



Peer Support Program

Mission:

Peer Support Australia is dedicated to providing dynamic, peer led programs which foster the physical, social and mental wellbeing of young people and their community.

The Peer Support Program

- is a peer led, skills based, experiential learning program
- is integrated into curricula and sustained throughout all year groups
- provides students with a supportive learning environment in which to develop the skills, understandings, attitudes and strategies to make healthy life decisions
- enhances peer connections throughout the school
- develops and maintains positive relationships within the school community
- develops skills in resilience, assertiveness, decision making, problem solving and leadership
- operates in over 1,400 primary and secondary schools in NSW, ACT, Queensland and Tasmania
- develops key concepts:
 - sense of Self
 - resilience
 - connectedness
 - sense of possibility.

How does the Program work?

- The Peer Support Program empowers young people to support each other and contribute positively to society.
- In primary schools, Peer leaders work with multi age groups of 8-10 younger students.
- In secondary schools, Peer leaders work with groups of 8-10 students from the entry year group.
- Both primary and secondary students are trained as Peer leaders through a 2 day leadership training program.

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How does the Peer Support Program support other initiatives?

- The Peer Support Program is outcomes based and designed to integrate into school curricula.
- The program supports complementary initiatives such as student welfare, pastoral care, buddy programs and anti-bullying
- It enhances a positive school culture. Many initiatives and strategies are promoted, emphasising the adoption of a whole school approach to include teachers, parents and students.
- It is flexible enough to accommodate school and community needs.

Available modules include:

For Primary Schools

- Getting Started - Orientation
- Building Connections - Relationships
- Being Positive - Optimism
- Taking Opportunities - Resilience
- Promoting Harmony - Values
- Speaking Up - Anti-bullying

For Secondary Schools

- Framework for Orientation - Transition
- Facing our Challenges - Resilience
- Behaving with Integrity - Values
- Working through Conflict - Anti-bullying

Training

- Teacher workshops include:
 - Implementation training for establishing and maintaining the Peer Support Program
 - anti-bullying training
 - SRC Leadership training.
- Peer Support Australia provides comprehensive learning materials to train student leaders and to conduct peer led sessions. These materials are regularly updated.