

PEER HEALTH EXCHANGE

selfsea: An app co-designed with young people that centers identity in conversations about health

PEER HEALTH EXCHANGE

About Peer Health Exchange

Our Mission

- We build healthier communities with young people. Together, we create education opportunities for peers to share the tools and resources young people need to make healthy decisions.

Current Challenge

- We are in the midst of a raging mental health crisis for young people, exacerbated by persistent, systemic racism and the COVID-19 pandemic – paired with consistent lack of access to knowledge and resources around all health has made the need for Peer Health Exchange greater than ever.

Our History

Since 2003, PHE has provided over 168,000 high school students with quality health education taught by over 15,000 college volunteers in high schools across Boston, Charleston, Chicago, Cincinnati, Dallas, Denver, Detroit, Los Angeles, New York City, Richmond, Roanoke, Santa Fe, the San Francisco Bay Area, and Stockton.



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Evolving How To Do What We Do Best

1999



Young people tell us they want access to inclusive tools and resources that support them making healthy decisions and that they want to talk to near-peers as a support to do that. Our model is about equity in access, and that's what young people say, too.



We are really good at creating near-peer relationships and, as we evolved, at increasing help-seeking behaviors

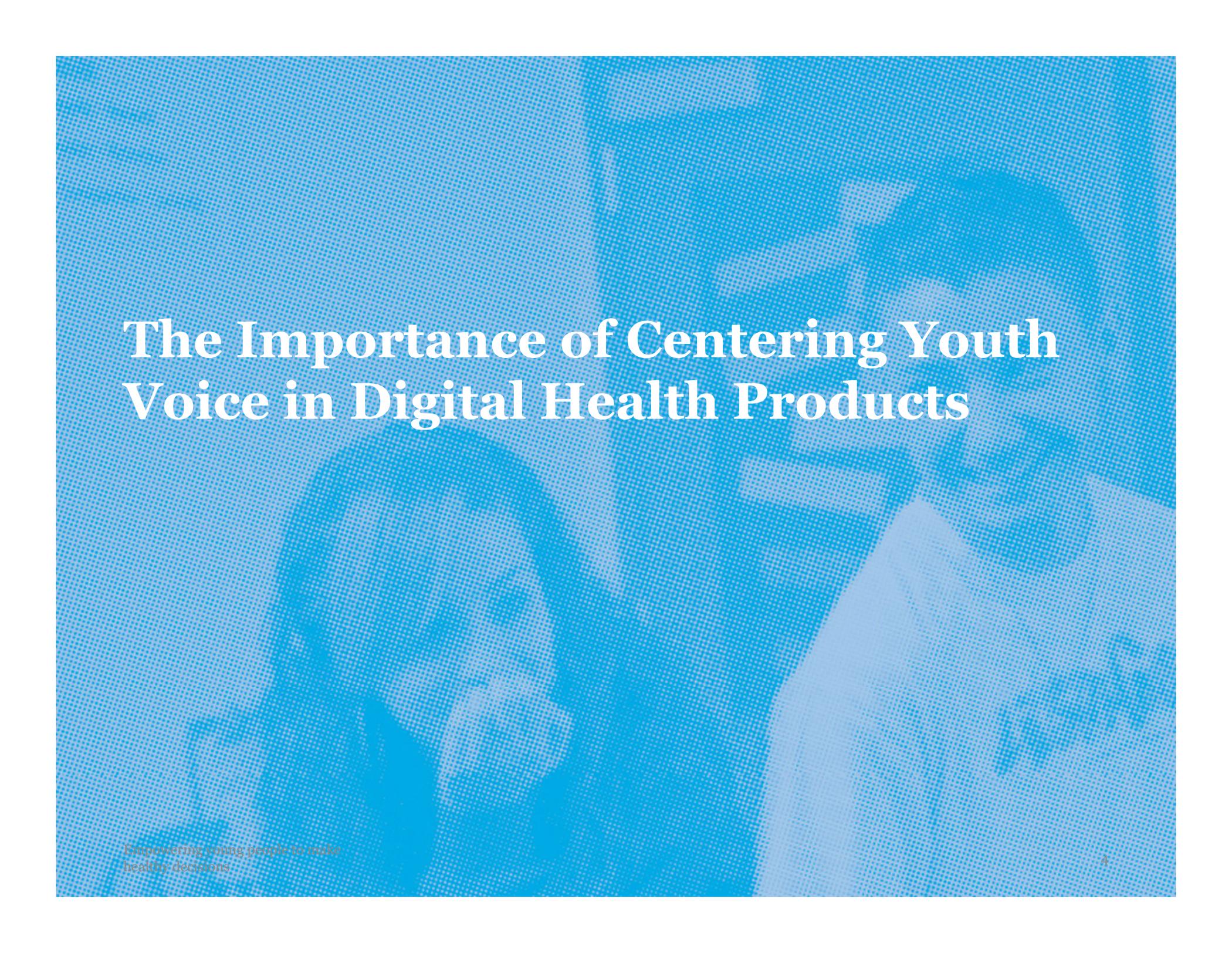


Schools are fastest path to reach many young people, and young people asked us to be there. However, aren't a ultimately scalable way of reaching many young people.

