

# Peer Advocates for Health

## A Community Program for Adolescent Males

### What Is PAH?

Intense training...  
Individual support....  
Employment...

for adolescent African American males living in underserved neighborhoods on the South Side of Chicago.

PAH has trained 290 young men, ages 14 to 19, from 42 South Side high schools.

These Peer Advocates have provided information on male health issues and served as role models to 10,000 other adolescents in their own schools and communities.



### Goals

#### Health Education:

To increase knowledge of male health issues among PAH participants, including reproductive health, prevention and treatment of STDs, and HIV/AIDS.

#### Community Outreach:

To employ well-trained Peer Advocates to provide information to their communities and serve as role models in their schools and communities.

#### Lifestyle Choices:

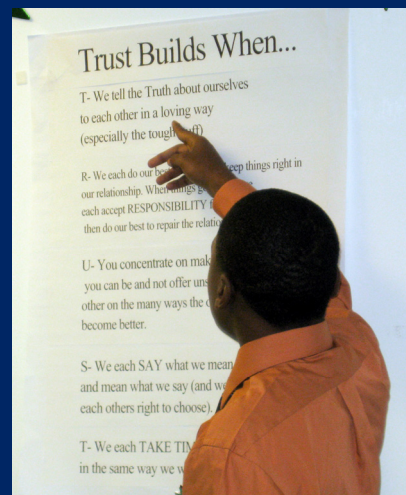
To improve decision-making and lifestyle choices among adolescent males.

**"I've learned how important it is to my community to push through every roadblock to succeed."**

***From a PAH Participant***

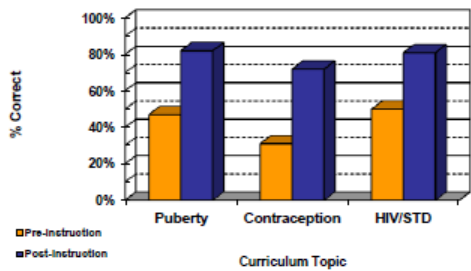
**"The focus is on the entire male, and not just sex."**

***From a Parent***

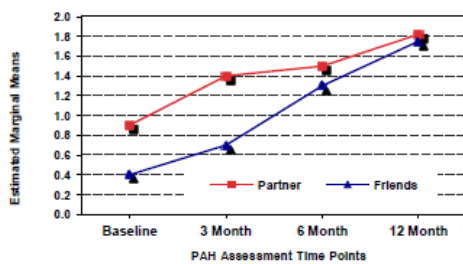


# PAH Participant Outcomes

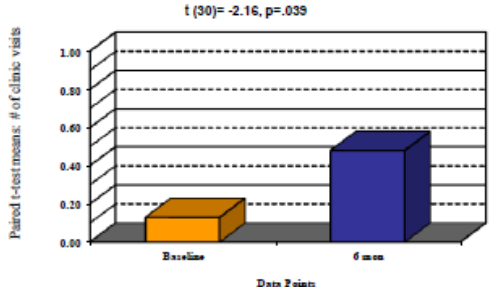
## HEALTH KNOWLEDGE



## COMMUNICATION



## CLINIC UTILIZATION



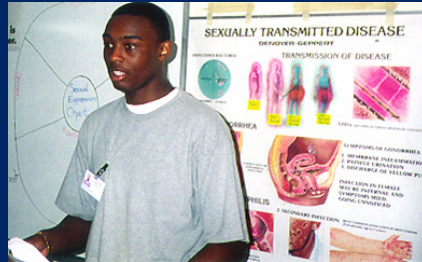
## PAH Community Impact

- Trained 290 adolescent African American males
- From 42 high schools on the South Side of Chicago
- Provided information to 10,000 other adolescents in their schools and communities

# COMMUNITY OUTREACH

## Role Models

After intense training, Peer Advocates provide information and become role models in their own schools and neighborhoods.



Peer Advocates speak regularly to school, church, and community groups, providing information on prevention and healthy lifestyle choices.

## Violence Prevention

Peer Advocates learn communication and negotiation skills, and are taught to recognize negative influences in their lives. They learn that even friends can “bring you down.”

Peer Advocates demonstrate that there are positive alternatives to gang membership and peaceful means of conflict resolution.



## “Let’s Talk About It”

Peer Advocates make presentations and lead discussions to break the ice between middle school students and their parents on sensitive topics such as puberty, healthy relationships, and “hope is not a method.”

## STIs, HIV/AIDS

Peer Advocates for Health lead workshops providing information about the prevalence of STIs and HIV/AIDS in the community, methods of HIV transmission, prevention, and treatment.

## Nutrition and Health Education

By their own example, Peer Advocates help their families and friends understand food choices, portion size, and the importance of exercise and proper fuel for the body.



Please help to sustain PAH and support young men giving back to their own communities.