

**Bedford High School**  
**Physical Education Department**  
**Jackie Supprise, Program Administrator**  
**Elizabeth Billouin, Health Educator**

**Course Syllabus**

**Course: 9041                      Peer Leadership**

Peer leaders will concentrate on positive methods of dealing with pre-teen and teen stress and depression. Factual information on alcohol and drugs will be presented. Peer leaders will interact with middle school students sharing experiences that will enhance self-esteem, decision making and resisting negative peer pressure. This course will require some after school time.

Periods per cycle: 2

Credit: 2.5

Pre-requisite: Teacher Approval

**I.            Learning Objectives:**

By the completion of this course, the successful student will have learned:

- a. To recognize and accept personal responsibility for one's own wellness and appreciate the impact of individual choices on wellness in the family and community.
- b. To communicate positive thoughts and ideas concerning a variety of health related topics.
- c. To identify personal strengths and weaknesses, and to use this knowledge to contribute to group project dynamic.
- d. To examine the economic, cultural, political, social, and personal values that influence decision-making.
- e. To develop active listening, communication, coping, mediation and problem solving skills.

**II.          Learning Experiences:**

In this course, students will:

- a. Listen to and present class presentations, take notes and actively participate in class discussions.
- b. Complete assigned homework.
- c. Interact positively with the community of BHS.
- d. Present information to a variety of peer audiences through many project based assignments.
- e. Work in-groups to solve problems, and create skits or projects.
- f. Complete all in-class and take-home assessments of learning.

**III.        Course Outline:**

- |   |                   |
|---|-------------------|
| 1. Introduction to team building                    | 10 weeks          |
| 2. Peer training                                    | throughout course |
| 2. Communication and presentations                  | throughout course |
| 3. AIDS awareness and prevention                    | 7 weeks           |
| 4. Bullying awareness and prevention                | 5-6 weeks         |
| 5. Healthy v. unhealthy relationships               | 7-8 weeks         |
| 6. Alcohol awareness and prevention                 | 6-7 weeks         |
| 7. Considering applications for next years PL group | 4 weeks           |

**IV.        Course Materials:**

- In order to keep this course up to date a collection of materials, articles, and curriculum documents will be used.

