

Setting up a successful scheme - key considerations

- What are the aims for the scheme?
- Who will lead, manage and supervise the peer supporters?
- What existing structures can you build on?
- What resources are available?
- What time scales will you be working to?
- How will you recruit & select?
- How will you ensure that peer supporters are representative of the whole school community e.g. gender balance etc?
- What training and support will the peer supporters and staff receive?
- How will you define roles & responsibilities?
- How will the scheme be run?
- How will you promote & raise awareness of the scheme?
- How will you deal with issues of confidentiality?
- How will you provide recognition and reward for peer supporters?



Further Information

Peer Support forum
www.ncb.org.ok/psf

The Mentoring & Befriending Foundation (MBF): www.mandbf.org.uk

Kidscape:
www.kidscape.org.uk

UK Observatory for the promotion of nonviolence:
www.ukobservatory.com

NSPCC, CHIPS Childline in Partnership:
www.nspcc.org.uk

www.peermediationnetwork.org.uk
www.leapconfrontingconflict.org.uk

Diversity Hub:
www.diversityhub.org.uk

Anti-Bullying Alliance:
www.anti-bullyingalliance.org.uk

Val Besag Supportive Friends Peer Support Programme:
www.valbesag.co.uk

Playground Peacemakers - Lorna Farrington:
www.circle-time.co.uk

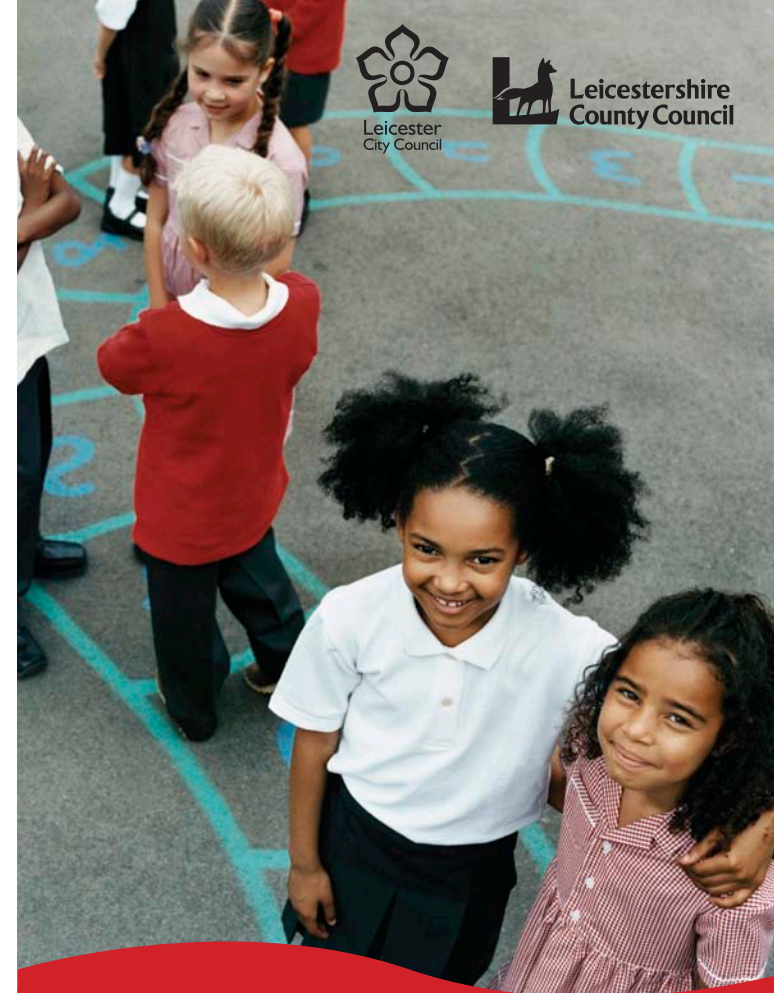
Local Contacts

Leicestershire Anti-Bullying Team:
www.beyondbullying.com

Leicester City Anti-Bullying Community Award Resources:
www.leicester.gov.uk

School Councils:
www.schoolcouncils.org

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Peer Support

Principles for Good Practice

"my greatest reward as a mentor has been putting smiles back on sad faces"

"It's a wonderful thing to be trusted"

"It's great to see we have made a difference - fewer fights and arguments"

Advice for Schools, Colleges & Children and Young People's Services

What is Peer Support?

