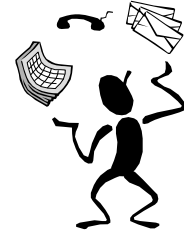




Natural Helpers® Training

A Unique Peer-Helping Program For Students In Grades 7-12



The Natural Helpers® peer-helping program is based on a simple premise: within every school, an informal "helping network" already exists. Students with problems naturally seek out other students - and also adults - whom they trust. This program taps into and uses this helping network to disseminate as much accurate information as possible to all students. It provides training to students and adults who are already serving as helpers, giving them skills to help others more effectively.

The program uses a unique selection process that guarantees all subgroups in the high school will be represented by a Natural Helper. An anonymous school-wide survey identifies a cross-section of students and school adults. Then these identified persons are invited to attend training where they learn listening skills, knowing when friends need help, expressing care and concern, recognizing situations that require professional help and contacting these resources. Following the training, adult advisors monitor the Natural Helpers® and provide additional training and support as needed. The newly revised Natural Helpers® curriculum provides a strong message on referrals, emphasizes monitoring the Helpers, and contains a comprehensive, yet easy, way to evaluate the program.

RETREAT TRAINING TOPICS:

- Taking good care of myself
- Stereotypes
- Listening Skills
- Building trust
- Helping Skills
- Supporting friends
- Expressing limits
- Making referrals
- Teaching others

ONGOING TRAINING:

- Suicide
- HIV/AIDS
- Racism
- Abuse
- Pregnancy
- Violence
- Chemical Dependency
- Eating Disorders

The NE Prevention Resource Center has staff trained in the Natural Helpers program. If you are interested in getting a Natural Helpers program started in your school district, please call for assistance. The training is usually a two day retreat at a location away from school.

For more information, please contact Dodi Haug at (605) 884-3516 or dodih@humanserviceagency.org.