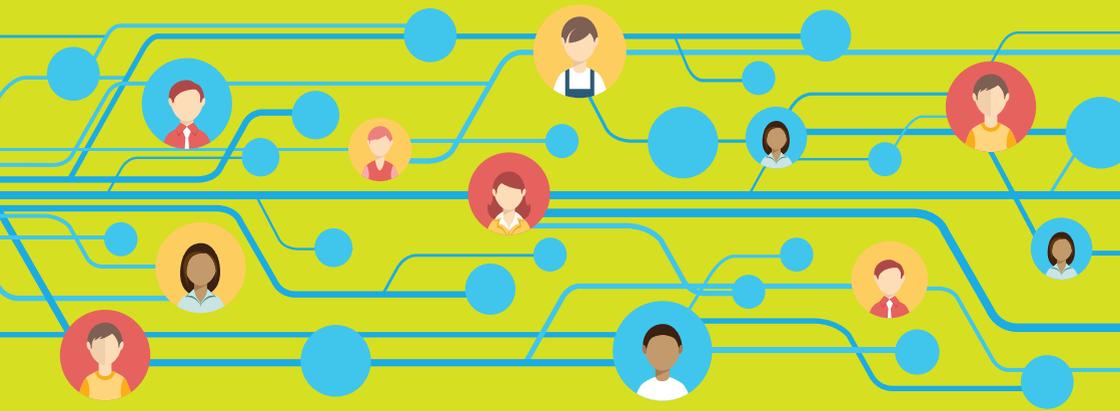




PEER EDUCATION PROJECT: 2018-19



The Peer Education Project equips schools to train a group of student Peer Educators in Year 12 to deliver a mental health and wellbeing syllabus to Year 7 pupils in their school.

Since the programme started in 2015, it has shown promising improvements in the knowledge, skills and attitudes of participating students.

The syllabus consists of five interactive sessions, supported by a workbook for Year 7, which are delivered by Peer Educators. There are three stages to the project – more detail about each stage can be found on page 2.



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Costs and timings



Staff training dates will be available from September 2018 onwards in locations around the UK. The training enables schools to run Peer Educator training and lesson delivery at any time during the rest of the school year.

The cost of taking part in the programme is a single registration fee of £150 per school (exclusive of VAT) and will include:

- ✓ Two places at a staff training session.
- ✓ All project materials in printed and electronic formats (training manual, peer educator materials, Y7 workbooks) for the participating school.
- ✓ Access to online resources to support the project
- ✓ Ongoing support from MHF throughout the duration of the programme.



If you are interested in taking part, please get in touch with Helen Bohan, Peer Education Project manager (hbohan@mentalhealth.org.uk).

Where schools cannot attend a training session, or a school does not have sixth-form provision, other methods of participation may be offered. The Project Manager will be happy to discuss options for taking part.

Staff training

The Mental Health Foundation will be offering staff training in locations across the UK during autumn and winter 2018/19.

The training day, run by MHF, will cover:

- ✓ The background to the project
- ✓ How to run the Peer Educator training
- ✓ Introduction to the programme content
- ✓ How to use the project materials
- ✓ Sources of additional information
- ✓ Ideas for sustaining the project



This training session will equip staff to run the Peer Education project in their own school, making sure that training and delivery can be adapted around each school's timetable, exams and holidays.

We recommend that two staff from each school attend the training to ensure there is adequate capacity to run the project.

However, staff do not necessarily need to be teachers; teaching assistants, pastoral staff etc. are very welcome to take part.

Once staff are trained, they can run the project year on year using the implementation guide. The Mental Health Foundation will provide opportunities and resources for staff to refresh their knowledge and reflect on their experiences of running the project.

Peer Educator training

Once staff have been trained in running the programme, they will select and train their Peer Educators.

A detailed Peer Educator training plan is provided for staff to follow, giving students a mix of mental health content and teaching practice. These sessions can be run at a pace chosen by staff.

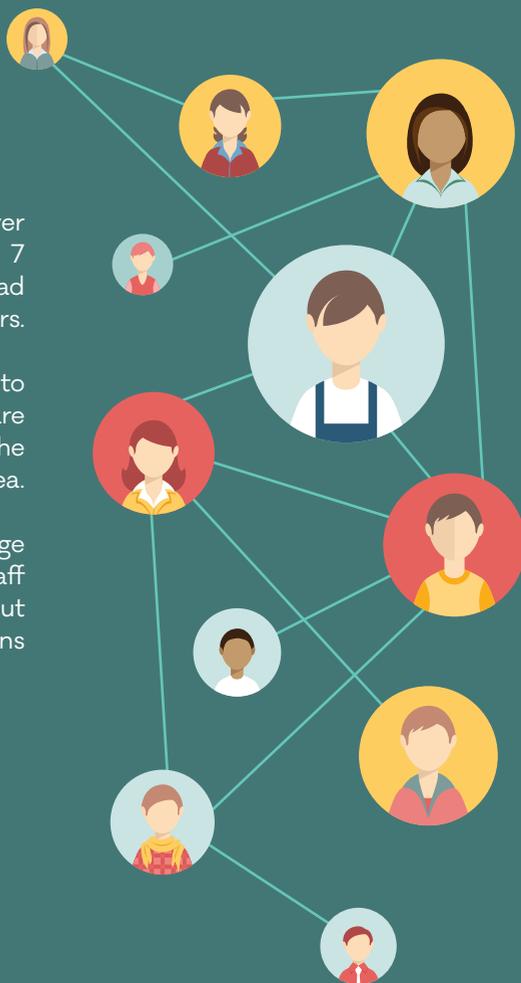
Schools will receive ongoing support from the Project Manager and Project officer whilst delivering the training, alongside the Implementation Guidance that provides detailed advice about implementing the programme.

Session delivery

Once trained, Peer Educators deliver 5 hour-long PSHE sessions to Year 7 students, supported by the project lead at their school and classroom teachers.

During this time, MHF provides ways to support participating schools to share their experiences of delivering the lessons with other schools in their area.

We will also be developing a range of additional resources to help staff continue the conversation about mental health beyond the five sessions of the Peer Education Project.



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