



# Pre-Training Checklist

## What is a PPE?

The Preconception Peer Educator (PPE) program arms young women and men with tools to advocate for and raise awareness of the maternal-infant health crisis, as well as educate their peers about the importance of one's health and the impact of choices both now and in the future.

## Want to become a PPE?

Start by reviewing the links below and check them off as you go. **Bring this signed and completed checklist to the statewide training.**

## Step 1: Pre-Test

- Take the [Pre-Test](#)

## Step 2: Complete/Make a Life Plan

(My Life My Plan)

- [My Life. My Plan: Women](#)
- [Man Up, Plan Up: Men](#)
- [My Life. My Plan: Teens](#)

## Step 3: Watch Videos

- [View Healthy Women, Healthy Babies Video](#)
- [View Crisis in the Crib Documentary](#)
- [View Girl Effect Video](#)

## Step 4: Resources to Review

- [Components of Well-Woman Care](#)
- [Reproductive Cycle](#)
- [Black Maternal Health Infographic](#)
- [DEThrives](#)
- [HerStory](#)
- [Show Your Love](#)
- [Before, Between, Beyond](#)

## Step 5: Post-Test

- Take the [Post-Test](#)

## Step 6:

### Complete Any Additional Activities Assigned from Program/Faculty Advisors

Refer to program outline or any additional tasks given by program administrator.

## Questions?

Contact faculty advisor or course program administrator.

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