Boost for peer support

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"They discovered that the students knew far more about what was going on than the teachers - but they didn't have the skills to support each other," she said. "Thus, the idea of peer-led programs was born." She said, "Moving into high school can be a stressful, anxious and uncertain time for many students as well as parents. The program assists younger students to become familiar and confident with their new school, new teachers and new routines.

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WORKSHOP ■ Peer Support will run an Implementation Workshop in Gosford on August 13 ■ For more details visit peersupport.edu.au ■ Peer Support Australia provides an evidence-based, peer-led approach to enhance the mental, social and emotional wellbeing of young people.