Leadership Opportunity

Peer leaders needed to promote positive body image and empower MSU students to engage in body acceptance.

Interested? Apply to be a Peer Leader by Sept 10!

What is the Peer Body Project?
The Peer Body Project is a program designed to help college-age women resist the pressures to conform to socio-cultural standards of female beauty. Peer leaders will lead small groups of undergraduate students in discussions about body image and body acceptance. Students learn about how our society perpetuates unattainable female beauty ideals and how individuals can act as role models for change. Many people find the themes discussed during Peer Body Project groups to be personally relevant and eye-opening.

MSU Health Promotion is currently looking for gender specific (female) undergraduate student volunteers to serve as peer leaders for fall 2019!

What is expected of a peer leader?

- A mandatory two-day training to become a Peer Body Project leader will take place at MSU on October 5-6, 2019. Due to the research protocol, there are no exceptions.
- Peer leaders will be provided with all materials to facilitate group discussions based on the Body Project curriculum. The group meetings are designed to be fun and interactive, with role-play activities and opportunities for group members to engage with the material and form meaningful connections with each other.
- Peer leaders are expected to co-facilitate one 4-session group (1 hour/week) during fall semester 2019. Peer leaders determine the group meeting dates/times and location.
- Peer leaders are expected to regularly communicate with on-campus supervisor and group participants throughout the semester.

How can I become a peer leader?
If you are passionate about body image issues, interested in a volunteer leadership opportunity, and able to fulfill the time commitments listed above, complete the online application by midnight Tuesday, Sept 10 at https://tinyurl.com/y3ybqnfa

Questions?
Contact Karen Giles-Smith, MS, RDN, Health Promotion Dept., gilessmi@msu.edu or 517-432-8324.

For more information about the Peer Body Project: http://www.peerbodyproject.com/