

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.

PEER SUPPORT IN PRIMARY SCHOOLS

Traditionally, the Primary School Program is implemented in Terms 2 or 3 and takes a whole school approach. Modules focus on a range of topics including values, relationships, resilience, optimism and anti-bullying. Students from Year 6 are trained as Peer Leaders and work with small groups of students from K – Year 5*. Peer Support is generally timetabled to take place for one 30 minute session once a week for an eight week period. In the sessions, the younger students engage in a structured series of interactive learning experiences guided by their Peer Leaders. At the end of the eight week period, students mark the end of their peer led sessions with a celebration.

The Peer Support Program supports complementary educational initiatives such as social and emotional learning, positive psychology, buddy programs, restorative practices, pastoral care, student welfare and the National Safe Schools Framework.

RESOURCES AVAILABLE

Schools need a **Peer Support Manual** and at least one educational **Module** for their first year. The Manual outlines how the program works and the Modules contain the activities undertaken by students during the peer led sessions. Resources are available to purchase online at the Peer Support website.

PRIMARY SCHOOL MODULES

Each Module contains 8 peer led sessions. We suggest that one Module is implemented each year, over the course of a single school Term.



• Keeping Friends: Relationships

Students develop skills in maintaining positive friendships by learning how to play fairly, accept that friendships change, support each other and recognise that they may have a variety of friends.

• Promoting Harmony: Values

Students develop skills in values clarification, relationship building, assertiveness and decision making. Includes the values of caring, respect, responsibility and fair go.

• Living Positively: Optimism

Students develop the skills and knowledge to approach life with a positive attitude, use their strengths, engage in enjoyable activities and show gratitude to others.

• Stronger Together: 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 addressing the issue of bullying in a positive way.

• Moving Forward: Resilience

Students will be supported to recognise and utilise protective factors and develop a range of strategies to employ in challenging situations.

PRIMARY SCHOOL MANUAL

Includes:

- Peer Leaders' Training
- Teacher's Notes & Staff Awareness Raising
- Action sequence for implementation
- Support materials for planning and evaluation

Included in this Manual is an Introductory Module (2 sessions) designed for schools new to The Peer Support Program.

OUTCOMES

- Building positive relationships
- Developing skills
- Enhancing mental health
- Taking personal responsibility
- Embracing lifelong learning
- Developing key concepts
- Encouraging participation

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



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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