

# **Study Guide for Peer Educators**

## **Part 1**

- Begin with introducing yourselves, what school you go to, year, major, and how you got involved with your own peer education program.
- Explain the program. “ Now we are going to watch a 20 minute video about alcohol and it’s effects. These are real stories and real people. The only actors you will see are the really small party scenes. While watching, try and pick out anything you want more information on or have a question about since we will be discussing the video after.”

## **Part 2**

- Watch Video
- Make sure to watch the audience’s reactions. Note any parts of the video people had comments to or seem shocked about. You may want to bring those certain parts up to discuss later.

## **Part 3**

- Start off by asking if anyone has any questions or comments. Try to draw people into starting their own discussion.
- If there are no questions/comments, begin with one of the discussion points listed in the study guide. Go with the flow of the discussion but make sure to keep on task. It is very easy to get distracted or get stuck on one point if there are strong opinions.

## **Points to Stress**

- 1. Just because you are not driving does not mean the people you are with are not drunk either.**
- 2. Make sure to eat before drinking. Drinking on an empty stomach will only cause problems later down the road.**
- 3. Know your limits. Be aware and careful not to binge drink especially if playing drinking games.**
- 4. Be aware of your surroundings whether you are drinking or not.**
- 5. Stay in groups. Never leave a party or bar alone. Have a designated get together spot in case you and your friends get detached.**
- 6. Learn from your experiences. If something does go wrong, make sure to discuss it with someone or get help.**