



# Communities and Schools Promoting Health

A Gateway to information on comprehensive school health (CSH) and health promoting schools (HPS)  
 Providing links to research, reports, how-to manuals, planning & assessment tools, lesson plans and student webquests

## Understanding CSH

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List of Resources/Research

## Youth Engagement Through Schools: Peer/Helper Programs



### Background Information

- Key Organizations
- Research/Reports/Initiatives

This page lists several web-based documents describing peer helper programs. Peer helper programs can address a variety of academic, recreational, social, health and other needs. They are delivered in a variety of formats in schools and within the community.

[Explanations](#), [Evidence](#), [Planning/Best Practices Guides](#), [Assessment /Evaluation Tools](#), [Online Training/Training Programs](#), [Programs/Materials](#), [Examples](#)



### Policy/Program Development

- Working With Youth
- Policy Models
- Planning/Assessment Tools

### Explanations (Summaries, Articles, Fact Sheets)

[Peer Helping Standards](#) (Peer Resources)  
[Peer-Tutoring: Toward a New Model](#). ERIC Digest (ERIC Clearinghouse on Teaching and Teacher Education)  
[What Are Peer Programs?](#) (California Association of Peer Programs)  
[Peer and Cross-Age Tutoring](#) (Northwest Regional Educational Laboratory)  
[Peer Helping](#) (Manitoba Education and Youth)  
[Someone to Talk to: Peer Helping in High School](#) (Manitoba Library Association)  
[Why Are Peer Important?](#) (National Peer Helpers Association)  
[Positive Peer Pressure: A Transition Perspective](#) (Child & Family Canada)  
[School-Based Mentorship](#) (University of Alberta)  
[Peers as Sources of Problems](#) (Canadian Youth Foundation)



### Comprehensive Programs

- Community-based
- Community and School



### Whole School Programs

- School Climate/Policies
- Staff/Volunteer Training
- Consulting Students
- Student Representatives

### Evidence

[Annotated Bibliography](#) (Peer Resources)  
[The Peer Helping Annotated and Indexed Bibliography](#) (Peer Resources)  
[What Are Peer Programs?](#) (California Association of Peer Programs)  
[Peer and Cross-Age Tutoring](#) (Northwest Regional Educational Laboratory)  
[Presentation for the 2nd International Drugs and Young People Conference](#) (Bleeker A)  
[Youth for Youth: Piecing Together the Peer Education Jigsaw](#) (Joanne McDonald, Jill Grove, Youth Advisory Forum Members)  
[Peer Helper Program for out of the Mainstream Youth](#) (Health Canada)  
[Peer Support and Student Leadership Programs](#) (University of Alberta)  
[Models for Mentorship Programs in Schools K-12](#) (University of Alberta)  
[The Adolescent Girls' Mentorship Study](#) (Centre for Youth & Society)  
[Studies of School-based Mentorship Programs](#) (University of Alberta)



### Instructional Programs

- Active Learning
- Project-based Learning
- Online Learning
- Community Service Learning

### Planning/Best Practices Guides

[Volunteer Mentorship Programs K-12](#) (Alberta Teachers Association)  
[Peer Support Leadership Programs](#) (Alberta Teachers Association)  
[National Peer Trainer Certification](#) (Peer Resources)  
[National Peer Trainer Certification](#) (Peer Resources)  
[Program Checklist](#) (National Peer Helpers Association)  
[Leadership is Helping Others](#) (CASAA)  
[National Peer Helpers Association](#)  
[National Peer Helpers Association Programmatic Standards](#) (National Peer Helpers Association)



### Social Support

- Peer Helper Programs
- Student Leadership Programs
- Student Clubs/Sports
- After School Programs
- Mentoring Programs

### Assessment /Evaluation Tools



### Youth Services

- Empowering/Friendly

[Online Training/Training Programs](#)

### Key Resources



[Peer Helping Standards](#) (Peer Resources)



[Volunteer Mentorship Programs K-12](#) (Alberta Teachers Association)



[National Peer Trainer Certification](#) (Peer Resources)



[Annotated Bibliography](#) (Peer Resources)



[Program Checklist](#) (National Peer Helpers Association)



[Leadership is Helping Others](#) (CASAA)



[Kids Help Phone - Student Ambassadors](#)



[What Are Peer Programs?](#) (California Association of Peer Programs)



[Peer Resources Bookstore](#) (Peer Resources)



[Top Peer Publications](#) (Peer Resources)



[Peer Support Leadership Programs](#) (Alberta Teachers Association)

- **Crisis/Help Lines**      [Tutoring Strategies for Successful Learning](#) (Northwest Regional Educational Laboratory)
- **Advisory Services**      [The Peer Power Centre](#)  
[Video Presentations](#) (University of Alberta)
- **Employment/Education Services**      [Programs/Materials](#)
- **Personal Counseling/Support**      [Peer Resources Bookstore](#) (Peer Resources)  
[Top Peer Publications](#) (Peer Resources)  
[National Peer Helpers Association](#)

Examples

- [Kids Help Phone - Student Ambassadors](#)
- [Tutoring Strategies for Successful Learning](#) (Northwest Regional Educational Laboratory)
- [The Network Program for Schools and Youth](#) (Schools and Youth)

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