

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 |

| | |
|---|------------|
| Homework Assignment..... | 111 |
| Notes for Leaders..... | 111 |
| Session 13. Conflict Mediation Skills—Part 1 | 117 |
| Summary of the Previous Session and Purpose of This Session | 118 |
| Experience with Conflicts | 118 |
| Perceptual Skills: The Visitor Interview | 119 |
| Perceptions of Group Members | 121 |
| Sharing Perceptions..... | 121 |
| Reflecting on Assets | 122 |
| Homework Assignment..... | 122 |
| Notes for Leaders..... | 123 |
| Session 14. Conflict Mediation Skills—Part 2 | 125 |
| Summary of the Previous Session and Purpose of This Session | 126 |
| Demonstrating the Steps of Mediation..... | 126 |
| Practicing the Mediation Process..... | 129 |
| Distributing Class Perceptions | 130 |
| Reflecting on Assets | 130 |
| Homework Assignment..... | 130 |
| Notes for Leaders..... | 131 |
| Session 15. Asset Building as a Life Choice | 137 |
| Summary of the Previous Session and Purpose of This Session | 138 |
| Evaluating the Value of Peer-Helping Training..... | 138 |
| Identifying 40 Assets Game | 139 |
| Recognition of Training Completion..... | 140 |
| Notes for Leaders | 140 |
| APPENDIXES | 149 |
| National Peer Helpers Association Programmatic Standards | 150 |
| National Peer Helpers Association Code of Ethics | |
| For Peer Helping Professionals | 157 |
| National Peer Helpers Association Code of Ethics | |
| For Peer Helpers | 158 |