

Impact Report

FY25

peer
health

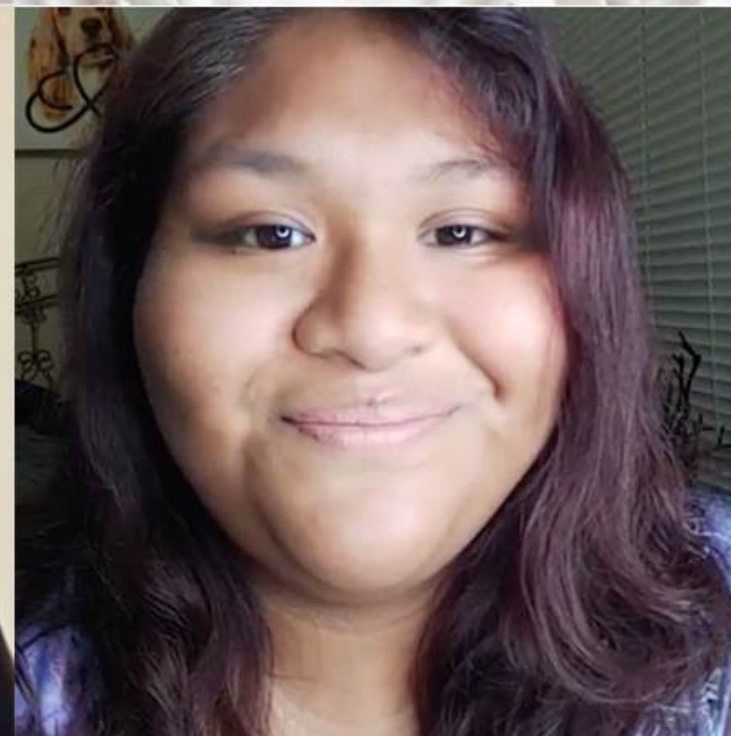
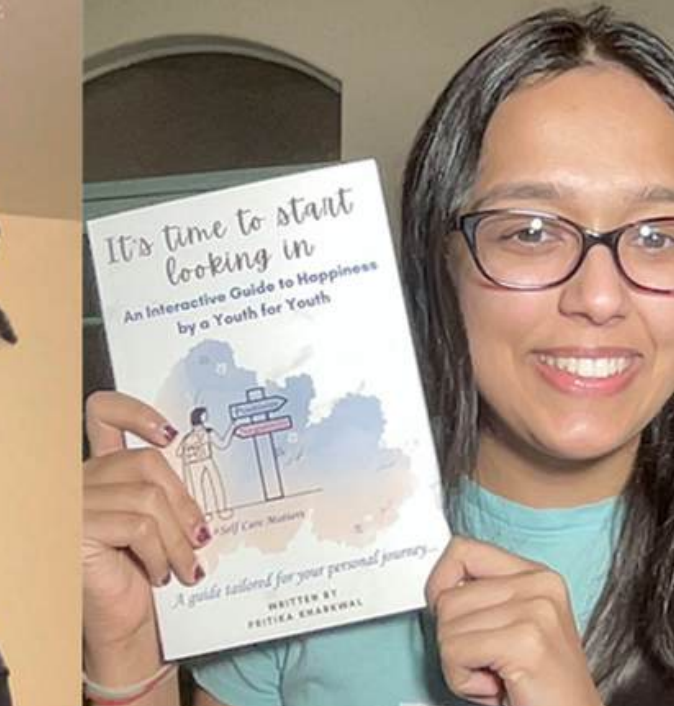


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This research was funded by the Annie E. Casey Foundation, and we thank them for their support; however, the findings and conclusions presented in this report are those of the author(s) alone, and do not necessarily reflect the opinions of the Foundation.



A message From Our CEO



Dear PHE Friends,

Thanks to you, Peer Health Exchange (PHE) has been providing health education and access to critical mental and health services nationwide since 2003. Your support has been instrumental in meeting young people's needs wherever they are, and they need PHE now, more than ever. This year, recent events at the national level have significantly impacted PHE programs and, the defunding of public school education and repression of DEI initiatives, sexual and reproductive health support, and other work quickly changed where and how PHE can reach young people. Combined with funding challenges, PHE pivoted its programming in response.

In FY 2025, PHE made the difficult decision to discontinue our Fellow-led, school-based health education workshops. While this decision was not made lightly, the very real risks to PHE's ability to deliver our inclusive and affirming health education curricula in public schools combined with a challenging fundraising environment for nonprofits guided our decision to make the following strategic changes while remaining steadfast in our mission:

- Focusing on partnering with community-based organizations and including school-based partnerships where possible
- Pursuing delivery approaches that include our Peer-to-Peer model (high school students facilitating PHE workshops), which has yielded incredible results in Boston and Chicago; and training teachers and "community facilitators" such as Community Based Organization (CBO) staff to deliver PHE's curricula; which has been carried out to great success with partners at The Health Gap in Cincinnati and Metropolitan State University in Denver

Additionally, PHE has continued to invest in our health web-app selfsea to meet the health needs of young people wherever they are. PHE will continue to elevate youth voice and leadership in our programming to ensure that our organization is youth-led, and our commitment to serving youth and delivering our proven programming remains steadfast. While our delivery methods might be shifting, we plan to achieve maximum impact in ways that are effective and sustainable.

