



# Training Peer Helpers: Coaching Youth to Communicate, Solve Problems, and Make Decisions

*Barbara B. Varenhorst PhD*

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## **Training Peer Helpers: Coaching Youth to Communicate, Solve Problems, and Make Decisions**

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When young people struggle with problems, they often turn to their friends for help, and this guide provides adults with 15 sessions to prepare them for such challenges through skill-building activities, assignments, and 28 reproducible handouts. Based on the 40 Developmental Assets®—the essential building blocks of healthy development that young people need to succeed—the sessions focus on good communication skills, assertiveness in the face of peer pressure, and difficult decision making. Revised to include updated statistics about the percentage of youth who report experiencing each asset, as well as a CD-ROM packed with digital versions of the handouts, this edition will assure that young people truly can get by with a little help from their friends.

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