

# PEER - HEALTH CENTER

## PEER311 Peer Education Mental Health & Wellness (3 Credits)

Designed to train students to become Peer Educators who are responsible for presenting to members of the campus community about issues surrounding stress management, mental illness, appropriate on/off campus resources, stigma, body image, helping a friend in distress, and other issues related to mental health and wellness, including bystander intervention. Programming is done in classroom settings, residence halls, and at tables during special events.

**Prerequisite:** Students must complete an interview before enrolling in this course.

**Restriction:** Permission of instructor; and minimum cumulative GPA of 2.5.

**Credit Only Granted for:** HLTH381 or PEER311.

**Formerly:** HLTH 381.

**Additional Information:** Students are required to attend a 40-hour training the week before classes begin which will equip them with the information and tools necessary to provide outreach as early as the first week of the Fall classes. Some evening and weekend hours may be required.

## PEER312 Peer Education: Preventing Power-Based Violence (3 Credits)

Designed to train students to become Peer Educators who are responsible for presenting to members of the campus community about the complex dynamics surrounding issues of power-based personal violence. This includes: sexual assault, relationship violence, stalking, bystander intervention, consent, and rape culture. Students fully learn the on and off-campus resources for victim/survivors. Programming is done in classroom settings, residence halls, Greek life spaces, and at tables during special events.

**Prerequisite:** Students must complete an interview before enrolling in this course.

**Restriction:** Permission of instructor; and minimum cumulative GPA of 2.5.

**Credit Only Granted for:** HLTH382 or PEER312.

**Formerly:** HLTH382.

**Additional Information:** Students are required to attend a 40-hour training the week before classes begin which will equip them with the information and tools necessary to provide outreach as early as the first week of the Fall classes. Some evening and weekend hours may be required.

## PEER313 Peer Education: Alcohol and Other Drugs Education (3 Credits)

Designed to train students to become Peer Educators who are responsible for presenting to members of the campus community about issues surrounding substance use, including (but not limited to) alcohol, marijuana, and various other drugs, providing information about campus services for those with substance use related issues, and educating students about other topics related to harm reduction strategies and promoting students' overall well-being, including bystander intervention. Programming is done in classroom settings, residence halls, and at tables during special events.

**Prerequisite:** Students must complete an interview before enrolling in this course.

**Restriction:** Permission of instructor; and minimum cumulative GPA of 2.5.

**Credit Only Granted for:** HLTH380 or PEER313.

**Formerly:** HLTH380.

**Additional Information:** Students are required to attend a 40-hour training the week before classes begin which will equip them with the information and tools necessary to provide outreach as early as the first week of the Fall classes. Some evening and weekend hours may be required.

## PEER314 Peer Education: Sexual Health & Wellness (3 Credits)

Designed to train students to become Peer Educators who are responsible for presenting to members of the campus community about issues surrounding Sexually Transmitted Infections, sexual health testing and screening, birth control options, healthy sexuality, consent and communication, condoms and other barrier protection, campus sexual health services, and other issues related to sexual well being including bystander intervention. Programming is done in classroom settings, residence halls, and at tables during special events.

**Prerequisite:** Students must complete an interview before enrolling in this course.

**Restriction:** Permission of instructor; and minimum cumulative GPA of 2.5.

**Credit Only Granted for:** HLTH383 or PEER314.

**Formerly:** HLTH383.

**Additional Information:** Students are required to attend a 40-hour training the week before classes begin which will equip them with the information and tools necessary to provide outreach as early as the first week of the Fall classes. Some evening and weekend hours may be required.

## PEER318 CARE Peer Advocacy (3 Credits)

Designed to train students to become Peer Advocates who are responsible for providing crisis and short-term support services for victims of sexual assault, relationship violence, stalking, sexual harassment and child abuse. Students will be meeting with clients and providing emotional support and resources (both on and off campus). During weekly classes, students will be trained in trauma-informed crisis intervention procedures that will not only help them assist clients during in-person sessions but will help them support clients via the crisis cell. Students will be expected to maintain the crisis cell (on a shared basis) throughout the semester as well as maintain 10 hours per week in the CARE office. In addition to maintaining the crisis cell and office hours, during the spring semester students will be tasked with working as a team in planning and executing a Take Back the Night event.

