



Peer
Education
Project



Mental Health
Foundation



Information for Caregivers

Peer Learners

What is the Peer Education Project?

The Peer Education Project is a school-based, mental health educational programme developed by the Mental Health Foundation.

Developed in 2015, the project aims to increase young people's knowledge and understanding of what mental health is, who they can speak to if they need support, and what they can do to look after their own mental health.

The Peer Education Project will be delivered to your child by older pupils within the school. The older pupils are selected and trained by staff within the school using the pre-prepared resources developed by the Mental Health Foundation.

Research has shown there are many positive effects on learning outcomes and developing relationships when using this peer education model, especially for health and social topics. For example, the model can:

- Support young people to ask more questions and explore such topics in more depth, as they share more common experiences with peer educators than adult educators.
- Provide opportunities to create and strengthen existing social networks and support options.



What will my child learn?



The Peer Education Project has five core mental health, activity-based lessons covering:

- **Mental health and the mental health spectrum.**

This lesson explores how mental health is something we all have, consisting of our thoughts, feelings, and behaviours. It explains how mental health can be shown as a spectrum, and can change over time, and in response to different factors and experiences.

- **The risk and protective factors for mental health.**

This lesson explores the risk and protective factors to mental health. It uses a bucket analogy to help pupils understand how unhelpful factors can gradually build up, but there are helpful factors that can be put in place to prevent our mental health bucket from overflowing.

- **The 5 Ways to Wellbeing or the 8 Tips for Good Mental Health.**

This lesson provides tips for protecting and improving mental health and wellbeing.

- **Creating a mental health and wellbeing toolkit.**

This lesson explores the ways to support our own mental health when we are not feeling at our best, both in the moment and if we continue to feel not at their best.



- **Building a support network.**

This lesson explores the importance of relationships to mental health, and the ways to support each other. It highlights how our experiences and the interactions with others, begin to build our support network, which will be individual to each person.

There are additional lessons on related mental health topics, which the school may also choose to deliver to your child. These topics include:

- **Body Image: How we think and feel about our bodies**
- **Healthy Relationships: Understanding our relationship with ourselves**
- **Healthy Relationships: Understanding our relationships with our peers**
- **Kindness: Why kindness matters**
- **Loneliness: Finding our connections to feel less lonely**
- **Nature: Connecting with the world around us**
- **Sleep: Finding our confidence with sleep**



Each lesson follows this structure:

- **Welcome**

- **Being in the moment**

An activity to relax and focus the mind.

- **Building connections**

An ice breaker related to the lesson topic, to connect with others.

- **Introducing the topic**

A 10-minute introduction to the topic.

- **Learning through activity**

Activities to explore the topic in more detail.

- **Reflecting on the learning**

Time to reflect on the lesson, both individually and collectively as a class.

- **Being in the moment**

The school may choose to use pre-prepared alternative lesson activities, instead of some of the activities listed in the main structure, to allow for more in-depth discussions on the topic.