2021



Digital is the fastest path to reach a lot of young people, and young people asked us to be there *and* in schools



The Importance of Centering Youth Voice in Digital Health Products

A group of young people are shown in a celebratory mood, high-fiving each other outdoors. The scene is bathed in warm, golden light, suggesting a sunset or sunrise. The background is slightly blurred, focusing attention on the people and their actions. The overall atmosphere is one of joy and achievement.

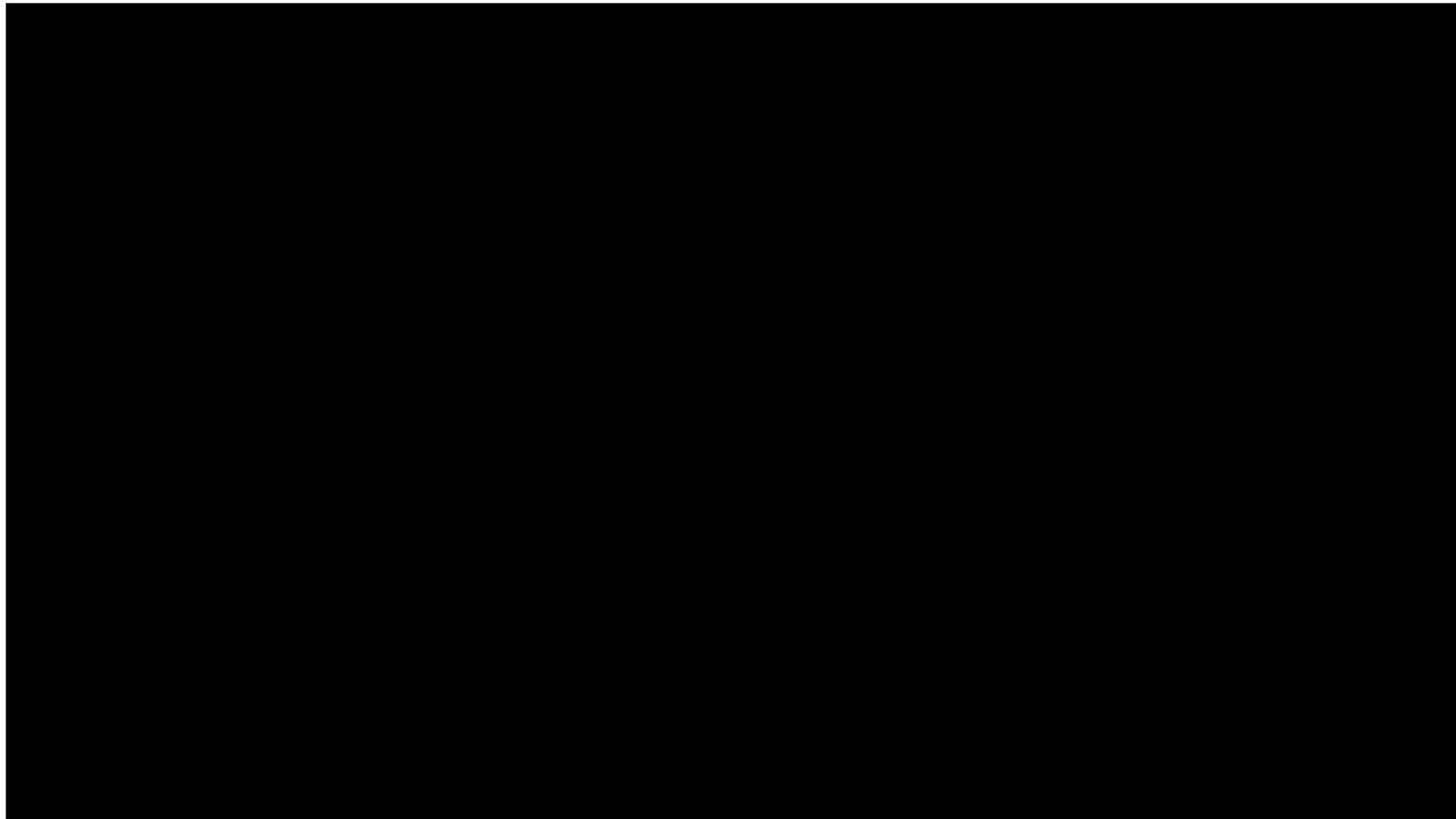
History has always
been shaped by the
power of youth.

