

# How to be a good peer educator

## Peer Education:

The way young people who are trained as peer educators, can inform, educate and assist their peers in solving problems, making decisions, offering emotional support and referring them to professional counselling or health services if needed.

### This is your role as a peer educator:

1. To encourage young people to voice their problems
2. To help your peers face their problematic situations
3. To provide information that your peers need to improve their lives
4. To help your peers in good decision making
5. To educate your peers on topics related to Sexual Reproductive Health and Rights, but also on related issues like life skills and preventing or overcoming substance abuse
6. To be vehicles of positive change to fellow youngsters
7. To help in resolving conflicts among young people
8. To refer those who need it to a professional counsellor or health services

### As a peer educator you need to have many qualities.

#### As a peer educator you:

- know about sexual and reproductive health and rights for young people
  - are interested in young people and their rights
- are respected by young people & have respect for young people
  - are empathetic
  - are non-judgmental
  - are able to educate in a positive way
    - are a good listener
    - are a good communicator
  - are available and approachable for young people
    - are a good role model for young people
- are willing to be a consultant to other youth peer educators
- know how and when to refer peers and for which kind of problems

Bron:

[http://african-youth.org/index.php?option=com\\_content&view=article&id=89&Itemid=95](http://african-youth.org/index.php?option=com_content&view=article&id=89&Itemid=95)