In a continuation of our 2022-2024 Strategic Plan, PHE's 2025-2026 Strategic Plan expands upon our core goals: To reach more young people through in-person and digital health education solutions; and to elevate youth voice and leadership in all we do to advance health equity. This will include continuing the expansion and impact of our web-app selfsea, reaching young people in-person via our Peer-to-Peer model in partnership with community-based organizations, health providers, and schools, and by centering youth voice in our work through our Youth Advisory Board.

The future of our youth remains PHE's priority. I am truly humbled and grateful for the role our community has played in rebuilding the future of youth health together.

In partnership,

Angela Glymph

CEO, Peer Health Exchange

A handwritten signature of Angela Glymph in blue ink. The signature is stylized and cursive, matching the printed name above it.

“Our mission is urgent and our cause is worth every ounce of our effort. The work we do in advancing youth health equity, supporting mental well-being, and expanding access to education, matters more than ever.”



Bhupendra Sheoran,
PHE Board Chair
Cell-Ed



Meeting The Moment

Your Partnership Matters

At Peer Health Exchange, we envision a world where every young person—regardless of identity, background, or circumstance—has access to trusted, affirming support for their mental and sexual health.

We know young people shouldn't have to navigate life's hardest moments alone—or feel unseen by the adults meant to support them. That's why we're building spaces with them: spaces where shared experiences drive resilience, community fosters healing, and access to knowledge becomes power.

We're not offering top-down solutions. We are co-creating change—led by youth, driven by data, and backed by a transparent, results-oriented organization. Now more than ever, your investment in Peer Health Exchange is having an impact on the landscape of our youth and on future generations.

Together, in partnership, we can meet the moment—and build a more equitable future for generations to come.

Founded by young people, for young people, Peer Health Exchange launched in 2003 to close a critical gap—bringing health education into public schools where underfunded programs left students without the tools they needed to make informed decisions about their health and well-being.

Twenty years later, our mission is more urgent—and our potential, greater—than ever before. Peer Health Exchange stands at a pivotal point in our journey. We're stepping boldly into the future with a focus on innovation, measurable impact, and equity in every community we serve. Together, we've laid the groundwork for growth across three powerful pillars: in-person programming, digital health tools, and youth voice, to reach over 700,000 young people through in-person and digital resources.

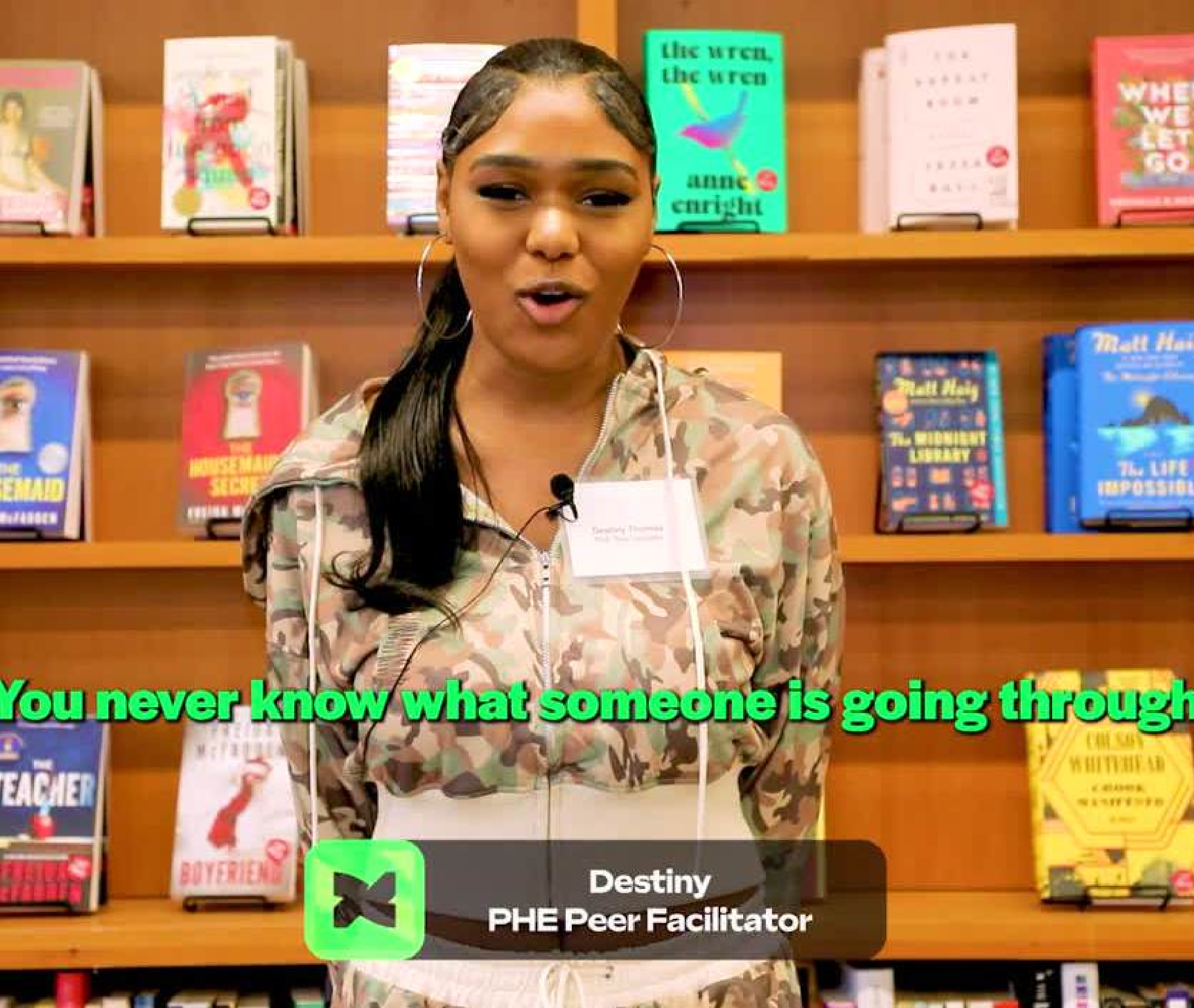
And yet, the moment calls us to go further.

