

PROTECTING YOU/PROTECTING ME

Classroom-based peer helping program for high schools

Required Class Structure

The youth implementation model of Protecting You/Protecting Me (PY/PM) involves delivery of the PY/PM curriculum to elementary students in grades 1-5 by high school junior and senior students enrolled in a peer helping/leadership type class, teacher prep course, natural helpers class, or similar class structure. The course should be curricular-based, classroom-based, and credit-bearing and students are selected through a systematic and rigorous process. An ideal group would be about 22 students. Establishing the proper class structure is essential for developing a successful program. The class structure allows for extensive training of the high school students on the latest brain information, the impact of alcohol on the developing brain, child development and classroom management strategies. During the class the students prepare for lesson delivery, rehearse the lessons and de-brief once the lesson has been taught. The high school student's travel to the feeder elementary school to deliver the PY/PM lessons during their peer helping class at the high school

Program

The course inspires and supports students in their pursuit of becoming change agents in their schools and communities through involvement in peer assistance, leadership and service learning. Students in the course have structured opportunities for:

1. Assistance: serving as trained peer helpers to deliver PY/PM to feeder elementary schools;
2. Leadership: taking a leadership role in inspiring and engaging other young people to become involved in service-related programs and activities; and
3. Service: initiating and leading service learning-related projects and services in their schools and communities.

The course provides experiential learning for young people, and participants receive ongoing training to build and strengthen a variety of helping skills. The PY/PM class is:

- limited to juniors and seniors who have a high level of trust among their fellow students;
- made up of students who agree to and abide by youth-generated norms for responsible behavior, including norms related to alcohol and other drugs;
- comprised of a diverse group of students who are representative of the social and ethnic makeup of the student body as a whole;