



Secondary School Program

Secondary Infoshheet

peer support australia

Mission:

Peer Support Australia is dedicated to providing dynamic, peer led programs which foster the physical, social and mental wellbeing of young people and their community.

Student learning sessions are facilitated by 2 older Peer leaders with groups of 8-10 students from the entry year group.

Possible outcomes of an effective Peer Support Program include:

- building **positive relationships**
- developing **skills**
- enhancing **mental health**
- taking **personal responsibility**
- embracing **lifelong learning**
- developing **key concepts**
- encouraging **participation**

The Peer Support Program supports the Key Learning Areas of English, Health and Human Society and its Environment.

The Peer Support Program also supports complementary educational initiatives such as anti-bullying, values education, pastoral care, student welfare and the National Safe Schools Framework.

The skills developed from successfully implementing the Peer Support Program include:

- assertiveness
- relationship building
- communication
- problem solving
- resilience
- values clarification
- empathy
- critical thinking
- interpersonal
- monitoring stress
- planning
- decision making
- refusal
- conflict resolution
- coping
- negotiation

The Secondary Schools Manual includes:

- comprehensive teacher's notes
- awareness raising sessions and OHT masters for staff, students and parents
- best practice information
- implementation action plan
- proformas and evaluations
- curriculum links

Secondary School Modules include:

Framework for Orientation (4 areas)

This framework focuses on the transition to secondary school for entry level students. Activities that have been designed to encourage students to work together and support one another contribute to a smoother transition into the new environment and a more positive attitude toward high school. The flexible nature of the framework makes it ideal to incorporate into existing school orientation programs.

Facing our Challenges (8 sessions)

This module focuses on resilience and equipping students with the skills to cope more effectively with situations they may find challenging. Skills developed include optimism, empathy, positive self talk, perseverance and resilience. These are valuable tools in assisting students to bounce back and feel positive about their future.

Behaving with Integrity (8 sessions)

This module focuses on 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 blended throughout the module. Implementing *Behaving with Integrity* provides students with the opportunity to explore their personal beliefs and ways in which these beliefs affect their behaviour. Students identify ways they can make positive contributions to the wider community.

Working through Conflict (8 sessions)

This module focuses on anti-bullying and is designed, 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.

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