FY25 and Beyond: Seizing Opportunity, Scaling Impact

We are accelerating our investment in the solutions that matter most:

- We are strengthening community partnerships in our existing partner cities, including Chicago, Boston, Los Angeles, the Bay Area, New York, Cincinnati, and Denver, while expanding into new regions such as Texas, Maryland, Pennsylvania and Virginia. Through these partnerships, we collaborate with educators and local organizations to build staff capacity to deliver Peer Health Exchange's health education curriculum, Peer Leadership Program Model, and Digital Storytellers Program.
- Digital Growth & Sustainability: With nearly 700,000 users, our selfsea platform is emerging as both a cornerstone of youth engagement and a strategic revenue driver. We're advancing its reach through for-profit, healthcare, and institutional partnerships—turning selfsea into a tool for impact and long-term sustainability.

Through these initiatives, we're not only deepening our impact—we're redefining what health equity looks like in practice.



You never know what someone is going through



**Destiny
PHE Peer Facilitator**

Youth Voice

At Peer Health Exchange, our mission is to build healthier communities with young people. Young people ages 13-18 advise us on how to get reliable, factual, and important health information out to youth.

Our Youth Advisors build leadership and professional development skills and join a national network of young people passionate about transforming their communities by creating meaningful social change!

“The work PHE does is so important to youth because it shows us that our voices, opinions, ideas, and beliefs all matter and can make a positive difference in our communities.”

— Varnika Kharkwal
Youth Advisory Board Member



What Young People Are Saying



“I feel like my involvement in Peer Health Exchange was like, foreshadowing everything that I would get into, and everything that I aspire to do in the future within public health.”

