

BEYOND HUNGER PEER EDUCATION PROGRAM INFORMATION

Dear Prospective Participant:

Thank you for your interest in Beyond Hunger and our *Peer Education Program*. We are very excited about this work and about incorporating new peers. Below you will find an overview of the program, information about Beyond Hunger's philosophy, information about the commitment necessary and the benefits of being involved, a letter to parents, an application, and contracts. Please feel free to contact us at Beyond Hunger at any time with questions or thoughts about the program. If you are interested in participating after looking through this information packet, please share the information with your parent(s) or guardian, and complete an application. Please submit your application to us as soon as possible either by mail, email or fax. Thank you for your interest.

OVERVIEW:

Beyond Hunger developed the *Peer Education Program* in 2004 to promote positive body image and prevent eating disorders. We are excited to continue our *Peer Education Program* in 2016-2017 providing eating disorder prevention presentations in schools and community centers. We will conduct a one-day training for the peer educators to learn how to: educate other teens about the consequences of dieting and eating disorders, the power of acceptance of diversity in body size, coping with feelings to prevent food and weight issues, and the concept of Health at Every Size; a research-based paradigm of health and weight.

Adult facilitators will assist peer educators as they educate middle school and high school students during classroom presentations. Additionally, we offer teacher and school counselor training, and parent education.

We will collaborate with peers to address situations that may contribute to the development of body dissatisfaction and eating disorders and support peers to constructively address these conditions on their school sites. We provide resources for community treatment services. Peer educators are invited to participate in our *Peer Education Program*, regardless of having been identified with eating problems or not.

Here is some feedback from some of our peer educators:

- ❖ My experience as a peer educator has changed my life. I love sharing my personal experience to help other people as well as teaching philosophies that promote a healthy body image.
- ❖ Being a peer educator has helped me get to know myself better. Eating disorders are really hidden in this society. Contributing to raising awareness is a great feeling. It's not only about anorexia, bulimia and compulsive overeating but health overall.

BEYOND HUNGER PHILOSOPHY

Beyond Hunger has a three prong approach to educating and supporting people struggling with body image issues and disordered eating:

Beyond Hunger, Inc. P.O. Box 151148 San Rafael CA 94915
info@beyondhunger.org Phone: (415) 459-2270 Fax: (415) 459-2279

1) **Body Acceptance** (*body image*):

In this culture, individuals learn to value an unrealistic and unattainable “perfect body” and equate thinness with being “good, attractive, and worthy”. Feelings of low self-worth and self-doubt become misplaced upon bodies, creating a very negative and sometimes abusive relationship with their bodies. People can recreate their relationship with their bodies by healing the body shame and developing acceptance for their natural bodies.

2) **Intuitive Eating** (*relationship with food*):

People struggling with food and weight issues are usually out of touch with the physiological cues that signal hunger and satisfaction. The restrictive nature of most diets leads to feelings of deprivation and can actually worsen compulsive behavior, leading to the diet/binge cycle. By re-learning to eat intuitively, people can base their food choices on internal bodily signals of hunger, satisfaction, and fullness.

3) **Emotional Intelligence** (*feelings*):

The symptoms or behaviors of eating disorders (overeating, under-eating, and the obsession with food and weight) are often developed by people as ways of coping with psychological stress. In order to create alternative ways to meet their emotional and spiritual needs, it is first necessary to develop emotional wisdom: the ability to identify, express and process emotions.

BENEFITS OF BEING A PEER EDUCATOR:

- ❖ Learn about and explore issues of body image, and creating a healthy relationship with food and weight.
- ❖ Impact others who may be struggling with issues around body image.
- ❖ Help to prevent eating disorders.
- ❖ Receive school “internship” credit, or community service hours.
- ❖ Become a part of a team of young people working toward a common goal.

COMMITMENT REQUIRED:

- ❖ Attend meetings on the 2nd & 4th Tuesday of the month from 4:30-6 p.m. (October through May).
- ❖ Conduct presentations regularly (a minimum of 2 per month during the school year)
- ❖ Be on time and prepared for every presentation you sign up for
- ❖ Find a substitute to present for you if you are unable to do a presentation you signed up for

IMPORTANT INSTRUCTIONS

If you would like to apply to participate:

- 1. Please download and complete the peer education application and return via email to: laureleeroark@gmail.com with “Peer Ed Application” in the subject line.**
- 2. After submitting your application, please download & print the student contract and parent consent forms (if under 18) and submit them completed by mail (Beyond Hunger: P.O. Box 151148, San Rafael, CA 94915).**

Please note that you will not be able to attend any meetings or trainings until the contract and consent forms are received.

Thank you for your interest!