Peer support schemes involve trained young people working as active listeners and facilitators, providing a safe opportunity for young peers to share their concerns, to be taken seriously and to explore their own solutions.

Why is Peer Support needed?

- 1 in 3 young people are worried about something all of the time and nearly half worry about not having someone to share worries with.
- Research shows that often the first person a child turns to for support is a friend. Young People can be uniquely placed to empathise with their peers. They can show patience, understanding & insight. (Clare Trott)
- '82% of pupils found peer support schemes useful in enabling them to cope with bullying.... In general, pupils saw the peer support scheme in their school as a sign that the school cared for their well being'

(Naylor & Cowie 1999)



Types of Peer Support?

Befriending (eg playground pals) - involves training young people to support others during play break or lunch times

Peer Mentoring - involves a young person supporting & encouraging a peer who lacks confidence or experience in a particular situation

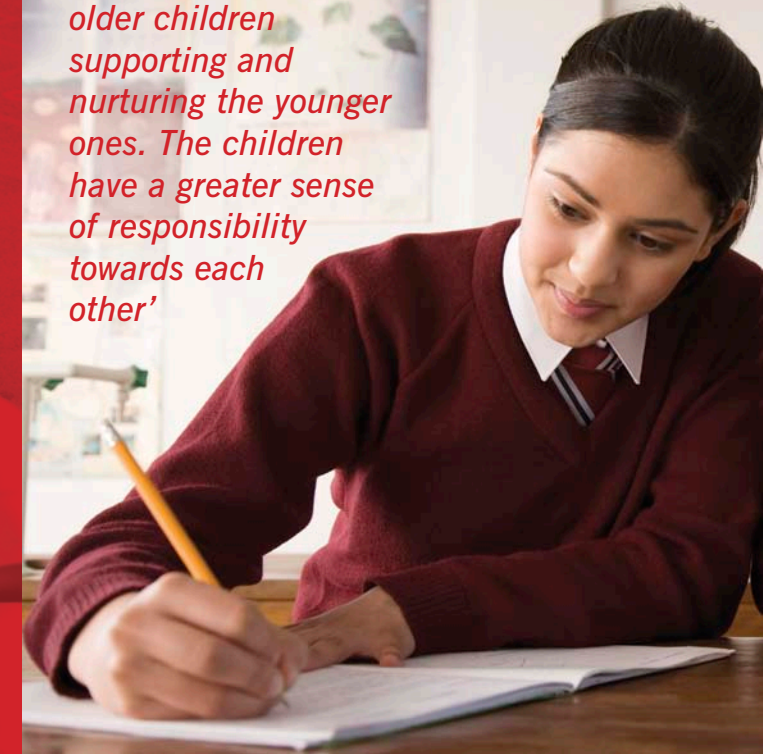
Peer Mediation - Peers trained in conflict resolution strategies. They may act as mediators in the playground or in response to bullying.

Peer Counselors/listeners - where a peer is trained in active listening, verbal & nonverbal communication, confidentiality and problem solving

Peer Education/Tutors - where peers help others in a specific curriculum area (eg reading, drug awareness etc)

'..it has provided a unique opportunity for many different children to shine and to find a really valuable position within our school'

'...we have noticed older children supporting and nurturing the younger ones. The children have a greater sense of responsibility towards each other'



Choosing which scheme

- Identify your schools needs via audits, questionnaires, SWOT analysis.
- Identify who the scheme is intended to support
- Listen to & involve students, staff, parents & governors.
- Start small & build on strengths
- Develop to include different types.
- Seek appropriate advice & support to develop a tailor made programme to meet your specific needs. Each school is unique and peer support schemes should reflect this. (see details of organisations & resources on back page)