

What did young people enjoy most about the Peer Skills program?

"Communicating with others"

"I had so much fun. I would recommend this to other people."

"Learning to understand and value others opinions through fun games"

"Learning new skills to help myself and others around me"

"More friendships"

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Training and Development Peer Skills Program

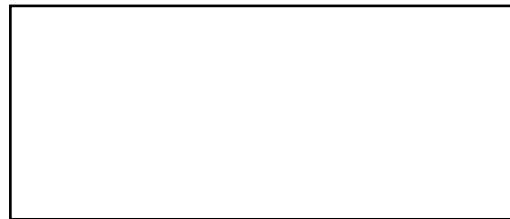
Contact Details

To enquire about the Peer Skills Workshop or Peer Skills Facilitator Training please contact:

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For further information about the Peer Skills Workshop visit the Lifeline Community Care website: www.lccq.org.au

OUR SHARED VALUES

Compassion

Respect

Justice

Working Together

Leading through Learning



A program developed to acknowledge and build on the natural listening, helping and problem-solving skills of young people



Benefits of Peer Work

Leading social researchers Urbis Keys Young in a nation wide evaluation of the Peer Skills program found that schools regard the Peer Skills Workshop as an excellent foundation activity for peer programs which enhance the well being of young people and provide leadership opportunities.

Stakeholders in schools and agencies identify many benefits for young people who participate in Peer Skills Workshops.

Benefits for Young People

- Friendships and relationships with others are enhanced
- Improved communication and social skills
- Young people actively help others and are recognised in this leadership role
- Young people become more independent and are trained to know when and who to ask for help when required

Programs such as Peer Skills:

- Contribute towards a climate of acceptance, care and respect in school environments
- Build positive relationships across the school and community
- Increase support options for young people- peer helpers assist other young people, including those identified as "at risk" or marginalised
- Value the contribution of young people
- Build a helping culture
- Reduce bullying and other problems
- Improve school retention
- Assist communities to focus on problem prevention and early intervention



What is Peer Skills?

Peer Skills was developed in response to national and international research that showed that young people often talk or turn to a friend when they have a problem, before, or instead of, seeking help from adults or services.

The Peer Skills program exists to provide skills, knowledge and strategies to help young people assist themselves and others to develop self understanding and effective supportive relationships. The Peer Skills program also aims to assist young people to connect with adults in supportive roles within their communities.

The Peer Skills two day interactive workshop is designed to acknowledge and build on natural listening skills, to develop helping and problem solving skills, develop relationship skills and Increase confidence in safely assisting a friend or peer

Peer Skills is also used as Foundation training for peer based programs to assist the development of supportive networks in schools and communities.

Peer Skills has been developed for young people between the ages of 12 and 18. It can be tailored for upper primary school age children and other groups with specific needs.

Peer Skills Facilitator Training

The Peer Skills Facilitator Training is run over two consecutive days for workers with relevant skills and experience who are supported by their school or agency to implement the Peer Skills Workshop as a part of their work with young people. For further information about the training and training costs contact the Peer Skills Manager, Lifeline Community Care.

What's in a Peer Skills Workshop?

There are six sessions in a Peer Skills Workshop which are run over two school days.

- Introducing Peer Skills sets up a safe and supportive environment, explores concerns and strengths of young people and introduces participants to the concept of peer helping.
- Exploring Values helps group members to consider their own values, beliefs and attitudes and how these influence their own lives and those they support.
- Really Listening includes many fun and practical activities that build on participants natural listening and communication skills.
- Problem Solving introduces participants to a particular framework for solving problems (POOCH) for use in their own lives and when assisting others.
- Looking After Yourself encourages young people to be aware of their strengths and limitations when helping friends and peers and to consider strategies to appropriately self care.
- Getting Help explores obstacles to help seeking and identifying when adult or professional help is needed and how to access that help.