



# WHAT DOES IT TAKE TO BE A PEER EDUCATOR?\*

## ▶ ABOUT THIS ACTIVITY

 **Time:** 45 minutes

 **Objectives:** By the end of this session, participants will be able to:

- Identify core qualities, skill set needed and information/knowledge required to be a peer educator.

 **Training Methods:** Individual Activity, Large Group Discussion

 **In This Activity You Will...**

- Share definitions with group (25 minutes).
- Engage group by asking questions about their lab values (10 minutes).
- Lead a group discussion to summarize (10 minutes).

 **Materials:**

- Laminated cards with headings for each category (Knowledge, Skills, Qualities)
- Laminated cards with knowledge, skills and qualities concepts/phrases
- Newsprint with definitions-  
Knowledge- information acquired through experience or education.  
Skills- action, the ability to do something well  
Qualities- characteristics of a person
- Handout-List of knowledge, skills and qualities
- Masking Tape

(continued next page)

## Instructions

1. Distribute 2-4 cards to each participant from the knowledge, skills and qualities laminated cards until all are distributed.
2. Let participants know that they should use the masking tape to tape their phrases/concepts to the assigned category.
3. Tell participants that they can work individually on this activity or can problem-solve with each other if questions arise in assigning a concept/phrase to a category.
4. Give participants 5 minutes to tape concepts/phrases into categories.
5. Ask participants the following questions and facilitate discussion:

## Discussion Questions

- Review each heading and matching concept/phrase.
- Ask group if there are additional concepts/phrases that they would associate with the headings.
- Assure group that these lists change based on the responsibility of peers in different settings.
- A list of knowledge, skills and qualities of a Peer Educator is in your participant manual.

\* This module comes from the Missouri People to People Training Manual, 2008.

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## ABOUT THIS ACTIVITY (CONT.)



### Preparation:

- Prepare laminated cards with headings
- Prepare laminated cards with concepts/phrases
- Prepare Newsprint with definitions
- Tape categories/headings to a wall in the room to form 3 columns
- Prepare pieces of masking tape that participants will use to attach the concepts/phrases assigned to the 3 categories.

## Summary

- Tell participants that there is a wealth of knowledge that Peer Educators have and are able share with clients.
- There are specific skills and qualities that make an effective peer educator.
- Tell participants that activity provides a snapshot of the knowledge and skills they will be trained on in Level II to help them become a Peer Educator.

\* This module is part of the online toolkit *Building Blocks to Peer Success*. For more information, visit [http://www.hdwg.org/peer\\_center/training\\_toolkit](http://www.hdwg.org/peer_center/training_toolkit). This module comes from the Missouri People to People Training Manual, 2008.

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## SESSION HANDOUT

### KNOWLEDGE LIST

1. Basic HIV 101
2. Modes of HIV transmission
3. Risk Reduction Strategies
4. Aware of community services that are available to clients
5. HIV Viral Life Cycle
6. How to disclose HIV diagnosis
7. How to describe CD4 and Viral Load results
8. Understand drug resistance
9. Basic principles of effective communication
10. Where to get STD testing
11. Name/know about opportunistic infections
12. Medication side effects
13. Knows what videos, pamphlets are good resources for patients
14. Aware of HIV State Laws
15. Where to get an HIV test
16. Daily tasks peer educators complete
17. Understand workplace code of conduct
18. Understand paperwork needed for client chart

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## SESSION HANDOUT (cont.)

### SKILLS LIST

1. Ability to read and write
2. Can read verbal and nonverbal cues
3. Develops trust and engage a client
4. Can get client information as needed
5. Ability to manage time
6. Active listening
7. Effective communicator
8. Ability to ask open ended questions
9. Gives options
10. Can document services provided to a client
11. Advocates for client
12. Ability to coach a client
13. Ability to use videos/computer
14. Speaks clearly
15. Can brainstorm ideas with clients
16. Problem solver
17. Models behavior change

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## SESSION HANDOUT (cont.)

### QUALITIES LIST

1. Open-minded
2. Non-Judgmental
3. Flexible
4. Patience
5. Compassionate
6. Connect with others
7. Truthful
8. Supportive
9. Positive attitude
10. Encouraging
11. Focused
12. Sincere
13. Respectful
14. Warm
15. Interested
16. Assertive
17. Empowers others