—Daisaku Ikeda, *The New Human Revolution*,
volume 5, Chapter 3, “Victory”

WORLDTRIBUNE.ORG

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Welcome to selfsea

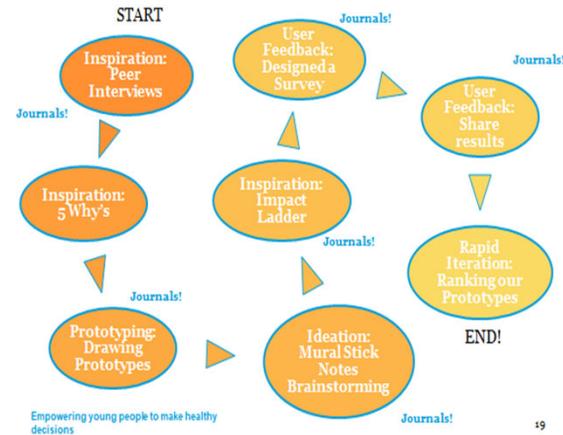


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What We Learned

- Health resources should be accessible to everyone
 - Technology breaks down structural and geographic barriers to reaching young people
- Centering identity and lived experience in connections
 - Allows a **safe, inclusive** learning space with peers
- Destigmatizing health-related challenges
 - Recognizing that others have similar experiences, not alone or abnormal

