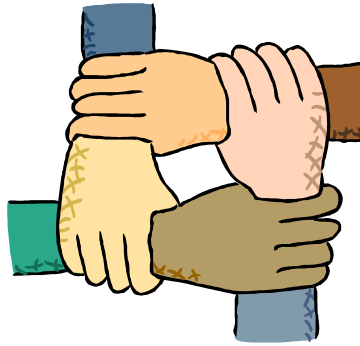


Peer Helper Program



What is a Peer Helper?

Teens talk most often with their friends when they are troubled, so De La Salle offers training to select students so that they are better prepared to assist their peers when they need it. DLSNC's Peer Helpers are nominated by their peers and go through an extensive application process to be chosen as a peer helper. They then participate in 16 hours of training throughout the year on basic counseling and communication skills, understanding common teen issues, and recognizing warning signs. Peer Helpers are available to listen to you and offer support or practical advice if you need it.

Why should I talk to a Peer Helper?

If you are having a conflict with a friend, teacher or family member, it can help to talk to a friend. But sometimes, it can be helpful to talk to a person outside your social group. Peer Helpers can offer a listening ear and support to help you solve your problems, or just practical advice!

How can I talk to a Peer Helper?

There are three ways that you can arrange to talk to a peer helper.

1. All incoming freshmen and transfers to DLSNC are assigned a Peer Helper to welcome them to the school. If you wish, you can talk to yours. If you don't know who yours is, you can ask one of the Peer Helper Staff (Ms. Wood, Ms. Rogers or Mr. Nagle).
2. You can speak to one of the Peer Helper Staff to request a peer helper. They will try to match you with one who can best help you.
3. You can fill out a Peer Helper Request Form (found at the front desk and outside the counseling department) to request a peer helper. If you want a peer helper from a specific grade, or gender, or background, you can indicate this on the form.

General Notes about Peer Helpers

Generally, meetings with peer helpers occur outside of class hours, i.e. before or after school, at lunch, or evenings and weekends. **If you are missing class to meet with a peer helper, you must have permission from Ms. Wood.**

More Info about Peer Helpers

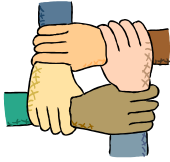
The De La Salle Peer Helper program is based on the rationale that teenagers, like their adult counterparts, talk most often with their friends when they are troubled. Peer relationships are quite powerful, and young people have strong influences on each other. Programs such as Peer Helpers can positively affect these relationships. It is critical that adolescents gain skills and understanding needed to be effective peer helpers.

Traditional peer helper programs teach students to be pro-active helpers by providing them training in: communication skills, identifying limits, understanding adolescent issues, recognizing warning signs, and making referrals. They become empowered through a sense of connectedness and by learning helping skills. By incorporating adaptive interpersonal skills into their life and gaining a clearer and improved sense of self through ongoing training, peer helpers affect positive change in their school.

De La Salle North Catholic High School goes beyond the typical peer helper concept by fostering within each peer helper the call to love our neighbor and love ourselves as Christ does. Peer Helpers draw on that strength to assist us, sustain us, and nourish us.

Peer Helpers have been chosen for the 2010-11 school year. **For a list of this year's peer helpers, see below.** If you are interested in being a peer helper next year, please speak with Ms. Wood, Ms. Rogers, or Mr. Nagle.

For a list of **Peer Helper Training dates**, see below.



Peer Helpers for the 2009-2010 School Year



Seniors (Class of 2011):

Hinsene Ali
Kalauna Carter
Brittany Coleman

Anthony Do
Brenton Douglas
Will Garofalo

JP Henry
Michael Nguyen
Martin Vu

Juniors (Class of 2012):

Rachel Char
Shaniece Curry
Chelsea Filippini
Lorena Hernandez

Andrew Ninen
Carly Percell
Rachel Percell
Bethany Purkapile

Cydnie Smith-McCarthy
Christine Trinh
Tori Ward
Hannah Wadley

Sophomores (Class of 2013):

Arianna Connors
Tabria Etuk
Maria Granados
Gabrielle Green

Rachel Hartley
Eric Hernandez
Elicea Manners
Olivia Martin
Hosana Medhanie

James Niece
Janelle Parrish
Simone Reynolds
Kahlie Ulrich

Peer Helper Staff:

Elizabeth Barr x143
ebarr@dlsnc.org

Jimmy Nagle, x167
jnagle@dlsnc.org

Holly Rogers, x107
hrogers@dlsnc.org

Pam Wood, x103
pwood@dlsnc.org

To download a copy of the [Peer Helper Contract](#), [click here](#).

Peer Helper Training Dates for 2010-11:

- Monday, August 23rd, 9:30am-4:30pm (MANDATORY for all peer helpers!!)
- Friday, September 10th, 3:30-5pm
- Friday, October 1st, 3:30-5pm
- Friday, November 12th, 3:30-5pm
- Friday, January 14th, 3:30-5pm
- Friday, February 11th, 3:30-5pm
- Friday, March 4th, 3:30-5pm
- Friday, April 8th, 3:30-5pm
- Friday, May 20th, 3:30-5pm
- June: TBA---year end celebration!!!