

THRIVE PEER EDUCATORS

EMPOWERING STUDENT LEADERS TO SUPPORT HEALTH & WELL-BEING AT DU



Part of the Health Promotion team in DU's Health & Counseling Center, the *Thrive Peer Educators* are a passionate group of undergraduate student leaders who promote the health and well-being of the DU community through education and engagement. Thrive Peer Educators develop programs and implement outreach efforts on mental health, alcohol & other drug education, sexual health and gender violence prevention.

They also serve as HCC ambassadors and liaisons between the DU community and health professionals. Thrive Peer Educators receive 30+ hours of professional development training and work 30-40 hours per quarter.

THRIVE PEER EDUCATORS...

- Facilitate Intervene: DU, an active bystander workshop for all new undergraduates on how to identify and take action in situations related to mental health crises, alcohol and other drug emergencies, acts of bias, and gender violence
- Plan and host educational outreach events in conjunction with Mental Health Awareness Week, National Collegiate Alcohol Awareness Week, Domestic Violence Awareness Month and other observances
- Provide the Thriving On Your 21st Birthday program to help students celebrate 21st birthdays more safely and enjoyably
- Distribute Pleasure Packs to help students access free safer sex and self-care supplies
- And much, much more!



THRIVE
PEER HEALTH
EDUCATORS

MEET THE

THRIVE PEER EDUCATORS



WHAT THRIVE PEER EDUCATORS ARE SAYING:

- My role as a peer educator allows me to make a real difference in the DU community. I love the opportunity to engage in dialogue and learn with my peers about incredibly salient topics to college living.
- I love being a peer educator because it makes me feel like I am a part of making our campus a safer and more equitable place.
- Being a peer educator has been one of the most rewarding experiences in my undergrad. I have met equally passionate and kind people and am able to engage in important discussions about topics that impact college students every day.
- I believe it's important for every student to have the assistance and encouragement they need to succeed in both academics and personal health. I very much enjoy offering support, giving advice, and providing resources to students so that they are motivated to make safer and healthier choices. While being a peer educator is a big responsibility, you can take satisfaction in knowing that you are helping your fellow students thrive!
- i love my job as a peer educator because it allows me to connect with my peers about topics that I care deeply about and work within a team that is equally as passionate about wellness and mental health equity and health equality.