PEER HEALTH EXCHANGE Our Journey Map through the design process

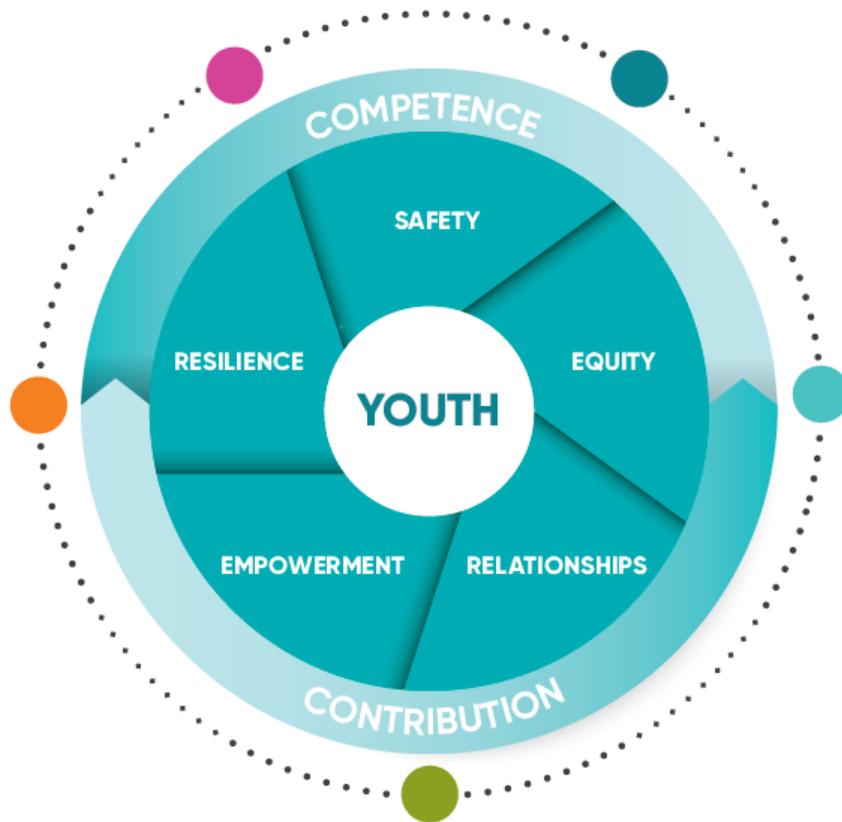


Empowering young people to make healthy decisions

PEER HEALTH EXCHANGE Prototyping

Building Healthier Communities With Young People

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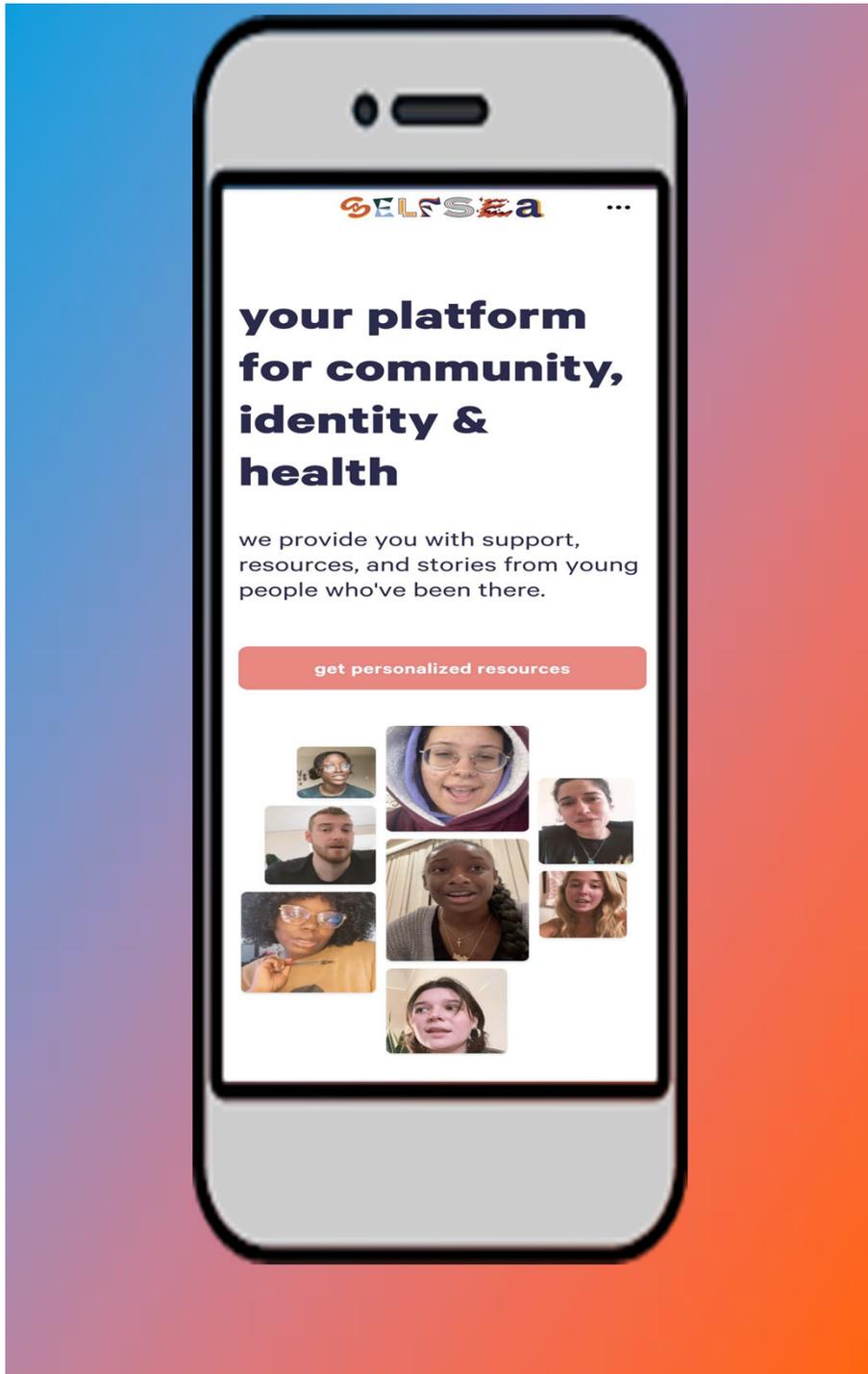


Source:

Trauma-Informed Youth-Centered Health Design (TIYCHD)

Process

- Inspiration
 - Finding Inspiration
- Ideation
 - Learn with youth
- Prototyping
 - Quickly bring the groups ideas to life to see how they work
- User Feedback
 - Understand what other young people think about the prototype
- Rapid Iteration
 - Ranking our products



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- A web-app where young people have access to:
 - Personalized identity affirming resources (Just For Me)
 - Currently 58 videos representing different identities and experiences
 - Identity affirming action steps to support wellbeing
 - Currently 193 identity affirming health resources

