

## SWAT Peer Education

Peer education is a powerful tool for helping students learn how to protect their health. There is specific knowledge, and skills that are important to know if a student is going to be able to know how to say no if that is their wish, to say clearly what they are willing to do, to be able to practice safer sex, to deal with coercion, and to use Alcohol in a responsible manner.

In order to provide a program to peers, students need to know why people maintain certain behaviours, and what the literature tells us are the best methods of helping our peers be successful in protecting their health. In the past, members of the SWAT (Sex Without AIDS Today) peer education team have learned this in a 20 hour training program. This plus all their subsequent programs were done on a voluntary basis. We have not moved this training into a 3 credit course N3154, Peer Education For Healthy Living. This course is open to students from any faculty. It is one way that students can receive academic recognition for learning that they have achieved in this program. N3155, follows N3154 and is another 3 credit course containing a practicum in which students will develop skills in delivering peer education programs.

*Students who are interested in registering for these courses are asked to phone Grace Getty at the Faculty of Nursing at 453-4642.*

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perative effect. It helps normalize the physical, mental and emotional responses. One of the step is learning how to control this response in the way that is helpful to our mind and our body. We need to learn to relax.

Some forms of relaxation include: meditation, body awareness, progressive relaxation (a technique where we learn to isolate various muscle groups and relax each one separately - we tense up and then relax these groups); breathing exercises; visualization (a form of meditation where one visualizes a peaceful, calming environment and may be talked through a relaxation process while visualizing this scene); autogenics

(we let ourselves float down into the bed or the chair we are on, feel our own warmth, weight, etc); thought-stopping (useful when we are experiencing negative thoughts - to help us think in a more positive, focused way); assertiveness-training (used to help reduce stress for people who are feeling powerless); and time management (certainly useful for students when it comes to writing papers or for preparing for exams) and exercise and nutrition. If one had some time, energy, and commitment, these techniques could be learned as a way of helping reduce stress. For students, probably the most effective forms of stress-reduction would be exercise (a walk or regular workout at

least three times/week), nutrition, time management, and rest.

There are several readings available on Stress. Of interest are:

The Joy of Stress - How to Make Stress Work for You, by Peter Hanson, M.D.;

The Stress Reduction Workbook, Martha Davis, Matthew McKay; The Stress Management Workbook - An Action Plan for Taking Control of Your Life.

As well, services would be available for students to help them examine stress in their lives either through the S.T.U.M.P.S Program, counselling Services on Campus or other services in the community.

**The position of Chair for the UNB Foundation of Students Inc. will become vacant on April 10, 1992. This is a volunteer position which is recompensated by Honoraria. The position entails the organizing and the chairing of regular meetings of the Foundation. It may also entail other duties.**

**Any full-time, undergraduate member of the Student Union who will be in the Fredericton area throughout the summer of 1992 and will be returning to UNB in the Fall is eligible to apply for the position.**

**Please forward a resumé and a letter of intent to:**

**Shelly Roche  
C/O the UNB SU  
SUB, Rm. 126**

**or call 435-4955 for more information.**

**Deadline: Wednesday April 8, 1992 (strictly enforced)**

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