— Treasure Joiner
Youth Design Group Alumni

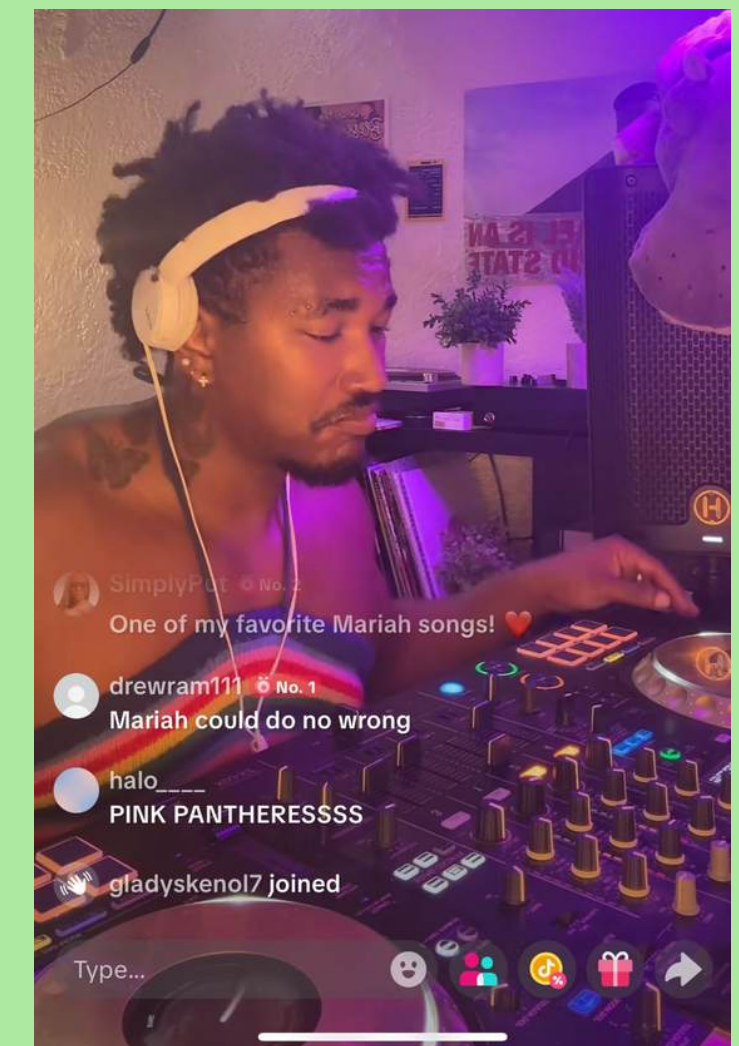
Youth Activations

Creative Writing Workshop Hosted on Discord with Marnino Toussaint

Participants engaged in collaborative creativity, guided self-reflection, and expressive writing practices that promote mental health awareness, self-compassion, and community connection.

Pride @ PHE: A Virtual Celebration of Joy and Unity

We celebrated Pride at PHE by creating a safe space for LGBTQ+ youth to express their joy, creativity, and identities through music, fashion, and more. Participants had a chance to win giveaways and hear about health and support resources for LGBTQ youth. The event garnered 275 unique viewers/attendees on TikTok, a social media platform.



Youth Advisory Board

Peer Health Exchange met our goal of engaging 70 young people nationally through our Youth Advisory Board. These youth served as co-creators and collaborators, shaping digital content, community campaigns, and health equity projects.

Participants learned the following from participating in PHE:

- Civic Participation & Representation
- Facilitation & Engagement Skills
- Health & Wellness Awareness
- Leadership & Advocacy
- Networking & Collaboration
- Social Connection & Empathy
- Youth Empowerment & Voice

Young people are able to partner with Peer Health Exchange through the following paid opportunities:

- Advisory Design Team
- Community Youth Advocates
- Youth Brand Ambassadors
- Youth Design Group



100%

of participants definitely feel like PHE creates inclusive and accessible environments for them to participate in

100%

of participants definitely feel like the spaces at PHE are welcoming, supportive, and safe spaces for them to be themselves

90%

of participants definitely feel valued by PHE staff as an important contributor to co-create and co-design their experiences and youth-facing products in PHE

89%

of survey respondents are likely to recommend Peer Health Exchange as a place to work to a friend or peer

Youth Advisory Board Branding

Both Peer Health Exchange and selfsea underwent massive rebrands/brand expansions in 2022, with young people's voices in mind. We continue to honor the input of the young people who helped create these brands, and engage our original audience, while expanding our following.

In FY24, we began discovery for the curation of our Youth Advisory Board (YAB) branding. In FY25 visual research and initial discussions with YAB have been completed along with the signature color and 3D textures, to visually distinguish it from our other pillars of work.



“I want other people to feel like it's a welcoming space where you can come and share and conduct research on topics that you care about/affect you.”

-Youth Advisory Board Member

Community Innovation

Peer Health Exchange's peer leadership program, Peer-to-Peer, trains young people under the age of 18 to become Peer Facilitators who deliver Peer Health Exchange health education curriculum to their peers. The curriculum focuses on mental health, sexual health, and substance use.

Through this program, young people gain knowledge and build skills in advocacy, accessing resources, self-reflection, and decision-making—empowering them to support the well-being of their communities.



Meet Ameerah



Ameerah became a Peer Facilitator to share what she learned from Peer Health Exchange with her fellow students.

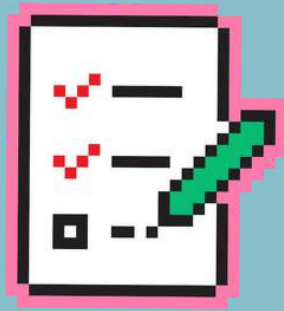
“

“When I was a student learning from this program, it just helped me open up. They teach about stuff that needs to be talked about.”

-Ameerah

Impact: PHE Curriculum

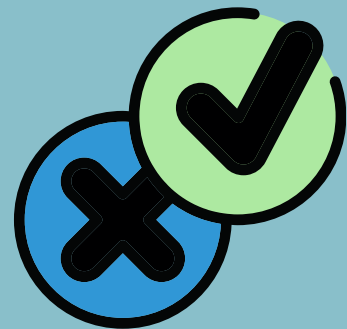
Survey Summary



After receiving the PHE curriculum from Peer Facilitators, high school students reported:

- 94% of students correctly define health as a state of complete physical, mental, and social well-being and not just the absence of disease or infirmity.
- 90% of students agree or strongly agree that other students their age would benefit from participating in this program with Peer Health Exchange.
- 94% of students indicate that getting professional help may be a good idea if they or a friend are experiencing warning signs that last more than two weeks.

