

## How to View the OSPI Natural Helpers Reimagined Program Resources

All resources for the Natural Helpers Reimagined Program are available to any visitor to the Washington State OSPI Youth Engagement Website.

Use this link to open the site: <https://ospi.k12.wa.us/student-success/support-programs/youth-engagement>

**Once on the site page**, scroll down to view the 4 Natural Helpers Reimagined Program clickable links and additional resources: Follow instructions on the next page

### Natural Helpers Toolkit

[Natural Helpers Toolkit \(PDF\)](#) is a comprehensive, flexible resource that guides schools through every step of implementing the Natural Helpers: Reimagined program, from planning and survey selection to retreat training, lessons, activities, and ongoing support. It provides ready-to-use materials, guidance, and customizable tools designed to strengthen peer support networks and improve school climate. This toolkit is intended for use throughout the full implementation cycle, supporting both new and returning schools.

[Natural Helpers Lessons \(PDF\)](#) provide structured lessons that reinforce core peer-helping skills, including communication, self-care, and knowing when to refer. These lessons are designed for ongoing use throughout the school year to support and strengthen the Natural Helpers program.

[Natural Helpers Retreat Slide Deck \(PPTX\)](#) guides schools through the full retreat training, covering core helping skills, self-care, and practice scenarios. It is meant to be used during the Natural Helpers retreat to support consistent facilitation and student skill-building.

#### Resources:

- Article: [Natural Helpers Program Trains Students on How to Help Their Peers](#)
- [Natural Helpers Video: Student Perspective](#) 
- [Natural Helpers Video: Educator Perspective](#) 

Click on the first link to open the [Natural Helpers Toolkit \(PDF\)](#)

Next, follow these instructions to view and use the **hidden left-hand column** for the program resources:

### **How to View & Use “Left Column” for *Natural Helpers Reimagined* Resource Pages**

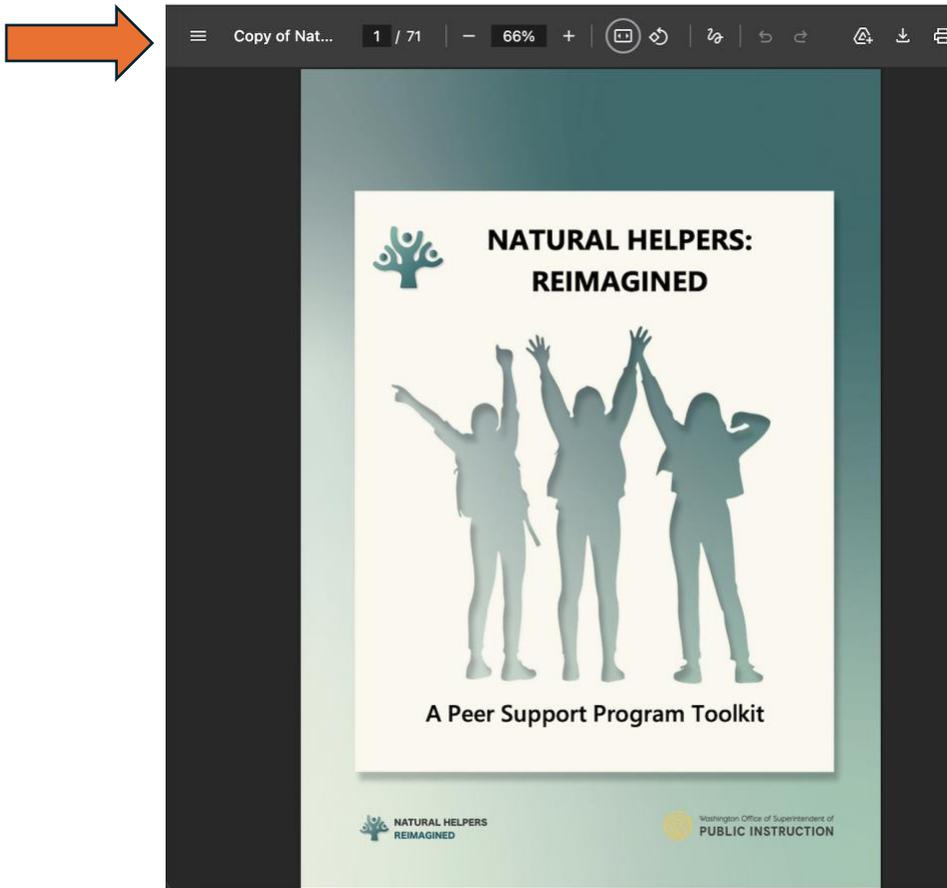
**Each Natural Helpers Reimagined program resource webpage has a hidden left-hand column. In order to view this hidden column, follow these steps:**

