The New You A Peer Health Advocacy Program 2013-2014

Position Description

The New You is The New School's Peer Health Advocacy Program, supported by Student Health Services' Wellness and Health Promotion. 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 promotion, advocacy, and leadership skills.

Duties and responsibilities

- Participate in the New You Peer Health Advocacy Program training that will at the Greenkill YMCA camp, on September 20-22, 2013.
- PHAs will participate as their interests and schedules permit, however, it is anticipated that there will be a general meeting every month.
- Assist in the development and/or 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:
 - Co-facilitating an interactive health promotion program or event in a class, residence hall, public space or online.
 - o Participate in outreach activities, such as tabling and leafleting across the university.
 - Developing promotional materials, web-based applications or programs related to a health theme of your interest:
 - Topics addressed by PHAs may include but are not limited to:
 Stress Personal Safety
 Mental Health & Peer Support Self-Esteem
 Nutrition Sexuality
 Body Image & Body Celebration Eating Disorders

Alcohol & Drug Use Environmental Health
Harm Reduction & Safer Sex Race & Power Dynamics

Qualifications

- A New School student willing to commit to lead or support at least 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, well-being and social justice issues
- A role model of behaviors and attitudes that exhibit respect and celebrate diversity

Participation Options

Both domestic and international students can opt to participate in the program in a three tiered system.

5 hours/semester	10 hours/semester	20+ hours per semester
Volunteer (no stipend)	\$100/semester	\$200/semester

Each option requires the completion of the application and all training requirements (see duties and responsibilities listed above).

Volunteer Option: If you select this option, you must complete a minimum of **5 hours** of office-specific service per semester. You will not be financially compensated for your work, but you will have more flexibility with how often you volunteer, and you are able to list this leadership opportunity as a volunteer position on your resume.

10: If you select this option, you must complete a minimum of **10 hours** of office-specific service per semester. Completion of these requirements will result in the receipt of \$100 at the end of the semester (lump sum).

20: If you select this option, you must complete a minimum of **20 hours** of office-specific service per semester. Completion of these requirements will result in the receipt of \$200 at the end of the semester (lump sum).

In addition, 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). However, if you opt for academic credit, you do not qualify for a stipend.

For more information email wellness@newschool.edu or call the Health Educators – Rachel Knopf, 212.229.1671, x2855, or Tamara Oyola-Santiago, 212.229.1671, option 4.