



KUTO Peer Helper Team Trainer Application

~ all information will remain confidential ~

Name: _____

Address (include ZIP code): _____

Phone: _____

E-mail: _____ Address: _____

Age: _____ Birthday: _____ School: _____

Current Grade: _____ Year of Graduation: _____

When is the best time to reach you? _____

Are you volunteering for School Credit or Community Service Hours? Yes _____ No _____

If yes, what is the class? _____

Teacher/Sponsor's Name: _____

Have you / do you volunteer elsewhere? Yes _____ No _____

If yes, name of Organization: _____

Date(s) you volunteer(ed): _____ Position/Task: _____

Name of Organization: _____

Date(s) you volunteer(ed): _____ Position/Task: _____

How did you hear about KUTO? _____

Personal Information:

1. What would you consider to be the benefits of becoming a trained KUTO Peer Helper?

2. What do you consider your personal strengths?

Weaknesses?

How do you see these traits affecting your training?

What kinds of school activities, clubs or groups are you involved in?

Why do you feel it is important to be involved in group activities?

3. How would becoming a KUTO Peer Helper Team member influence your life?

4. Are you comfortable speaking in front of other people &/or groups?

Have you ever facilitated a presentation? What was the presentation and what did you learn from the facilitation?

5. Being a KUTO Peer Helper Team trainer requires that you attend all training session. This is a time commitment we would like you to consider. Schools utilizing KUTO trainers determine their own training schedules. In past years, trainings have been scheduled during summer vacation, weekends, during the week and during the school year.

Do you feel you have time to commit to the KUTO Peer Helper Team?

What conflicts might you have?

KUTO Peer Helper Team Volunteer Description

Time: volunteer when schools or youth groups schedule training. Trainings are often on the weekends/holidays.

Supervisor: Executive Director

Position Requirements:

- Must be between 14 and 18 years old
- Successful completion of the 12 hour training program
- Must be able to communicate well, accept supervision and develop appropriate working relationships
- Must be comfortable speaking in front of large groups

Positions Responsibilities:

- Consistent and proficient implementation of skills
- Punctual and responsible for scheduled trainings (locating own transportation or requesting assistance from KUTO)
- Respect and maintain confidentiality of training participants
- Commitment of at least one-year

Volunteer Declaration

I have completed this application truthfully. I understand the requirements of this volunteer position and am prepared to accept them as outlined. I understand that volunteering with KUTO is a serious commitment of time, energy and ability. I am prepared to accept these responsibilities and will perform the duties of a Peer Helper Team Trainer to the best of my ability.

Volunteer Candidate Signature: _____ Date: _____

**Your parent or guardian must complete and return the attached Consent to Participate.
This application WILL NOT be considered without the signed consent.**

Dear Parent/Guardian,

Your youth will be participating in a Peer Helper Training workshop facilitated by KUTO, Kids Under Twenty One. I'd like to take a moment to introduce you to the agency and this unique volunteer opportunity.

Founded in 1987, KUTO's mission is to prevent suicide and foster the emotional well-being of youth. KUTO prepares teens with the skills, confidence and courage to help their peers – and themselves – cope before, during and after crisis. KUTO is dedicated to providing youth focused programming through the greater St. Louis area.

What are the benefits of Peer Helper training?

Participants will learn valuable 'life skills' – active listening, social awareness, problem solving, and help-seeking - that will be used for the rest of their life.

What is the training?

KUTO Peer Helper Training incorporates service learning fundamentals - group instruction, critical, reflective thinking, and personal and community responsibility - in an interactive and shared learning curriculum. Participants learn and practice the following skills during this training: attending, empathy building, clarifying questions, assertiveness, confrontation, problem solving, self-disclosure, confidentiality and help-seeking, crisis prevention and suicide intervention.

What does KUTO expect from the Peer Helper Training participants?

1. Attendance at all scheduled training sessions.
2. Consistent and proficient implementation of skills when trainings are scheduled.
3. Peer Helpers will a

This **Consent to Participate** verifies your agreement/consent for your youth to participate in Peer Helper Training. Should you have any questions or concerns, please contact:

Elizabeth Makulec, Executive Director
314.963.7571
elizabeth.makulec@KUTO.org

~ ~ Consent to Participate as a KUTO Peer Helper Team Trainer ~ ~

Please Print

Parent/Guardian's Name: _____

Youth Trainee's Name: _____

Relation to Youth Trainee: _____

Address: _____ ZIP _____

Phone: _____ E-mail: _____

My signature verifies that I have read the above and that I agree/consent for the above noted youth to participate in KUTO, Kids Under Twenty One's Peer Helper Training.

Signature: _____ Date: _____