

# **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 about real people. 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. Don’t be scared to join groups. It can be an essential part of your college experience.**
- 2. Research what groups you want to join. See if they have a national headquarters, check school newspapers, and talk to other students.**
- 3. Don’t only have friends in the group you are joining. Not only in case of an emergency, but just to get outside opinions on areas of your life.**
- 4. If you have a gut feeling that something is wrong, trust it. Better safe than sorry.**
- 5. Have a safe exit plan in case you do decide that group is not for you.**