event in an area of your interest in collaboration with the Health Educators. This can include:
    - Facilitating an interactive health education program or event in a class, residence hall, public space or online.
    - Developing promotional materials and web-based applications related to a health theme of your interest.

The successful advocate will be:

- A New School student willing to commit to lead or support one project per semester
- Responsible and have a willingness to learn
- Trustworthy and exhibit initiative for new and creative programming
- Capable of working independently and in a team
- Passionate about health, wellbeing and social justice issues
- A role model of behaviors and attitudes that exhibit respect and celebrate diversity

Topics addressed by PHAs may include but are not limited to:

Stress
Mental Health
Nutrition
Sexuality, Safer Sex and Sexual Pleasure
Alcohol Use
Harm Reduction
Race and Power Dynamics
Personal Safety
Self-Esteem
Assertiveness and Communication
Body Image
Illicit Drug Use, Prescription Drug Misuse
Eating Disorders
Environmental Health

For more information email healthed@newschool.edu or call the Health Educators – Rachel Knopf, 212.229.1671, option 4, or Tamara Oyola-Santiago, 212.229.5600, x4605