**Prerequisite:** Students must complete an interview before enrolling in this course; and permission of instructor.

**Recommended:** PSYC100 and HLTH377.

**Restriction:** Permission of instructor; and minimum cumulative GPA of 2.5; and students must sign up for the same course in the spring semester; and students are only permitted to enroll in the repeatable year long course once during their academic career. If students wish to continue working with the office after the course has been completed (Fall and Spring), they can do so on a volunteer basis; and must not have taken HLTH382 as a CARE Advocate course.

**Repeatable to:** 6 credits.

**Additional Information:** Students are required to attend a 40-hour training the week before classes begin which will equip them with the information and tools necessary to provide outreach as early as the first week of the Fall classes. Some evening and weekend hours may be required (crisis cell and special events).

**PEER319 CARE to Stop Violence Outreach Peer Program (3 Credits)**

A two semester, 6-credit course designed to train students in the knowledge, values and skills to build professional relationships and become leaders in community development related to the social justice issue of sexual misconduct with emphasis on the college campus environment.

**Prerequisite:** Permission of instructor; and students must complete an interview before enrolling in this course.

**Restriction:** Permission of instructor; and minimum cumulative GPA of 2.5; and students must sign up for the same course in the spring semester; and students are only permitted to enroll in the repeatable year long course once during their academic career. If students wish to continue working with the office after the course has been completed (Fall and Spring), they can do so on a volunteer basis; and must not have taken HLTH382 as a CARE Outreach course.

**Repeatable to:** 9 credits.

**Formerly:** HLTH382.

**Additional Information:** Students are required to attend a 40-hour training the week before classes begin which will equip them with the information and tools necessary to provide outreach as early as the first week of the Fall classes. Some evening and weekend hours may be required.

**PEER321 Advanced Peer Education Mental Health and Wellness (3 Credits)**

PEER 321 is a three-credit, interdisciplinary course building upon the stress management, mental illness, appropriate on/off campus resources, stigma, body image, helping a friend in distress, bystander intervention, and mental health/wellness knowledge gained during PEER 311. Students will gain a fundamental understanding of program planning basics through a series of assignments where they theoretically plan their own prevention or awareness program for the University of Maryland campus community. Students who become a Peer Leader during year two may have the opportunity to implement this program on campus. This course also provides advanced training in the skills necessary to serve as an effective Peer Educator under the University Health Center. Peer Educators will continue to provide outreach and education to the campus community through various outreach events, workshops, and more.

**Prerequisite:** Students must complete an interview before enrolling in this course; and minimum grade of B- in PEER311.

**Restriction:** Minimum cumulative GPA of 2.5; and permission of instructor.

**Credit Only Granted for:** HLTH381 or PEER321.

**Formerly:** HLTH381.

**Additional Information:** In addition to the weekly class lectures and experiential learning opportunities facilitating educational outreach on campus, advanced peer educators will meet weekly in groups. These group meetings will provide a space for the students to incorporate class content to enhance the design, development, and evaluation of a sexual assault prevention or awareness program for the University of Maryland campus community. Coordinators will meet with student groups to facilitate and supervise this process.

**PEER322 Advanced Peer Education: Preventing Power-Based Violence (3 Credits)**

PEER 322 is a three-credit, interdisciplinary course building upon the sexual assault, relationship violence, stalking, bystander intervention, and wellness knowledge gained during PEER 312. Students will gain a fundamental understanding of program planning basics through a series of assignments where they theoretically plan their own prevention or awareness program for the University of Maryland campus community. Students who become a Peer Leader during year two may have the opportunity to implement this program on campus. This course also provides advanced training in the skills necessary to serve as an effective Peer Educator under the University Health Center. Peer Educators will continue to provide outreach and education to the campus community through various outreach events, workshops, and more.

**Prerequisite:** Students must complete an interview before enrolling in this course; and minimum grade of B- in PEER312.

