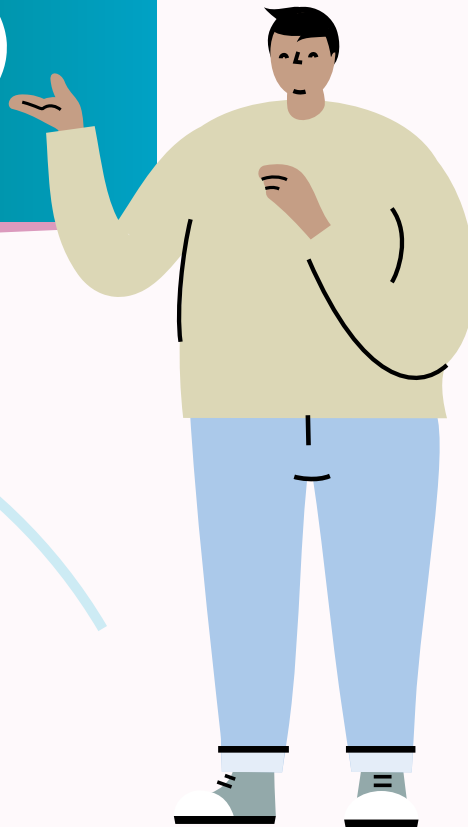




Peer  
Education  
Project



Mental Health  
Foundation



# Staff Project Guidance

Delivering the Peer Education  
Project in your school



# Welcome to the Peer Education Project!

This guide is an overview of key information and resources you will need to deliver the project within your school, and supports the training videos available on the [Mental Health Foundation's website](#).

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# Key terms



## Project Lead

School staff leading the delivery of the project in the school.

## Project Support Staff

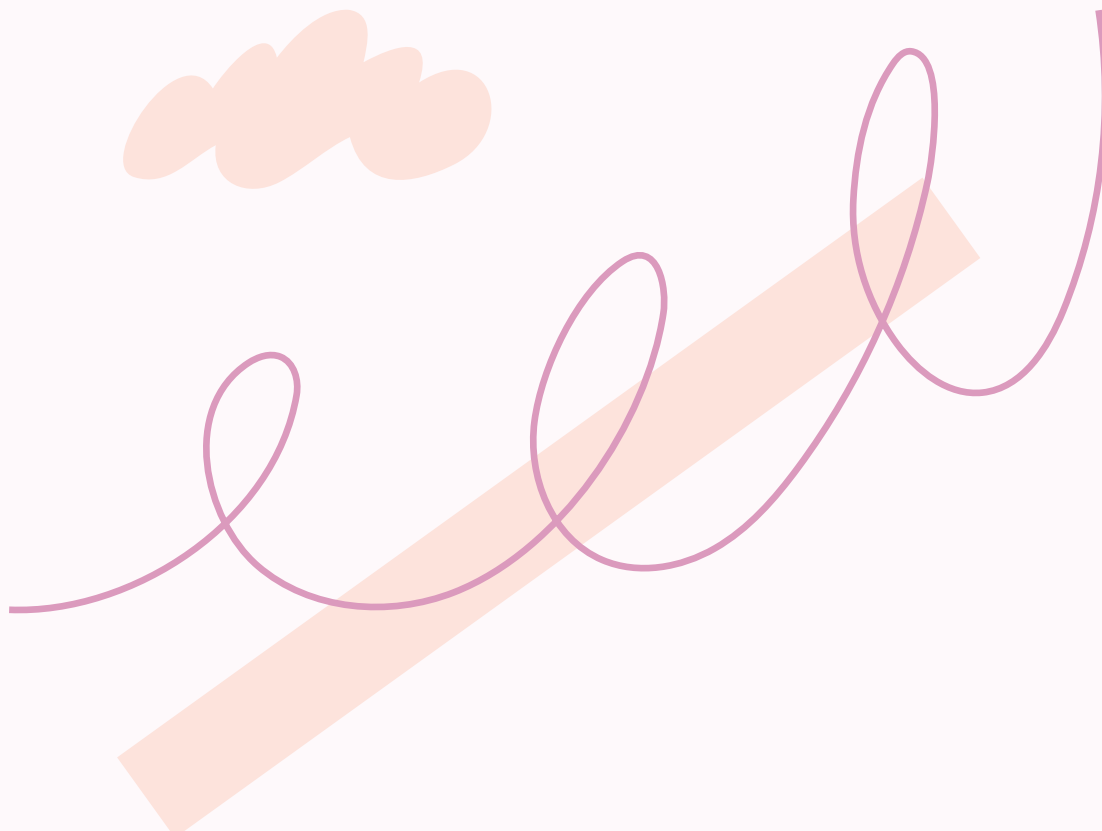
Staff supporting the delivery of the project.