STUDENT CONTRACT

In committing to work with Beyond Hunger as a Peer Educator in the Fall of 2015 through the Spring 2016 (you may commit one semester at a time – but please note that in our application), I agree to the following:

1. I will join Beyond Hunger's Peer Educator Team and meet two times a month on the 2nd & 4th Tuesdays of each month from 4:30-6 p.m.
2. I will attend a ½ day training on a Saturday in the fall (date TBD – we will do our best to accommodate schedules so everyone can attend).
3. I will be a peer educator and will participate in presentations at schools and community events from October 2015 through May 2016.
4. I will provide classroom/community presentations at least once per month (presentations can be full days or partial days or evenings) throughout the school year with other peer educators and Beyond Hunger facilitators.
5. If it turns out for any reason that I am unable to conduct a presentation I signed up for I will find a replacement and notify Beyond Hunger staff.
6. I will be available to meet on my school campus with Beyond Hunger staff to coordinate eating disorder prevention efforts.
7. I agree to make up any class work I miss because of my participation in Beyond Hunger's *Peer Education Program*.
8. I will secure my parent or guardian's consent for the above.
9. I agree to give my permission for Beyond Hunger staff to consult with my parent/guardian about any serious concerns about my participation in the *Peer Education Program*.

Name of Participant

Signature of Participant

Name of Parent(s)/Guardian

Signature(s) of Parent(s)/Guardian

Date

E-mail address

Phone number(s)

Street Address

City

Zip Code

INFORMATION FOR PARENTS

Dear parent/guardian of prospective participant:

Your son or daughter has expressed interest in becoming involved in Beyond Hunger's *Peer Education Program*. Beyond Hunger is a non-profit organization that has been working with people struggling with food and weight issues for over 23 years. We believe that raising awareness and early identification is the key to stopping the increase of eating disorders among young women and men in our community. We also believe that youth educating their peers is the most effective way for young people to learn and to make an impact.

We have been providing school and community education for seven years through classroom presentations, workshops, parent presentations, and community agency presentations. We began incorporating peer educators into our presentations in 2004 and are excited to continue this effective program.

The peer educators we have worked with expressed how much they learned about eating disorder prevention, how rewarding it was to make an impact on their peers, and how much they enjoyed being part of a supportive group of young people working toward a common goal. We are excited about working with a new group of peers, and hope that you will support your son or daughter to become part of the program if it seems like a good match.

If your child becomes part of our program we also request that you support her/him in keeping her/his commitment to the program. This commitment includes attending an orientation with the Coordinator, 2 meetings per month October through May, and showing up on time and prepared to the presentations he/she is signed up for (minimum of two per month). In addition, you will be asked to sign a Parental Consent Form.

Please feel free to contact us at Beyond Hunger with any questions.

We are excited about this opportunity and look forward to working together! You may reach us at (415) 459-2270.

Best wishes,
Laurelee Roark
laureleeroark@gmail.com
Peer Education Coordinator

PARENTAL CONSENT FORM

Your child has been invited to participate as a peer educator in an eating disorders prevention program. We request your support in helping your child follow through with the below commitments. Our goal is to reduce body dissatisfaction and eating disorders. To participate, your child commits to the following:

1. She/he will be a body image and eating disorders prevention peer educator for the Fall 2015 through the Spring 2016.
2. She/he will provide classroom/community education to at least 5 schools or community agencies with other peer educators.
3. If for any reason she/he is unable to provide a presentation she/he is signed up for, she/he is responsible for finding a replacement and notifying Beyond Hunger staff.
4. She/he will be available to meet on her/his school campus with Beyond Hunger staff to coordinate eating disorders prevention efforts.
5. She/he will meet with the Beyond Hunger team two times a month from 4:30 – 6 p.m. on the second and fourth Tuesday of every month from October through May. There is no meeting during winter break.
6. She/he agrees to make up any class work she/he misses because of her/his participation in Beyond Hunger's *Peer Education Program*.

We will be attending community events, and presentations at various school sites, which requires permission for your child to carpool with other students and Beyond Hunger staff.

Parental Authorization and Waiver: I am the parent or guardian of the minor named below and have legal authority to execute consent to all of the above activities. By signing below, I hereby indicate my consent to his/her participation as a peer educator as described above.

In addition, I understand that the activities will require driving and/or carpooling to and from various community events and school sites and hereby waive and release Beyond Hunger, Inc., its Staff, Board of Directors, and each individual Board Member of all liability, including liability that may result from negligence, for any and all injuries, claims or damages arising from or resulting from the participation of the minor named below in the above-described activities.

Name of Participant

Name of Parents/Guardians

Signature of Parent/Guardian

Date

E-mail Address

Address

Phone Number

Emergency Contact Name

Relationship to Participant

Emergency Contact Phone Number