1. To open the program files, use this link:

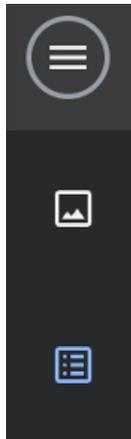
<https://ospi.k12.wa.us/sites/default/files/2026-02/natural-helpers-toolkit.pdf>

**NOTE:** Recommended Browsers: **Google Chrome or Microsoft Edge**. Other web browsers may fail to open the left-hand column.

2. Click on the 4 white horizontal lines icon in the upper left-hand corner of the page.

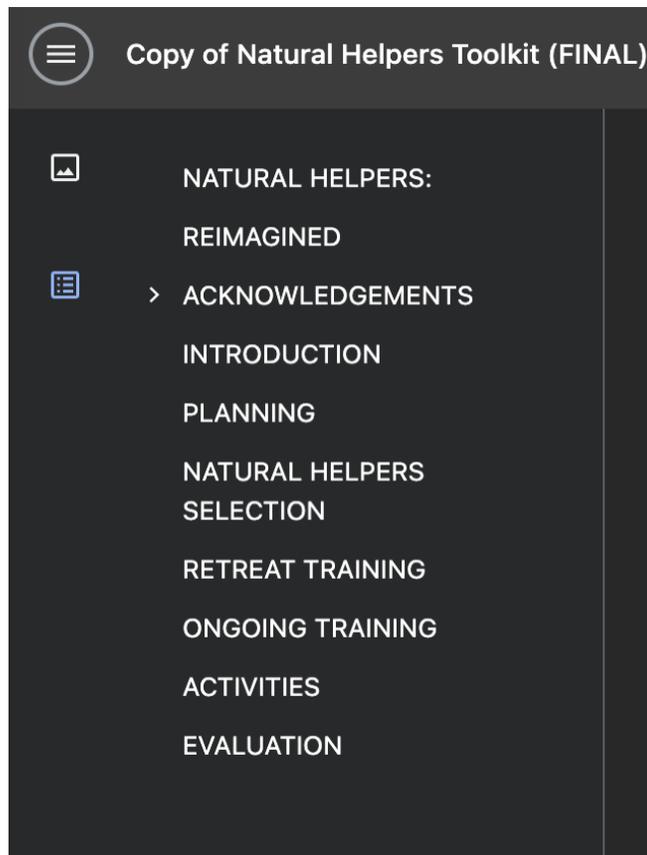


3. Once the left-hand column appears, you will now see **3** clickable icons:



- **3 white lines – used to open the left column**
- **White Icon – used to open the Table of Contents. You can now click on any topic in this list of topics to move to that section/document.)**
- **Blue Icon – used to show clickable images of each page**