## Peer Educators

Pupils trained by the Project Lead to deliver the lessons to younger pupils in the school. Peer Educators are usually aged 15 and upwards.

## Peer Learners

Pupils attending the lessons. Peer Learners are usually aged 11 to 14.



# Key resources



## [The Peer Education Project Staff Training Series](#)

The videos provide step-by-step guidance on how to deliver the project in your school. The videos can be watched at your own pace and will take you under two hours to complete.

## [The Peer Educator Training Series](#)

Pre-prepared training plans and PowerPoints will support you to train your Peer Educators to deliver the lessons.

## [The Peer Educator Handbook](#)

This handbook provides your Peer Educators with an overview of the project and their role and responsibilities.

## [The mental health lessons](#)

Pre-prepared lesson plans, PowerPoint presentations and worksheets for your Peer Educators to use to deliver the mental health syllabus.

## [Caregiver information sheets](#)

These information sheets provide caregivers with an overview of the project and the topics pupils will be learning.

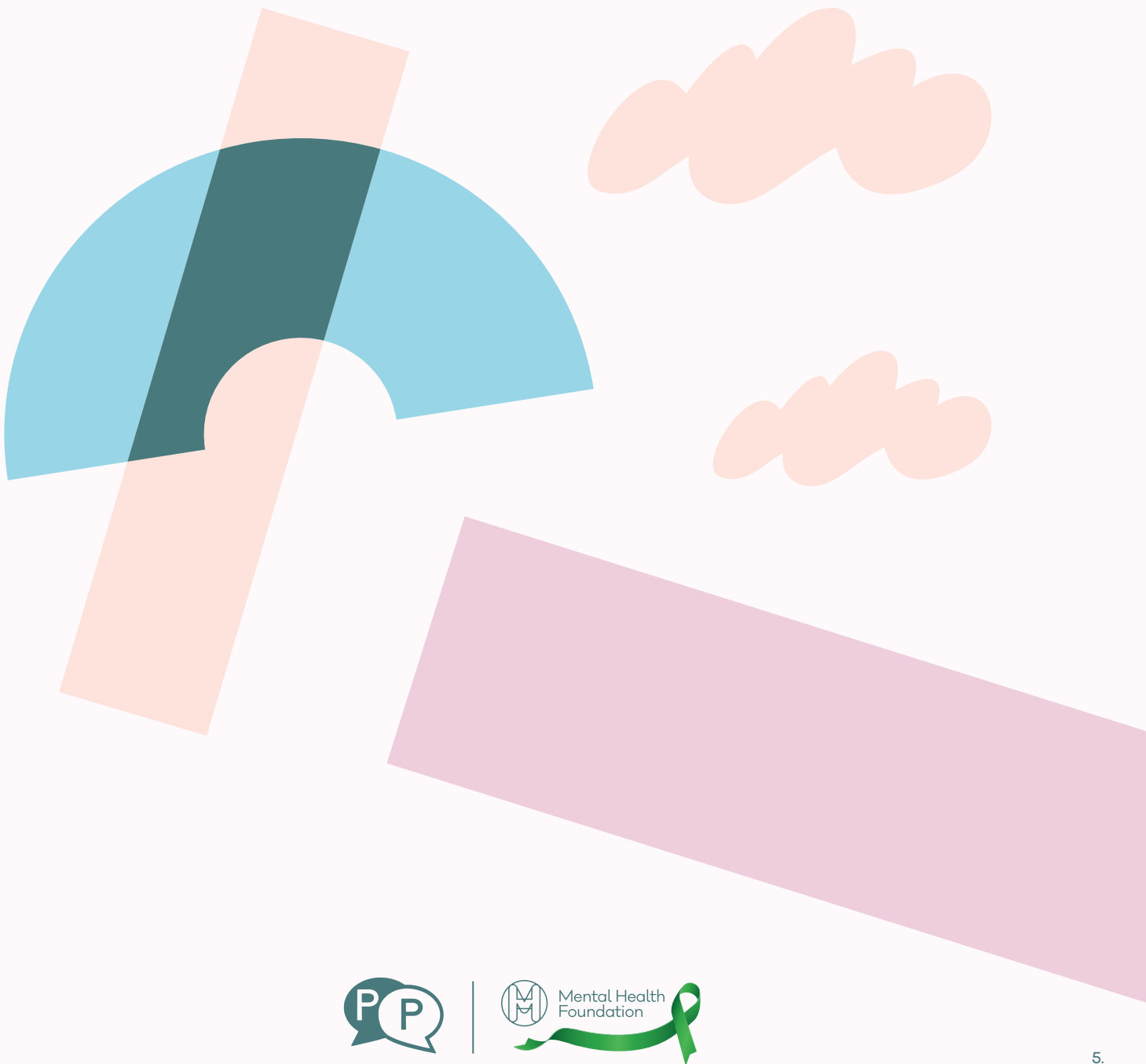
For caregivers of Peer Educators, the information sheet also outlines the roles and responsibilities of a Peer Educator.



