

**Kidscape Peer Mentoring Training and Materials for Adults and Young People**

Peer mentoring programmes operate by young people supporting their peers through one-to-one relationships so they are able to provide personalised guidance and support; serving as positive role models. With appropriate training and supervision these peer mentors are able to listen and support fellow pupils (mentees); helping them deal with some of the emotional challenges they face that could otherwise progress to more serious issues.

Kidscape have developed training and materials to support schools deliver their own sustainable peer mentoring programmes.

Below are a number of training options schools can chose from:

***We would recommend staff attend the adults training so they understand how to run a sustainable programme; training and supporting their own pupils as peer mentors.***

**Peer Mentor Training: Adults** (either delivered over ½ day or a full day depending on the participants needs)

The training will provide participants with the information and resources they need to enable them to set up and deliver sustainable peer mentoring school programmes. The training will give participants the opportunity to explore the different roles and investigate all the different elements that need to be included in their schools peer mentoring programme.

**Aim:** To understand and be clear on how to set up and deliver a sustainable peer mentoring school programme based on pupils wellbeing.

**Objectives:**

* Understand what peer mentoring means and why you would set up a peer mentoring programme in your school
* Understand what mental wellbeing means and the issues that affect young people’s wellbeing
* Identify and explore what needs to be included in a peer mentoring programme
* Explore the roles and responsibilities of staff and peer mentors
* Investigate and explore the resources that will support staff deliver the programme
* Receive a set of peer mentoring materials to support you set up and deliver your peer mentoring programme
* Produce a plan for setting up your own programme

**Peer Mentor Training: Young People** (One days training)

The Peer Mentors training will provide young people with information and an understanding of peer mentoring. The interactive style of delivery will give the potential peer mentors the opportunity to explore the peer mentors role and understand what will be expected of them.

The training is intended to encourage a participatory and interactive approach to learning, being delivered through a range of individual and group activities.

**Aim:** To explore the role of a peer mentor and how to deliver peer mentoring.

**Objectives:**

* To understand what peer mentoring is
* Be able to identify the issues young people may need support with and strategies that Peer Mentors could use to support these issues
* To Identify the roles and responsibilities of a peer mentor
* To understand Safeguarding procedures
* To understand how to communicate and listen effectively
* Be able to identify personal qualities and skills, including completing a Personal Development Plan focusing on future development
* To understand what’s involved in the peer mentoring process
* To carry out peer mentoring and observe others in the role
* To understand how your peer mentoring programme will be delivered