

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

\*In South Australia, Peer Leaders are generally Year 10 students and Group Members are generally incoming Year 8 students, starting secondary school for the first time.

# 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 SECONDARY SCHOOLS

Traditionally, the Secondary School Program is implemented in Term 1 and focuses on the transition to high school. Students from Year 10 are trained as Peer Leaders and work with students in Year 7\*. Peer Support is generally timetabled to take place for one 40 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.

## SECONDARY SCHOOL MODULES

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

### Rethinking Challenges: Resilience

Students develop skills in perseverance, critical thinking, optimism, communication and empathy. Students are encouraged to view challenges as opportunities to push through the limitations they may put on themselves and be open to new possibilities. The module has a strong focus on the influences our thoughts have on the way we view certain experiences. Students are encouraged to adopt open thought about all their experiences.

### Behaving With Integrity: Values

Students develop skills in values clarification, relationship building, assertiveness and decision making. Students explore individual and community values within a safe and supportive environment. The core values of respect, responsibility, diversity, inclusion and integrity are incorporated throughout the module.

### Strengthening Our Connections: Anti-Bullying

This module is designed to be implemented in conjunction with whole staff training to address the issue of bullying behaviours in a positive way. Skills developed include decision making, problem solving, empathy, assertiveness, relationship building and conflict resolution.

## SECONDARY 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 (3 sessions) which focuses on the transition to secondary school and fits well with existing school orientation programs.

## OUTCOMES

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



## ORDER RESOURCES ONLINE

[www.peersupport.edu.au](http://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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