



Primary School Program

Mission:

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

Student learning sessions are facilitated by trained Year 6 Peer leaders with multi age groups from the younger years.

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, PDHPE and Human Society and its Environment.

The Peer Support Program also supports complementary educational initiatives such as social and emotional learning, buddy programs, restorative practices, pastoral care, student welfare, Positive Behaviours for Schools, Framework for Values Education, 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 Primary Schools Manual includes:

- current student leadership training notes
- 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

Primary School Modules include:

Getting Started (2 sessions)

This module is an introduction, designed for schools which have not previously conducted the Peer Support Program.

Keeping Friends (8 sessions)

This module focuses on **relationships**. Students will develop skills in maintaining positive friendships by learning how to play fairly, accept that friendships change, support each other and acknowledge that they may have a variety of friends.

Living Positively (8 sessions)

This module focuses on **optimism**. Students develop the skills and knowledge to approach life with a positive attitude, use their strengths, engage in enjoyable activities and show gratitude to others.

Taking Opportunities (8 sessions)

This module focuses on **resilience**. Students develop skills in coping, resilience, planning and monitoring stress. Students identify their personal strengths, people who can support them and strategies to assist in becoming more resilient.

Promoting Harmony (8 sessions)

This module focuses on **values**. Students develop skills in values clarification, relationship building, assertiveness and decision making. Students focus on the values of caring, respect, responsibility and fair go.

Speaking Up (8 sessions)

This module focuses on **anti-bullying**. Students develop skills in decision making, problem solving, assertiveness, empathy and relationship building.

This module is part of a whole school approach to address the issue of bullying behaviours in a positive way and includes staff training, teacher led lessons and a parent awareness raising session.