Consent



90%

After PHE curriculum, 90% demonstrated their understanding of consent by correctly indicating that a person has the right to refuse any sexual act even if they have said yes before.

Substance Use



91%

After receiving PHE, 91% of students reported understanding of avoiding drinking because of risks, and 93% reported an understanding of avoiding vaping because of risks.



93%

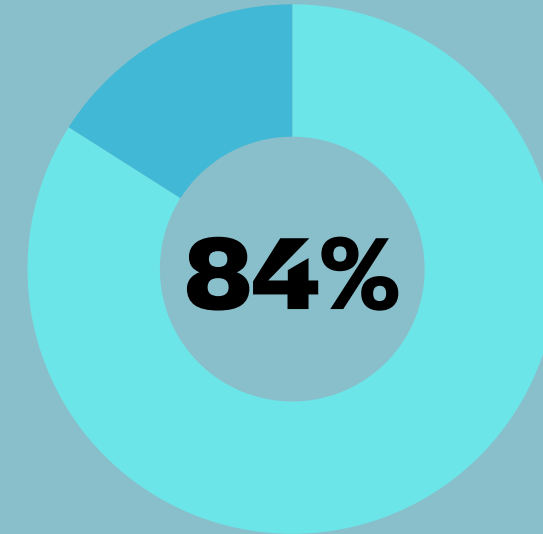
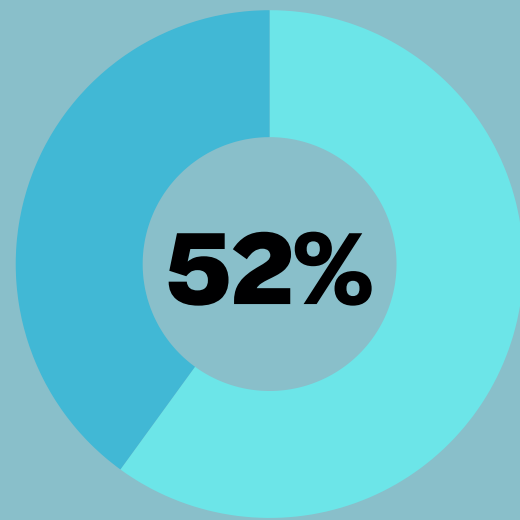
Satisfaction



89.5%

After PHE curriculum, 89.5% of students agree or strongly agree that other students their age would benefit from participating in this program with Peer Health Exchange.

Mental Health



Help-seeking in Mental Health: After receiving PHE’s curriculum, 52% of students reported feeling mostly or extremely confident in their ability to seek help when they are worried or sad; 84% reported feeling mostly or extremely confident in their ability to encourage a friend to seek help for mental health.

Agency and Sexual Health



81%

After the PHE Curriculum, 81% of students reported feeling mostly or extremely confident in their ability to choose whether or not to have sex



66%

After the PHE Curriculum, 66% reported feeling mostly or extremely confident in their ability to talk to a partner about having sex



79%

After the PHE Curriculum, 79.1% reported feeling mostly or extremely confident in their ability to feeling extremely confident in their ability to choose a type of pregnancy and/or STI prevention if they choose to engage in sex

Peer Facilitators Experience

Real-World Impact and Personal Development

Participants reported that the experience shaped their communication skills, confidence, and awareness of health topics.

What Young People Are Saying

“I have been more focused on what people say and how they express themselves.”

Empowerment Through Facilitation

Facilitators expressed a sense of growth, confidence, and pride in their roles, despite challenges.

What Young People Are Saying

“One of my proudest moments... even though the class was small, people still participated.”

Student Engagement and Peer Connection

Peer relationships, bonding with students, and witnessing participation were meaningful parts of the experience.

What Young People Are Saying

”There was that one specific week that everybody was like...Oh, let me answer.””