**Restriction:** Minimum cumulative GPA of 2.5; and permission of instructor.

**Credit Only Granted for:** HLTH382 or PEER322.

**Formerly:** HLTH382.

**Additional Information:** In addition to the weekly class lectures and experiential learning opportunities facilitating educational outreach on campus, advanced peer educators will meet weekly in groups. These group meetings will provide a space for the students to incorporate class content to enhance the design, development, and evaluation of a sexual assault prevention or awareness program for the University of Maryland campus community. Coordinators will meet with student groups to facilitate and supervise this process.

**PEER323 Advanced Peer Education: Alcohol and Other Drugs Education (3 Credits)**

PEER 323 is a three-credit, interdisciplinary course building upon the alcohol and other drugs (AOD) education knowledge gained during PEER 313. Students will gain a fundamental understanding of program planning basics through a series of assignments where they theoretically plan their own wellness program for the University of Maryland campus community. Students who become Peer Leaders during year two (PEER338) may have the opportunity to implement this program on campus. This course also provides advanced training in the skills necessary to serve as an effective Peer Educator under the University Health Center. Peer Educators will continue to provide outreach and education to the campus community through various outreach events, workshops, and more.

**Prerequisite:** Students must complete an interview before enrolling in this course; and minimum grade of B- in PEER313.

**Restriction:** Minimum cumulative GPA of 2.5; and permission of instructor.

**Credit Only Granted for:** HLTH380 or PEER323.

**Formerly:** HLTH380.

**Additional Information:** In addition to the weekly class lectures and experiential learning opportunities facilitating educational outreach on campus, advanced peer educators will meet weekly in groups. These group meetings will provide a space for the students to incorporate class content to enhance the design, development, and evaluation of an alcohol and other drugs education program for the University of Maryland campus community. Coordinators will meet with student groups to facilitate and supervise this process.

**PEER324 Advanced Peer Education: Sexual Health & Wellness (3 Credits)**

PEER 324 is a three-credit, interdisciplinary course building upon the sexual health and wellness knowledge gained during PEER 314. Students will gain a fundamental understanding of program planning basics through a series of assignments where they theoretically plan their own wellness program for the University of Maryland campus community. Students who become Peer Leaders during year two (PEER338) may have the opportunity to implement this program on campus. This course also provides advanced training in the skills necessary to serve as an effective Peer Educator under the University Health Center. Peer Educators will continue to provide outreach and education to the campus community through various outreach events, workshops, and more.

**Prerequisite:** Students must complete an interview before enrolling in this course; and minimum grade of B- in PEER314.

**Restriction:** Minimum cumulative GPA of 2.5; and permission of instructor.

**Credit Only Granted for:** HLTH383 or PEER324.

**Formerly:** HLTH383.

**Additional Information:** In addition to the weekly class lectures and experiential learning opportunities facilitating educational outreach on campus, advanced peer educators will meet weekly in groups. These group meetings will provide a space for the students to incorporate class content to enhance the design, development, and evaluation of a sexual health and wellness program for the University of Maryland campus community. Coordinators will meet with student groups to facilitate and supervise this process.

**PEER338 PEER LEADERSHIP AND EDUCATION (3 Credits)**

An interdisciplinary independent study designed to enhance the scope of learning around UHC peer education topics and train students to serve as leaders for those enrolled in first year peer courses, PEER31X and PEER32X. Second year peers are trained to facilitate intersectional and advanced health education dialogue, as well as serve in leadership roles for the course in which they were previously enrolled, PEER31X and PEER32X. Additionally, Peer Leader responsibilities include creating and implementing campus wide events to promote learning around the intersections between UHC peer education group topics (power-based violence, sexual health, alcohol and other drugs, stress and mental health). Peer Leaders will have different responsibilities based on the programmatic needs and goals of the semester.

**Prerequisite:** 1 course with a minimum grade of B- from (PEER321, PEER322, PEER323, PEER324).

**Restriction:** Minimum cumulative GPA of 3.0.

**Repeatable to:** 6 credits.