Contents

Handouts vii

Introduction ix

Icon Key xvi

Session 1. Becoming a Peer Helper 1
   Introducing the Training .................................................................1
   Introducing Group Members ..........................................................2
   Confidentiality ................................................................................3
   Introducing the Skill of Observing ..................................................3
   Establishing Group Boundaries and Expectations .........................5
   Reflecting on Assets .......................................................................6
   Homework Assignment ....................................................................7
   Notes for Leaders ..........................................................................8

Session 2. Assets You Need to Be a Peer Helper 17
   Summary of the Previous Session and Purpose of This Session .....18
   Understanding Peer Helping ..........................................................18
   Initiating a Social Relationship ......................................................19
   Reviewing Guidelines for Starting Conversations .........................20
   Reflecting on Mona’s Story ............................................................20
   Introducing the 40 Developmental Assets .......................................22
   Reflecting on Assets .....................................................................22
   Homework Assignment ...................................................................23
   Notes for Leaders .........................................................................24

Session 3. Recognizing and Using the Assets You Have 29
   Summary of the Previous Session and Purpose of This Session ....30
   Talking about Someone Important in Your Life ............................30
   Receiving Help from Others ..........................................................31
   Reflecting on Assets .....................................................................32
   Homework Assignment ...................................................................32
   Notes for Leaders .........................................................................33
Session 4. The Mission of Peer Helping 35
Summary of the Previous Session and Purpose of This Session ....36
Sharing Achievements .................................................................36
The Thought Card .....................................................................38
Peer-Helping Mission Statement ..............................................39
Reflecting on Assets ..................................................................40
Homework Assignment .............................................................40
Notes for Leaders .....................................................................41

Session 5. Communication Skills: Asking Questions 43
Summary of the Previous Session and Purpose of This Session ....44
Demonstrating Four Types of Questions ...................................45
Practicing Questioning Skills ...................................................47
Reflecting on Assets ..................................................................48
Homework Assignment .............................................................48
Notes for Leaders .....................................................................49

Session 6. Communication Skills: Listening 51
Summary of the Previous Session and Purpose of This Session ....51
Secret Visitor Interview ..............................................................52
Introduction to Listening ...........................................................53
A Listening Experience: The Kris Story ....................................53
Listening for Assets ....................................................................56
Reflecting on Assets ..................................................................57
Homework Assignment .............................................................57
Notes for Leaders .....................................................................58

Session 7. Communication Skills:
Listening for Content and Feelings 59
Summary of the Previous Session and Purpose of This Session ....60
Practicing Types of Responses ..................................................60
Sharing an Important Experience ..............................................61
Developing a Feelings Vocabulary ............................................61
Reflecting on Assets ..................................................................62
Homework Assignment .............................................................62
Notes for Leaders .....................................................................63

Session 8. Assertiveness Skills: Expressing Rights and Desires 67
Summary of the Previous Session and Purpose of This Session ....67
Identifying Stressful Relationships ..........................................68
Three Methods of Responding .................................................69
Assertiveness Gains and Losses ..............................................69
Practicing What They Have Learned .................................................70
Reflecting on Assets ............................................................................70
Homework Assignment ......................................................................71
Notes for Leaders ................................................................................72

Session 9. Assertiveness Skills: Dealing with Peer Pressure 75
Summary of the Previous Session and Purpose of This Session ....76
What Does Peer Pressure Involve? ....................................................77
Values and Vulnerabilities ..................................................................78
Experiencing Negative Peer Pressure ................................................79
Effective Ways of Dealing with Negative Peer Pressure .................79
Reflecting on Assets ............................................................................80
Homework Assignment ......................................................................80
Notes for Leaders ................................................................................81

Session 10. Assertiveness Skills: Managing Sensitive Issues 83
Summary of the Previous Two Sessions and Purpose of This Session ...84
Identifying Sensitive Issues ...............................................................84
Practice Talking about a Sensitive Issue ............................................86
Guidelines for Handling Sensitive Issues and Detours .....................87
Final Sensitive-Issue Practice .............................................................87
Reflecting on Assets ..........................................................................89
Homework Assignment .....................................................................89
Notes for Leaders ............................................................................90

Session 11. Confidentiality and Decision Making 97
Summary of the Previous Session and Transition to the Next Two Sessions ...............................................................98
Confidentiality and Trust .................................................................98
Experiencing Levels of Trust ............................................................99
Decision Agent Activity ......................................................................101
Reflecting on Assets .........................................................................103
Homework Assignment ...................................................................104
Notes for Leaders ............................................................................104

Session 12. Decision Making as a Process 107
Summary of the Previous Session and Purpose of This Session 108
Introducing the Decision-Making Model .......................................108
Ethical and Legal Issues .................................................................110
Reflecting on Assets .........................................................................110