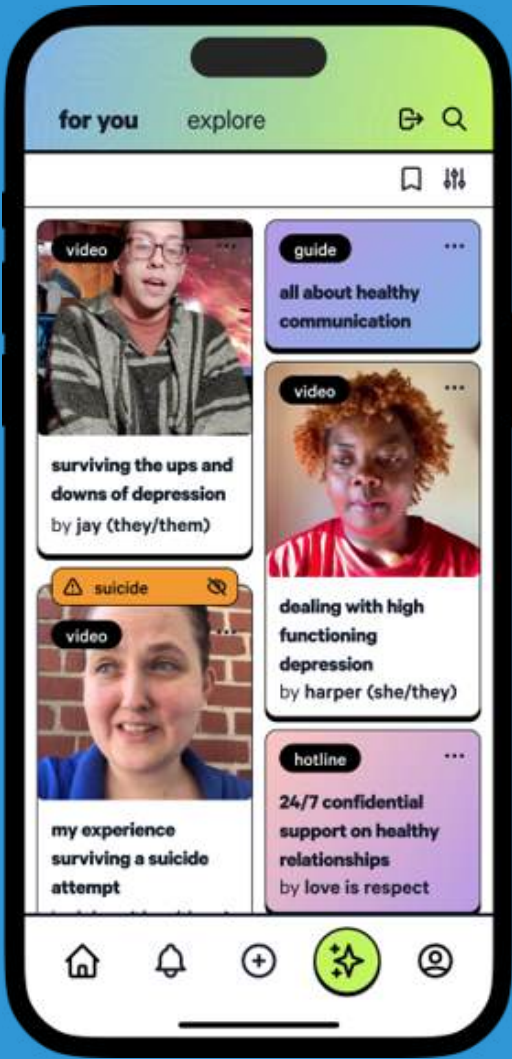


selfsea

selfsea, powered by Peer Health Exchange, is a web app co-designed with young people to provide youth with safe, inclusive, and identity-affirming health resources and information. It's an online platform where young people ages 13-18 can see themselves reflected through content that prioritizes their identities and experiences about mental health, sexual health, and beyond. We co-built selfsea with Gen Z so that all young people get the help they need, wherever and whenever they need it, no matter who they are.

selfsea Impact

In the Spring of 2025, we introduced a new culturally responsive and age-appropriate selfsea user experience survey. Of the 120 respondents to our selfsea user experience survey, we found:



700k

Users across 300+ cities,
up to 950 users per day



82k resources accessed

Top 5: Mental health, Crisis text Line,
LGBTQ+ Sex, Therapist Aid, Headspace

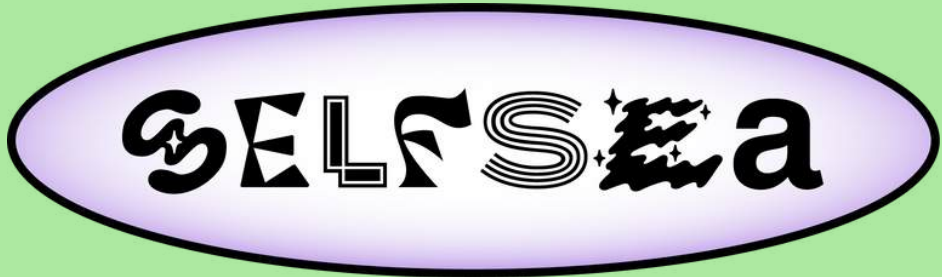
90% of survey participants strongly agree or agree that they learned something new that they will use for their health.

82% of survey participants strongly agree or agree they will definitely use the resources or information from selfsea to get help for their health.

78% of survey participants strongly agree or agree that the resources and information available on selfsea are applicable and meaningful to their background and/or community.

79% of survey participants strongly agree or agree that they feel more positively about their ability to advocate for their health.

56% of survey participants are likely to recommend selfsea to a friend.



Top Ten Cities By Users

1. New York
2. Los Angeles
3. Chicago
4. Dallas
5. Houston
6. Atlanta
7. Philadelphia
8. Charlotte
9. Austin
10. Phoenix



selfsea Partners:

Impact Pathways with Crisis Text Line

Our partnership with Crisis Text Line represents a vital component of our commitment to fostering a safe and supportive environment for young people. At the top of the selfsea platform, we prominently feature a banner that directs youth in crisis to immediate, professional support through Crisis Text Line. This deliberate integration reflects our mission to ensure that every young person has access to trusted resources during times of need.

The impact of this partnership is significant. Data indicates that 68% of texters disclosed something to a Crisis Counselor that they had never shared with anyone before. Notably, one young person's experience of suicidal ideation was identified and addressed through their connection to Crisis Text Line, underscoring the life-saving potential of this partnership. Moreover, the majority of young people who reached out did so seeking support for anxiety—highlighting both the urgent and widespread mental health challenges facing today's young people, and the critical role selfsea plays in helping them take the first step toward care. These findings highlight both the depth of trust established through the service and the critical importance of providing accessible, confidential avenues of support for youth.

CRISIS TEXT LINE |

selfsea



your place for identity & health — made by, with, and for young people

at selfsea you can find information on all kinds of topics. topics that you might not be comfortable talking about to the people around you. here you can find information on everything from how teenagers can deal with stress to identifying if someone close to you is addicted to a harmful substance.



lgbtq+



friendships

selfsea Expanded Access: Mental Wellbeing with Headspace

Our partnership with Headspace brings mindfulness and mental wellbeing tools directly to young people through selfsea. Youth ages 13–18 can sign up for a free Headspace account, unlocking unlimited access to guided meditations, breathing exercises, and mindful videos designed to support their mental health.

