





peer support

Being emotionally well.... Emotional Wellbeing – and?



- · It affects how we think, feel, and what we do
- It helps determine how we handle stress, relate to others, and make choices
- It is important at every stage of life, from childhood and adolescence through to adulthood
- · Certain factors can influence how well we are keeping...
 - our resilience
- · our physical health
- · our relationships
- the wider social, economic, cultural and environmental conditions in which we live.

The 5 Stage Approach to Keeping us Well as QPHS

Universal - Form Tutor

5 ways to wellbeing School webpage links to key agencies

Education - Assembly / Psice

Universal - KS Lead

Linison With

Form Tutor / Attendance Officer / Home

KS Lead Support Strategies

Groups / Settings

Restronative Justice

Referral for Peer Menturing (September)

Targeted

Signposting to ChildLine, Rooth, OnLine Counselling Servi

Referralinto School Intervention Programmes

(Ms Rigby, Ms Authory, Ms Z Williams)

Referral into School Nurse

(Lauren)

Referral into School MH Nurse

(Rebecca)

Specialist Services

Referral into School Coursellor (Ms Byrne)

Specialist Services

Referral into Specialist Services

Cambi

Reflec

RASA

Platform for Life

The Westminster Drug Project

Stage 1 - Universal

Universal - Form Tutor

Student Concerns Form - Edulink*

5 ways to wellbeing

Coping Skills Tool Box

24 Science Backed Ways to Feel Happier

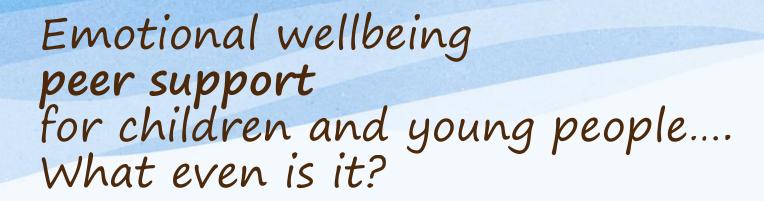
School webpage links to key agencies, key docs, WAG BLOG/Newspaper

In school wellbeing activities?

W-Space – where – how manned (PMs?) – who – how effective?

Heart Math?

Education - Assembly / Pshce / YEO sessions / Enrichment Day



· A trained child or young person supporting other children and young people

Offering planned and structured help and support

Building emotional resilience

Promoting wellbeing and positive mental health

Signposting to further support

Why Peer Mentoring?

The peer mentors use their ability to connect with the CYP they are working with and their ability to build relationships with them

Ongoing 1-1 mentoring

· Peer mentors meet on an **ongoing** basis with their mentee

· Before, during school or after school

CYP from one setting (e.g. a secondary school) may mentor young CYP in a different setting (e.g. primary school)









- Examples:
 Peer mentors take on roles such as School Yard/Field Champions, or Corridor Champions
- Peer mentors run drop-in clubs in schools or the community where any CYP can come along if they wish to have a one off or follow up conversation
- · Peer mentors act as mediators facilitating peer disputes.



Peer mentor facilitation of wellbeing sessions

- The peer mentors use their ability to connect with the CYP they are working with and their ability to build relationships with them
- May involve a peer mentor helping to develop and facilitate training sessions on topics such as bullying or confidence
 - These sessions may be facilitated for all CYP or for particular targeted groups of CYP
- May become an ongoing regular group facilitated by one or a group of peer mentors. Examples of this could include, a peer support wellbeing lunch time group or an after school group.

Why might I want to check in with a peer mentor? (Connecting)

Relationship issues – friends – family – other in school

Bullying

School work – exam stress – homework

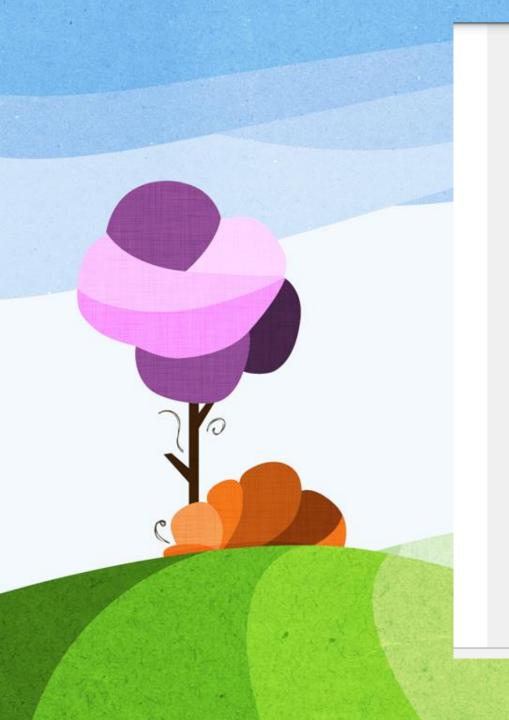
Bereavement

Drug and alcohol issues Sexual health

(Signposting)

Possible methods for Mentor Selection

Peer Nomination Teacher Nomination Self Nomination



Peer Mentor Application Form 11 - 18 (Secondary)

Venue:	Name:
Peer Co-ordinator:	Gender:
	Pupil Age:
Please answer the following questions in as much detail as possible: Do you have any previous experience of mentoring either as a mentor or mentee? (If yes, please give details)	
Why do you want to be a mentor?	
What qualities can you bring to the Peer Mentoring Programme?	
What do you enjoy doing in your spare time?	

Key attributes of an ideal peer mentor



- · Be comfortable building relationships
- · Be a good listener
- · Be reflective and open to learning
- · Hold a genuine desire to 'give back'
- · Be dependable
- · Demonstrate flexibility
 - Have experienced peer support themselves
- · May have experienced emotional wellbeing difficulties previously themselves





MENTORS



MENTOR TRAINING

Training can be delivered over 2 full days, 4 afternoons or 8 x 1.5hr sessions. Training often takes place between June and July or September and October to allow for the mentors to develop into their roles and be ready to support transition periods if applicable, but you need to consider the best time for your setting.

Prior to the delivery of the mentor training, you need to consider the format of the mentor support that will be in place following completion.

- How often will the peer mentoring support take place?
- · Will your mentors meet once or twice a week?
- Offer daily support on a rota?

Well supported groups are more successful. An organised support programme where an enthusiastic adult offers advice, encouragement and praise on a regular basis will lead to success.

Also consider how you will be promoting the programme, getting the whole setting community involved from the start:

- · Consider delivering a whole school assembly to explain the programme
- · Give out certificates and badges to trained mentors
- · A dedicated display board in the school entrance which is regularly updated on peer mentoring activity is a great way to promote the scheme
- · Website and social media updates can keep mentors motivated
- · A presence at events such as parents evenings, open days and transition days will give the mentors a boost and give them a greater sense of ownership of the programme.



This certifies that

has successfully completed Peer Mentoring training and will be supporting others in

as a

Peer Mentor

Skills covered include: the role of a mentor, listening and communication, promoting positive behaviour, confidentiality, problem solving, anti-bullying, team work and helping others to achieve

Signed:

Date:

https://www.youtube.com/watch?v=BLhMeipQY_s