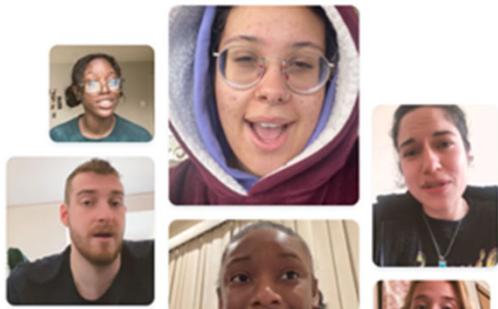
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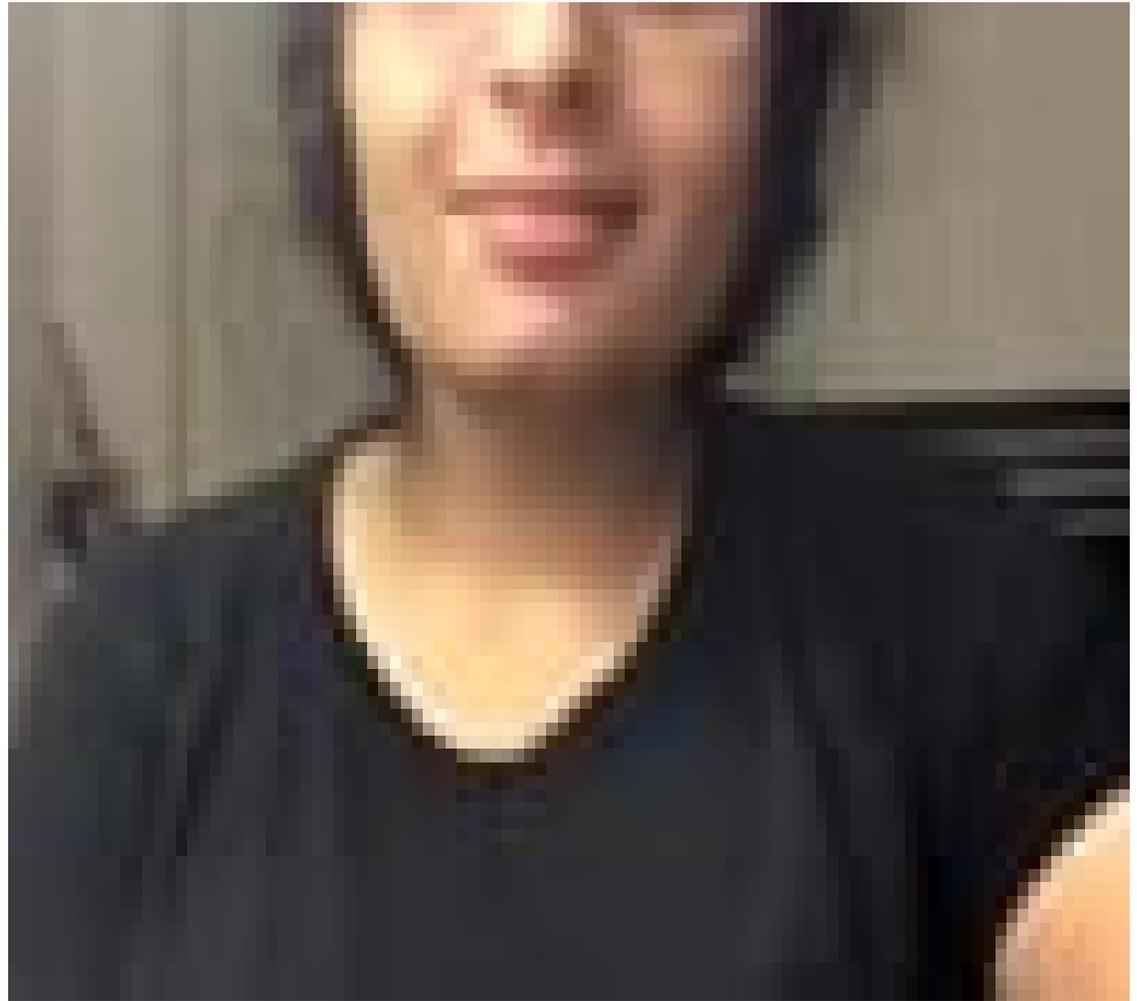
**your platform for
community,
identity & health**

we provide you with support, resources,
and stories from young people who've
been there.

get personalized resources



In their words... meet Aastha



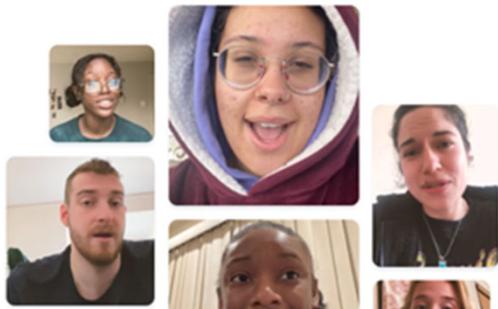
PEER HEALTH EXCHANGE



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Meet Ma'kayla... Youth Brand Ambassador



Thank you!

Any questions?

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