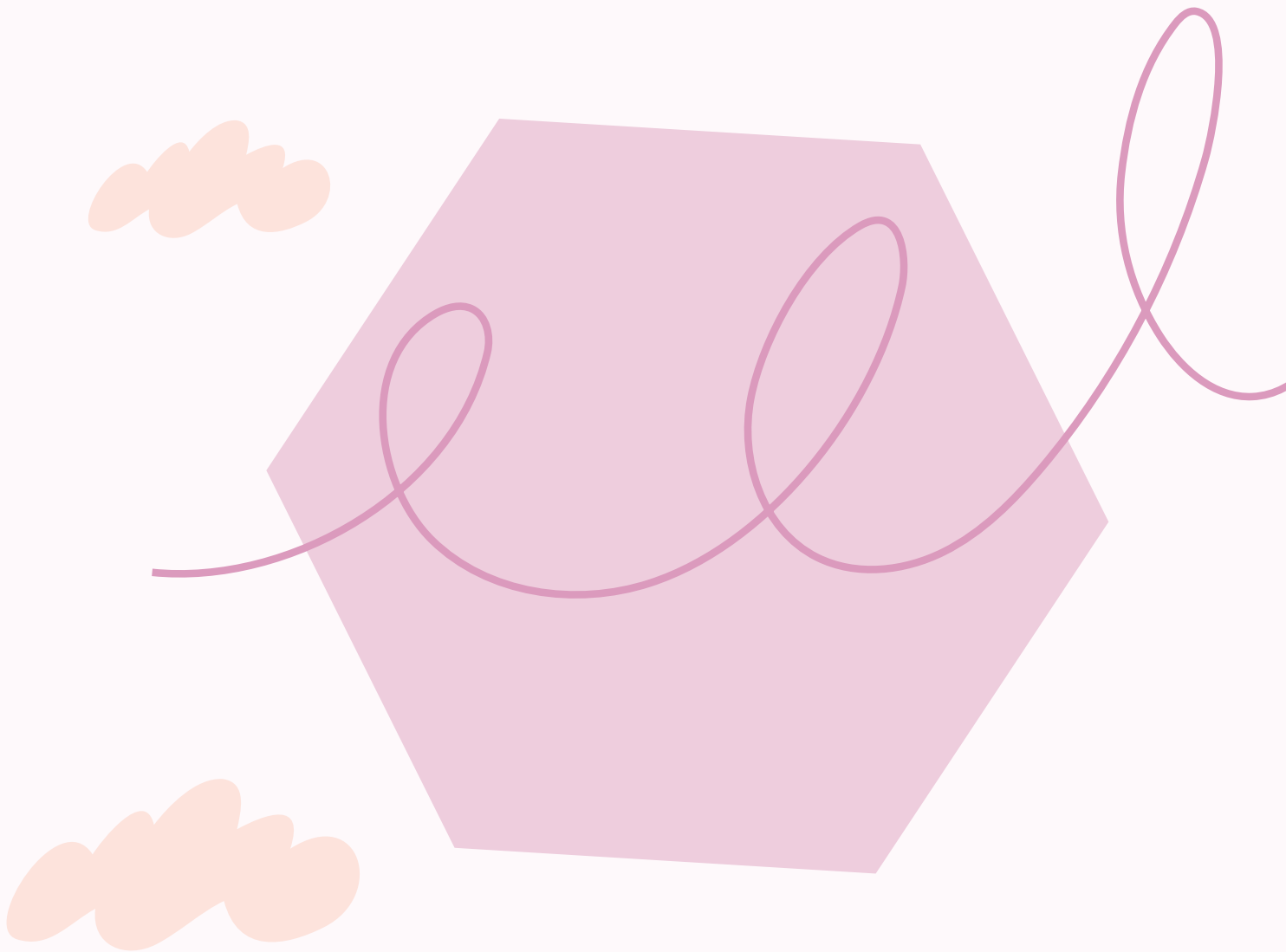
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What are the benefits for my child taking part?

By taking part in the Peer Education Project, your child will improve their knowledge and understanding of mental health and the ways to look after their own mental health, including who to speak to for support.

Your child will also build connections with their class, and the older pupils within school, widening their support network at school.



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Further support

During the project, and after, your child may come to you with questions to explore the topics in more detail.

Here are resources to support you and your child to explore mental health topics:

[The Mental Health Foundation](#)

[Resources for Schools, Caregivers and Pupils](#)

A range of resources exploring different mental health topics such as body image, loneliness, and sleep.

[Young Minds](#)

[How to talk to your child about mental health](#)

A guide on talking to your child about mental health.

[The parents and carers' guide to looking after yourself](#)

Tips for looking after your child while also looking after yourself.

[Parents' A-Z mental health guide](#)

An A-Z guide on how to help your child with their feelings and behaviour, as well as mental health conditions and life events.

[Young Mind's Parents Helpline](#)

Young Minds provides a parent helpline for parents and caregivers seeking detailed advice, emotional support and signposting about a child or young person up to the age of 25.

Call: **0808 802 5544** (free), available Monday – Friday, 9:30am – 4pm.

Webchat: available Monday – Friday, 9:30am – 4pm.

[NHS Every Mind Matters](#)

Advice and signposting on looking after a child or young person's mental health.

[The Royal College of Psychiatrists](#)

An information hub for young people and caregivers on different mental health concerns.



Here are support services available to support your child:

The Mix

The Mix offers online information as well as helpline support to under-25s about anything that's troubling them.

Email: via their [online contact form](#)

Call: **0808 808 4994** (free)

Telephone services available 4pm – 11pm everyday.

Text: **THEMIX to 85258**

The text service is free, 24/7 crisis support across the UK.

One-to-one chat: Free [1-2-1 webchat service](#)

The webchat is available 4pm – 11pm, Monday to Saturday.

Childline

A support service for anyone under 19 in need of support.

Call: **08001111** (free)

Telephone services available 24-hours a day, every day.

Young people can [sign up](#) for a free Childline locker (real name or email address not needed) to use Childline's free [1-2-1 counsellor chat](#) and email support service.

Shout

A support text service, available 24-hours a day, every day.

Text: **SHOUT to 85258**



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