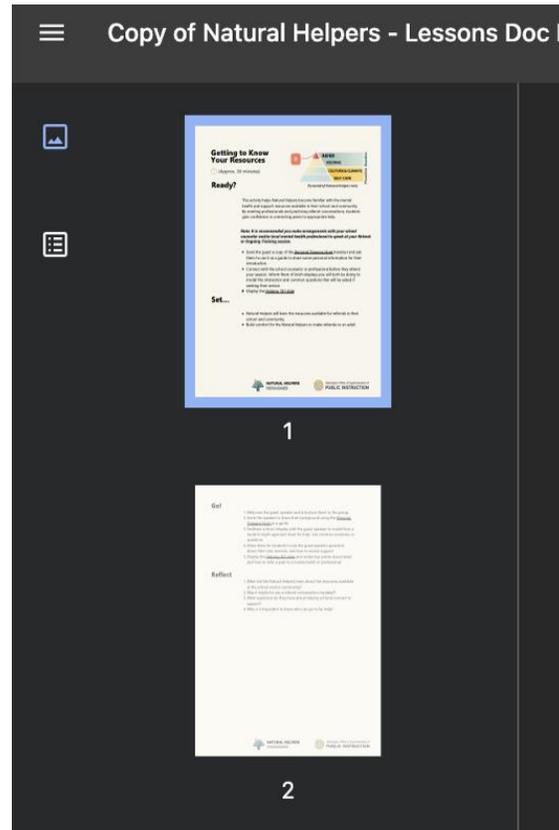
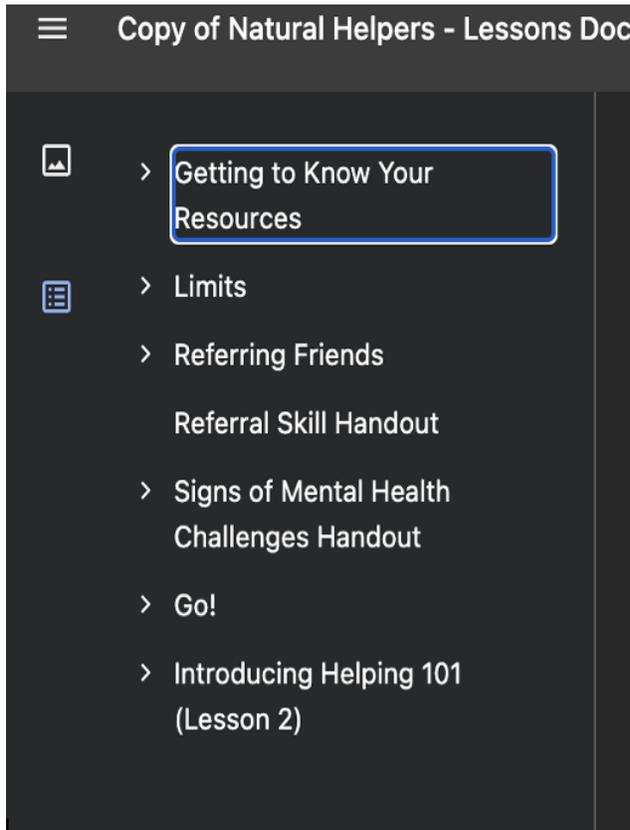
Here is an example of the clickable Table of Contents for the NH Toolkit Resources:



4. The lessons are designed for ongoing use throughout the school year to support and strengthen the Natural Helpers Program. All lessons for the Natural Helpers Reimagined Program may be accessed at this link:

<https://ospi.k12.wa.us/sites/default/files/2026-02/natural-helpers-lessons-doc.pdf>

These structured lessons reinforce core peer-helping skills, including communication, self-care, and knowing when to refer. **They may be accessed by clicking on titles listed in the Table of Contents (in left-hand column) or by clicking on the individual page views.**



5. When you click on the [Natural Helpers Retreat Slide Deck](#) (pptx) link, **a copy of this PowerPoint slide show will automatically download to your computer.**

“This slide show guides schools through the full retreat training, covering core helping skills, self-care, and practice scenarios. It is meant to be used during the Natural Helpers retreat to support consistent facilitation and student skill-building.”

Finally, 3 additional resource links provide access to the following:

- Article: [Natural Helpers Program Trains Students on How to Help Their Peers](#)
- [Natural Helpers Video: Student Perspective](#)
- [Natural Helpers Video: Educator Perspective](#)

**For additional information or questions, please contact:**

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LISELF’s Executive Committee is grateful to Francesca Matias for granting permission for LISELF to post links to the comprehensive Natural Helpers Reimagined Program on our LISELF Sharing Site. We are indebted to our colleague, Dr. Clay Roberts, an author of the original 1979 *Natural Helpers Program* for his tireless and unending dedication to developing this new and greatly improved guide for creating, leading, and sustaining secondary school peer leadership programs.

Finally, LISELF is honored to work with Dr. Anthony Pantelano and his Long Island and NY State Natural Helper Advisor colleagues who have been passionately leading NH Programs since 1986. Natural Helper program leaders will now be able to use and enjoy these robust resources in their programs, as well as introduce new schools to the benefits of establishing a *Natural Helpers Peer Leadership Program*