

What Members of Peer Power Gain

While in high school Peer Power members:

- ▲ Become active participants in planning their future
- ▲ Identify goals and take steps to reach goals for adult life .
- ▲ Learn how to effectively express their choices to families, professionals and others

After leaving high school Peer Power members:

- ▲ Are better prepared to pursue and obtain employment and post-secondary education
- ▲ Are better prepared to pursue and participate in activities of their choice in the life of their community and beyond

For more information about Peer Power contact:

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Peer Power is a program supported by the Board for People with Developmental Disabilities

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A proven, peer-driven approach for students with disabilities to plan their lives after high school.



www.ilcw.org

What is Peer Power?

Peer Power is a unique, peer driven program designed to strengthen the knowledge, skills and supports of high school students with all types of disabilities so that they are better prepared to transition to adult life, post-secondary education and employment.

Peer Power is unique in that the program is driven by the students. Peer Power members shape their group by talking about their interests and what they need to fulfill their goals. They plan for their future and what they want to do when they transition from high school into the adult world.

In Peer Power young people are provided a place to use their voices on equal grounds with others who understand what it's like to be a student with a disability and be in transition. Members of Peer Power develop a sense of personal power by expressing themselves in matters that mean a lot to them, talking about their choices, exploring ideas and discovering their potential.

Members Peer Power also have an option to work one-on-one with a trained mentor in addition to being a group member.



Knowledge, Skills, Support

Knowledge you can develop

- ▲ Participation in your Individual Education Plan (IEP)
- ▲ Options during & after high school
- ▲ Self understanding and pride
- ▲ Disability rights
- ▲ Person-centered planning
- ▲ Career awareness
- ▲ Community and school activities
- ▲ Resources

Skills you will learn

- ▲ Self Advocacy
- ▲ Self-determination
- ▲ Assertiveness
- ▲ Decision making
- ▲ Problem solving
- ▲ Independent living skills
- ▲ Effective communication

Support you will receive

- ▲ Group and one-on-one mentoring
- ▲ Encouragement, information and inspiration
- ▲ Activities and friendships
- ▲ Guidance through experience

The Power of Peer Relationships

Peers Support and Strengthen:

- ▲ Motivation and self-esteem
- ▲ Healthy relationships with family and friends
- ▲ Involvement with school, community and extracurricular activities
- ▲ Disability Pride
- ▲ Empowerment
- ▲ Independence

Peer Power relationships provide the opportunity to learn from peers the “how-to’s” of successful transition from high school.

“Mentoring is about teaching, learning, growing and becoming more than one thought possible and then returning the favor. Going from receiving to giving allows us to come full circle” - Mentor



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