

PEER SUPPORT PROGRAM

PRIMARY AND SECONDARY SCHOOLS

Peer Support Australia gratefully acknowledges funding provided under the Australian Government National Suicide Prevention Program and the NSW Department of Health.

THE PEER SUPPORT PROGRAM

MISSION

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

THE PEER SUPPORT PROGRAM

- is a skills based, experiential learning program and is unique in its Peer Led approach
- 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 1400 primary and secondary schools across all states, territories and sectors.
- 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.
- Both primary and secondary students are trained as Peer Leaders through a 2 day leadership training program. This encourages a culture of leadership among all students.
- In primary schools, Peer Leaders work with multi age groups of 8-10 younger students for 8 sessions.
- In secondary schools, Peer Leaders work with groups of 8-10 students from the entry year group for 8 sessions.

HOW DOES THE PEER SUPPORT PROGRAM SUPPORT OTHER INITIATIVES?

- The Peer Support Program has strong links to the Australian Curriculum in PD/H and the General Capabilities.
- The Program supports complementary initiatives such as student wellbeing, pastoral care, buddy programs and anti-bullying. It also supports The National Safe Schools, School Excellence, National Values and Wellbeing Frameworks.
- It enhances a positive school culture. Many educational 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
- *Keeping Friends* - Relationships
- *Living Positively* - Optimism
- *Moving Forward* - Resilience
- *Promoting Harmony* - Values
- *Stronger Together* - Anti-bullying

For Secondary Schools

- *Framework for Orientation* - Transition
- *Resilience - Rethinking Challenges*
- *Behaving with Integrity* - Values
- *Strengthening Our Connections* - Antbullying

WORKSHOPS

- Teacher Workshops include:
 - Implementation Workshop for establishing and maintaining the Peer Support Program
 - SRC Leadership Workshop.
- Peer Support Australia provides comprehensive learning materials to train Peer Leaders and to conduct peer led sessions. These materials are regularly updated.



ORDER RESOURCES ONLINE

www.peersupport.edu.au

All prices are listed online. Schools will be invoiced for their purchase once an online order is received. All prices are inclusive of GST and postage.



CONTACT US

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