

peerhealth



Location

Reaching young people digitally nation-wide and in classrooms in major U.S. cities across the country

Peer Health Exchange (PHE) is a national nonprofit organization founded by young people for young people. We trust young people as the experts on their own experiences of identity, community, and health. We partner with them to advance health equity and improve health outcomes for youth. PHE operates two models—in classrooms and online—to provide youth with support, resources, educational opportunities, and digital products to make positive, healthy decisions.

Young people asked us

- ▶ To show up for them where they already are—in schools and in digital spaces
- ▶ To provide identity-affirming mental and sexual health resources
- ▶ To make a seat at the table for them in designing, creating, and sharing health resources
- ▶ To break down longstanding barriers to health equity

PHE responded to this call to action by—

- ♥ Developing selfsea, an app that provides access to resources and a community to safely exchange knowledge on identity and mental and sexual health.
- ♥ Using social media as a forum for young people to share their stories
- ♥ Cultivating a network of peer health mentors who offer support and share resources and lived experience
- ♥ Creating educational opportunities for peers to share the tools and resources young people need to make healthy decisions
- ♥ Creating a culture of innovation at PHE that prioritizes diversity, inclusion, and engagement of young people at every level

Accomplishments

- ! **Over 9 million TikTok views**, with 72% of young people reporting the videos increased their health knowledge
- ! **Over 100,000 young people reached** across 500 U.S. cities via selfsea, with 76% of users reporting the app helped them feel less alone
- ! **Nearly 15,000 young people reached** through in-person health workshops annually
- ! PHE youth serving on the California Surgeon General's Task Force **to help invest \$4.5 billion** under the Children and Youth Behavioral Health Initiative, which aims to reimagine systems for youth by centering collaboration and lived experiences.

Participants

young people
aged **13-19**

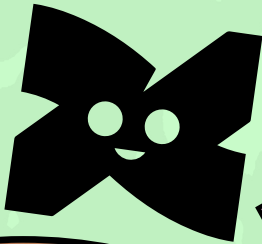


PHE Is Evaluation Ready

The Annie E. Casey Foundation invested in PHE as a Building Evidence to Advance Equity grantee to build evaluation capacity.

Being evaluation ready means a program has the knowledge, skills, and practices to test the effectiveness of its services. PHE has critical evaluation building blocks in place.

- ▶ A fully articulated logic model that shows the pathways between services and expected outcomes
- ▶ Ability to collect, track, organize, and analyze information across digital platforms
- ▶ Experience with rigorous external evaluation
- ▶ Investment in youth participatory evaluation



“ I was able to help create a mental health meeting which is something that I have always wanted for myself, but to know that I also helped make it possible for other young people who might have been going through a similar situation as mine, it warmed my heart. ”

— Mikaila A.



“ When I participated in the PHE health curriculum, I learned more about how I could use my voice as a young person to help with representation and advocacy work; leading projects or even attending sessions helped me familiarize myself with the process that I need to take to make a change in my community. ”

— Joleen W.

“ I liked teaching a group of people. I’m thinking of being a teacher, and I’m practicing now to see if I like it. ”

— Louis