This collaboration complements the resources already available on selfsea and advances our mission to create a safe, supportive, and empowering space for youth.

Impact Snapshot (Jan–June 2025):

- 10,000+ young people have signed up for Headspace through selfsea (note: this number reflects sign-ups, not active accounts).
- Together, they have spent over 1 million minutes (1,027,872) engaging with mindfulness and meditation resources.

These numbers highlight not only the demand for accessible mental wellbeing support, but also the trust young people place in selfsea to guide them toward resources that make a real difference in their daily lives.

Headspace is free for all teens in the US.



#WorldMeditationDay

<<< Swipe



Events: A Night Out For Health New York

Peer Health Exchange hosted A Night Out for Health fundraiser event Wednesday, March 5th at The Bowery Hotel in Manhattan. With a panel discussion, speeches, networking, and delicious bites, the event raised awareness and support for youth health education.

Guests listened to speeches by students and advocates about the importance of youth-led education and access to critical resources nationwide.

Sherri Shepherd was honored as the Peer Health Exchange 2025 Youth Champion.



"It is organizations like Peer Health Exchange that are proactively rising to the challenge of addressing the needs of the next generation and future leaders."
— Sherri Shepherd
2025 Youth Champion



Events: A Night Out For Health Boston

The second A Night Out for Health took place in Boston in early April 2025. A panel of four high schoolers from City on a Hill Boston Charter School shared about building a healthier community in Boston, and the role that Peer Health Exchange plays to achieve that goal.

Attendees also heard from Massachusetts State Senator Sal DiDomenico on the importance of youth health education advocacy in Boston.



Partnership Spotlight: Youth Mental Health Corps

Peer Health Exchange joined the Youth Mental Health Corps (YMHC), a multi-sector initiative, launched in 2024, designed to address the youth mental health crisis and workforce shortages in behavioral health, by empowering young adults with a pathway to meaningful careers within the field.

The AmeriCorps initiative, funded in partnership with The Schultz Family Foundation and Pinterest, will give young adults aged 18-24 years old the opportunity to provide peer and near-peer mental health navigation while obtaining quality training, skills, experiences, and credentials to start a career in behavioral health. Approximately 250 YMHC members will serve in over 50 schools, community-based organizations, community health clinics, and behavioral health organizations across eleven states, to support service organization staff teams through activities such as small group check-ins with students, trainings for caregivers, and referring youth to mental health resources.



Deliverable 1: Create a Collective Experience For Youth Mental Health Members

Deliverable 1 Overview:

PHE designed and hosted monthly virtual gatherings to foster supportive relationships, address challenges, and celebrate successes, while exploring topics such as near-peer mentoring, skills-based mental health education, behavioral health career pathways, secondary trauma, compassion fatigue, and youth advocacy. In addition, PHE developed and managed a Learning Management System (LMS) to provide YMHC members with synchronous and asynchronous training opportunities and professional development resources.

Deliverable 2: Create A Youth Mental Health Corps Leadership Fellows Program

Deliverable 2 Overview:

The YMHC Leadership Fellows Program is a selective leadership opportunity for YMHC members to take on expanded roles. Fellows receive a stipend, collaborate on national projects, engage in professional development, and shape the YMHC member experience—strengthening skills, expanding networks, and making a broader impact.

Fellows will:

- Receive a stipend
- Collaborate on national projects
- Engage in professional development
- Help shape the member experience
- Nomination process: Nomination by program or host site supervisor ➤➤ State service commission review ➤➤ Two finalists selected per state.

