

What did participants enjoy about the Peer Skills Facilitator Training?

"Thoroughly enjoyed the experience. Great to come together with people from different backgrounds but with a common goal – teachers, counsellors, social workers"

"The trainers were excellent and I hope I can project the type of empowerment that they have delivered to me over the last 2 days, to our students"

"Fantastic! Very helpful. I feel inspired and confident about running the program"

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

"I really enjoyed the interaction I had with other students, and the way the course was run in a laid-back "it's up to you" kind of manner"

"All of the activities were fantastic, and the whole program gave brilliant life skills"

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Contact Details

To enquire about becoming a Peer Skills facilitator 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

Training and Development Peer Skills Program

What is Peer Skills and how to become a facilitator





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
- Develop helping and problem solving skills
- Develop relationship skills
- Increase confidence in safely assisting a friend or peer

Peer Skills is also used as a 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

Facilitator Training Content

Content for the training program includes:

- Content, format and experiential process of the Peer Skills Workshop for young people
- Underpinning principles; child centred practice and empowerment
- Effective peer work program principles and processes
- The roles and responsibilities of the Peer Skills facilitator
- Preparation and presentation of a Peer Skills activity and feedback process

Is Facilitator Training for you?

Are you able to implement Peer Skills in the work you currently do?

Are you aware of the issues facing young people?

Do you understand adolescent development?

Do you have experience in group facilitation?

Do you have a basic understanding of the counselling process?

Peer Skills Facilitator Training can be tailored to suit the needs of specific groups of workers

Facilitator Training Costs

For further information about training costs contact the Peer Skills Manager

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