

BOYS & GIRLS CLUBS OF CENTRAL MINNESOTA

INTERNSHIP DESCRIPTION

Position Title: Health and Life Skills Internship

Basic Function: The Health and Life Skills Intern is responsible for assisting with the development and delivery of programs that focus on positive decision making, self-esteem, prevention and conflict resolution. This also includes the possibility of facilitating small group discussions and activities. This position reports directly to Post-Secondary Education and Career Development Coordinator at their assigned location.

Internship Responsibilities:

- Assist in designing a variety of age appropriate activities addressing responsible decision making.
- Plan, prepare, and facilitate small groups of up to 15 youth ages 5-18.
- Interact with both staff and youth.
- Promote and stimulate interest and participation in program activities by members.
- Know and use positive youth guidance techniques including, but not limited to, positive role modeling, conflict resolution and positive discipline.
- Maintain a safe environment for all participants.
- Responsible for other duties as assigned by direct supervisor.
- Work to achieve the mission of the organization.

Qualifications:

- Comfortable talking about personal health and wellness issues, (i.e. bullying, sexual intercourse, healthy decision making, drugs, alcohol, bullying) that affect the everyday life of children and teenagers.
- Ability to work independently and as a team.
- Demonstrates ability to relate well with children in a Boys & Girls Club setting.
- Strong interpersonal and communication skills.
- Ability to work well with youth and families from diverse backgrounds.
- Ability to be flexible.

Program Hours Available:

School Year hours are 2 PM to 9 PM Monday-Friday

Summer Hours are 12 PM to 6 PM Monday-Friday

*Intern schedule will vary depending on site need and intern availability

***A stipend in the amount of \$300 will be allotted to those interns able to complete 300 or more hours during the course of the semester.