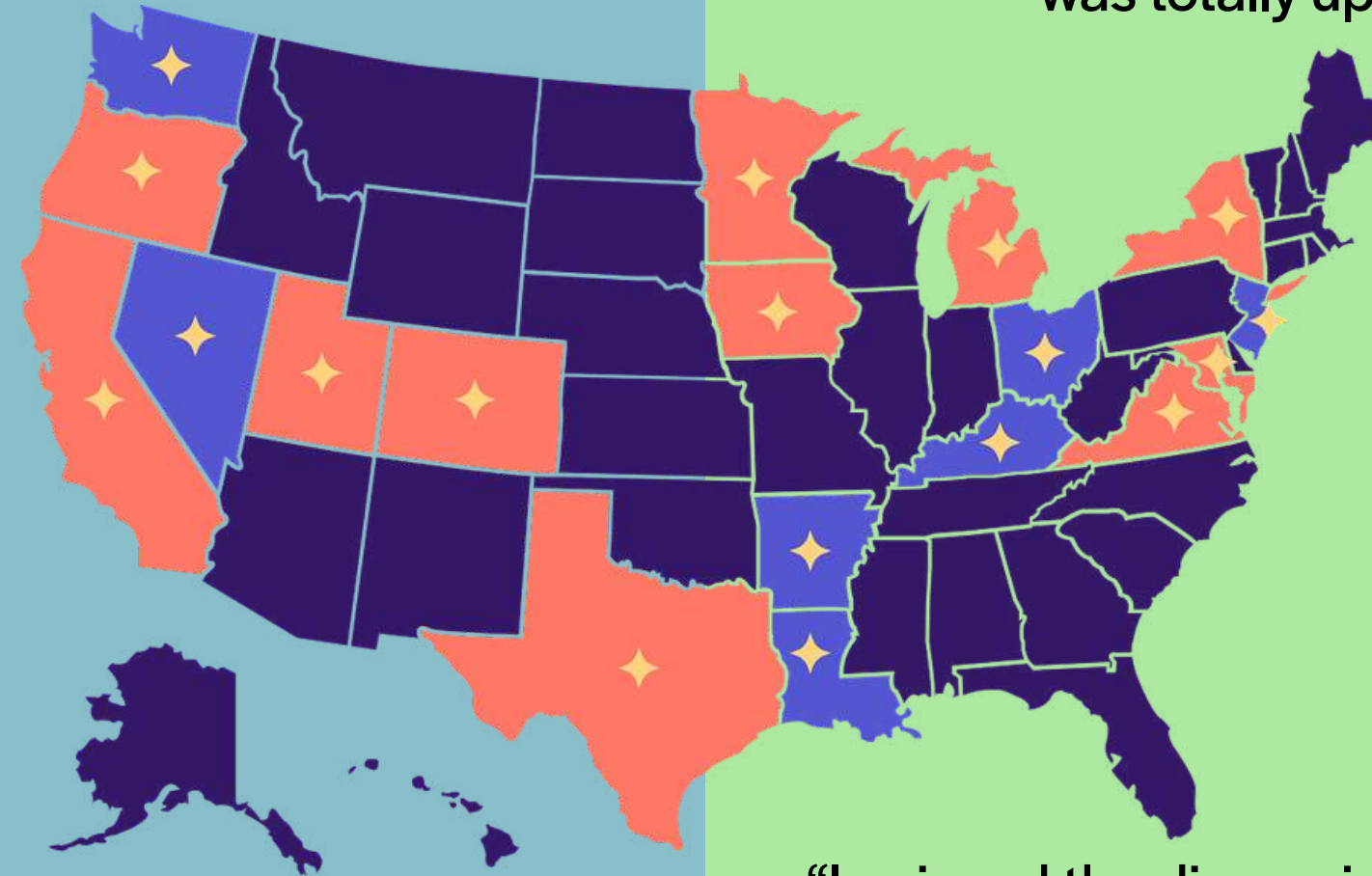
Partnership Reach

Year One

- Texas
- Minnesota
- Michigan
- Colorado

Year Two

- California
- Iowa
- Maryland
- New York
- Oregon
- Utah
- Virginia



What YMHC Fellows Are Saying:

“I enjoyed discussing what we thought could make programs for youth more impactful.”

“I love vision boarding, so this whole session was totally up my alley.”

**peer
health** ✕

“I enjoyed the discussion around current and future programming.”

“I enjoyed the space held for sharing various mental health resources.”

Thank You For Standing With Peer Health Exchange & Young People

On behalf of the entire Peer Health Exchange team, we want to express our deepest gratitude for your generous support. Because of you, we are able to continue empowering young people with the knowledge, resources, and support they need to make healthy decisions and thrive.

Together, we are breaking down barriers and ensuring youth feel seen, heard, and supported in moments that matter most.

We are truly grateful for your commitment to this work and for standing with us in building healthier, stronger futures for young people everywhere.



Thank You To Our Major Partners, Countless Individual Donors And Volunteers

In FY25, we benefitted in numerous ways from the expertise and contributions of valued partners, such as:

A Better Monday | Boston Children's Hospital | Crotty Family Foundation | Dana Farber Cancer Institute | Dedham Savings Bank | Dr.Scholl Foundation | East Bay Community Foundation | Finnegan Family Foundation | Gilead Sciences | Goldhirsh Foundation | Goldman Sachs | Horace W. Goldsmith Foundation | Lisa Stone Pritzker Family Foundation | M&T Charitable Foundation | Mollie Baldwin Foley Charitable Trust | New York Women's Foundation | Pinterest | Pivotal Ventures | Polk Bros Foundation | Procter & Gamble Corporate Giving Fund | Rare Impact Fund | Ray and Tye Noorda Foundation | Robert and Shirley Harris Family Foundation | Salesforce Foundation | Seymour Foundation | The Annie E. Casey Foundation | The Bristol-Myers Squibb Foundation | The Chicago Foundation for Women | The Gray Foundation | The Lawrence Foundation | The Stanley S. Langendorf Foundation | Vistria Group

