

Secondary School Program

Mission

Peer Support Australia provides school communities with an evidence based, peer led approach to enhance the mental, social and emotional wellbeing of young people.

Student learning sessions are facilitated by 2 Year 10 Peer Leaders with groups of 8-10 students from Year 7.

Possible outcomes of an effective Peer Support Program include:

- building **positive relationships**
- developing **skills**
- enhancing **mental health**
- taking **personal responsibility**
- embracing **lifelong learning**
- developing **key concepts**
- encouraging **participation**.

The Peer Support Program supports the Key Learning Areas of English, PDHPE and Human Society and its Environment.

The Peer Support Program also supports complementary educational initiatives such as social and emotional learning, buddy programs, restorative practice, pastoral care, student welfare, Positive Behaviours for Schools, Framework for Values Education, and the National Safe Schools Framework.

The skills developed from successfully implementing the Peer Support Program include:

- assertiveness
- relationship building
- communication
- problem solving
- resilience
- values clarification
- empathy
- critical thinking
- interpersonal
- monitoring stress
- planning
- decision making
- refusal
- conflict resolution
- coping
- negotiation

The Secondary Schools Manual includes:

- current student leadership training notes
- comprehensive teacher's notes
- awareness raising sessions and OHT masters for staff, students and parents
- best practice information
- implementation action plan
- proformas and evaluations
- curriculum links

Secondary School Modules include:

Framework for Orientation (4 areas)

This framework focuses on the **transition** to secondary school for Year 7 students. Activities have been designed to encourage students to work together and support one another. The flexible nature of the framework makes it ideal to incorporate into existing school orientation programs.

Facing our Challenges (8 sessions)

This module focuses on **resilience** and equipping students with the skills to cope more effectively with situations they may find challenging. Skills developed include optimism, empathy, positive self talk, perseverance and resilience. These are valuable tools in assisting students to bounce back and feel positive about their future.

Behaving with Integrity (8 sessions)

This module focuses on **values**. Students develop skills in values clarification, relationship building, assertiveness and decision making. Students explore individual and community values within a safe and supportive environment. The core values of respect, responsibility, diversity, inclusion and integrity are blended throughout the module.

Working through Conflict (8 sessions)

This module focuses on **anti-bullying** and is designed, in conjunction with whole staff training, to address the issue of bullying behaviours in a positive way. Skills developed include decision making, problem solving, empathy, assertiveness, relationship building and conflict resolution.

Peer Support Australia gratefully acknowledges the funding provided under the Australian Government National Suicide Prevention Program, by NSW Department of Health and by Catholic Church Insurances Limited.

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