What is a Body Project Peer Leader?

- The Body Project is a dissonance-based body-acceptance program designed to help college-age women resist cultural pressures to conform to the appearance ideal standard of female beauty and reduce their pursuit of unrealistic bodies.
- The Body Project is a student peer leadership program within Health Promotion in NDSU Student Health Service.
- Body Project Peer Leaders are students who serve as leaders and role models to fellow students by encouraging self-acceptance and body positivity.

Responsibilities

- Exhibit a passion for health and well-being with a willingness to serve as a role model for other students.
- Facilitate Body Project workshops and conversations related to body image, combating “negative body talk,” and discuss how culture and society impact the way we feel about our bodies.
- Assist in the design and implementation of program activities, awareness campaigns, presentations, and other campus outreach.
- Effectively refer students to campus resources related to health and wellness needs.
- Work independently and with a team.

Requirements

- Complete the application and interview process.
- Serve as a Body Project Peer Leader for one academic year.
- Dedicate up to 5 hours/week to program (includes possible evenings). Most week, your time commitment will only be 1-2 hours.
- Time management skills and ability to complete tasks both independently and in a group setting.
- Attend all meetings and training sessions as scheduled.
  - Training Dates: 8/21/19 & 8/22/19

Benefits

- Develop skills in leadership, critical thinking, public speaking and other communication methods.
- Involvement in a dynamic, pro-active peer program.
- Opportunity to gain experience in program design.
- Expand social network and develop positive working relationships.
- Build your resume.

How do I become a Body Project Peer Leader?

Visit the Body Project webpage for more information and application details by February 15th, 2019. For questions or more information, contact Emily Hegg, Assistant Director of Health Promotion at 701-231-8560 or emily.hegg@ndsu.edu