



## What Is Peer Helping

Peer Helping is a variety of supportive services initiated by peers of elementary, middle, and high school students in diverse settings. Peer Helpers are young people who are trained and supervised by professionals who adhere to ethics and standards of The Jennifer Claire Moore Foundation.

Peer Helper students are taught a set of core skills that empower them to assist fellow students with emotional, societal, behavioral, and educational challenges they face in day-to-day life. The 17-week course is an accredited elective for Middle and High school students. If the course is not offered, Peer Helping can be a club as it is in Intermediate and Elementary schools. The program covers several of the issues that affect our youth today, such as:

bullying | parental divorce | body image | family sickness | grief and coping | depression

## Why Peer Helping

The concept of Peer Helping is based on the fact that when a young person is seeking help, validation or guidance, they turn to a peer first and reach out to their parents much later, if at all. Therefore, it is our youth that we will continue to empower to support one another because they make the greatest positive impact.

## Roles Of Peer Helpers

Peer helpers serve as tutors, mentors, mediators, and advocates for their peers and assist new students in transitioning between schools and communities.

## Benefits of Peer Helping

The Peer Helper program has helped students stay in school, avoid risky behaviors, graduate, choose not to commit suicide, and make administrators aware of students' situations at home that required social services intervention. The program has helped students continue in school while they were homeless, thrive after drug overdoses, overcome bullying, improve their grades, and get connected to other students for the first time in their lives.

The program provides role models and assistance to children who may have none at home. Schools have become overburdened with discipline and learning issues that often stem from a lack of parenting or adult supervision, and the system has neither the means nor the obligation to address parenting problems. Peer Helpers can fill the void for students who need time and attention to help guide them through their education.

## Jennifer Claire Moore Foundation's Role

Over the past 18 years, the Jennifer Claire Moore Foundation has developed and implemented Peer Helper Programs in 47 schools, public and private, in Baldwin County, Alabama. Not only have these programs been successful, the program has exceeded their expectations.

A former Superintendent of The Baldwin County Board of Education stated, "I'm convinced that the Peer Helper Program is the most valuable thing that schools have." Building on the success of the programs in Baldwin County, the Jennifer Claire Moore Foundation is now thrilled to assist other school systems wishing to implement their own program similar to the Baldwin County, Alabama model.

Be the *good...* Show the *way...* Lend a *hand!*

To learn more about Peer Helper Programs and how the the Jennifer Claire Moore Foundation can help:

[jennifermoorefoundation.com](http://jennifermoorefoundation.com) | 251.971.3633

