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**

**MISSION**

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**

- 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.

**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**

Tel: 1300 579 963 Email: office@peersupport.edu.au

**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 - Antibullying

**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.

**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.