



# Primary School Program

**Mission:**

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

Student learning sessions are facilitated by trained Peer leaders with multi age groups younger years.

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 anti-bullying, values education, pastoral care, student welfare 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 Primary Schools Manual includes:**

- 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

**Primary School Modules include:****Getting Started (2 sessions)**

This module is an introduction, designed for schools which have not previously run the Peer Support Program.

**Keeping Friends (8 sessions)**

This module focuses on relationships. Students will develop skills in maintaining positive friendships by learning how to play fairly, accept that friendships change, support each other and acknowledge that they may have a variety of friends.

**Being Positive (8 sessions)**

This module focuses on providing a framework for students to learn about optimism with an emphasis on skills including positive self talk and empathy. Students learn the value and importance of approaching life optimistically and to persevere with challenging situations.

**Taking Opportunities (8 sessions)**

This module focuses on resilience. Students develop skills in coping, resilience, planning and monitoring stress. Students identify their personal strengths, people who can support them and strategies to assist in becoming more resilient.

**Promoting Harmony (8 sessions)**

This module focuses on values. Students develop skills in values clarification, relationship building, assertiveness and decision making. Students focus on the values of caring, respect, responsibility and fair go.

**Speaking Up (8 sessions)**

This module focuses on anti-bullying. Students develop skills in decision making, problem solving, assertiveness, empathy and relationship building. This module is part of a whole school approach to address the issue of bullying behaviours in a positive way and includes staff training, teacher led lessons and a parent awareness raising session.