

## Peer Educator

### Job Description

**Position type:** Part-time volunteer (3 hours/week)

**Reports to:** Health Promotion Team

### You

You're a returning undergraduate student at McMaster University with an interest in wellness, harm reduction, health equity, and related topics. You're open to broadening your understanding of "wellness" and keen to share your knowledge with your peers to make a healthier campus community.

### Us

We are Health Promotion, a sub-department of the Student Wellness Centre (SWC) consisting of an Education Manager, Health Promoters, work-study students, and a group of peer health educators. We are passionate about promoting student health and wellness.

### The Position

Peer Educators are responsible for working cooperatively to deliver workshops, provide evidence-based health information, and promote wellness-related resources available on and off campus. They act as representatives of the SWC among the student body. After completing preliminary training, Peer Educators are involved in the development and implementation of various programs that reflect topics such as sexual health, physical activity, food Literacy, mental Health, and substance use.

### Training

- **Spring/Summer training** through Avenue to Learn (one hour per week)
- **Fall training** in person (one full day)
- **Winter refresher training** in person (half day)
- **Year-long training** in person (optional workshops to enhance your wellness-related knowledge and skills)

### Job responsibilities

- Attend team meetings, wellness lounge hours, programs and outreach initiatives
- Develop and deliver programs, campaigns, and outreach initiatives to educate peers on topics in your wellness area with guidance from team leads or health promoters
- Contribute to health promotion programs such as the Wellness@Mac Blog, workshops or events.