## Certificates

Certificates are available to download and can be used to recognise the achievements of Peer Educators delivering the lessons, and Peer Learners engaging in the mental health curriculum.

In addition to the key project resources, the Mental Health Foundation offers [additional resources](#) such as pre-prepared assemblies plans and PowerPoint slides, as well as guides for pupils, staff and caregivers on a range of different mental health topics.



# Key project stages



## 1. Plan project delivery within your school.

Complete the [Peer Education Project Staff Training Series](#).

- Overview
- Roles and responsibilities
- Safeguarding principles
- The lessons
- Recruiting and selecting the Peer Educators
- Training the Peer Educators
- Delivering the mental health lessons
- Collating feedback
- Continuing the mental health conversation

Read the key project materials.

- The [Peer Educator Training Series](#)
- The [lessons](#)

Develop a timeline for delivery.

Confirm the year groups to be involved and arrange any timetabling changes needed to deliver the Peer Educator training and the mental health lessons.



## 2. Recruit and train Peer Educators to deliver the mental health lessons.

- Confirm the number of Peer Educators you will need to recruit.  
It is recommended that there are three Peer Educators per Peer Learner class.
- Use the chosen recruitment method and advertise the role to pupils.
- Select the Peer Educators.
- Send the information sheet to caregivers of the selected Peer Educators.
- Inform the selected Peer Educators of the training sessions and ask them to read the Peer Educator Handbook prior to the training.
- Deliver the Peer Educator Training Series.



### 3. Peer Educators deliver the mental health lessons to Peer Learners.



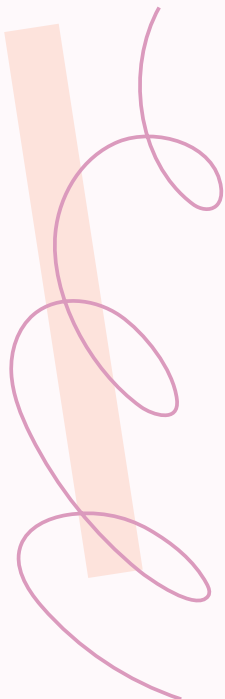
**Prior to lesson delivery:**

- Send the information sheet to caregivers of the Peer Learners.
- Ensure a member of staff will always be present in each lesson and is aware of their responsibilities.
- Remind Peer Educators about their safeguarding responsibilities.

**Peer Educators deliver the mental health lessons to Peer Learners.**

**Following the delivery of the mental health lessons, the Mental Health Foundation encourages schools to:**

- Organise an end-of-project meeting with Peer Educators to debrief.
- Gather feedback from Peer Educators, Peer Learners, and Project Support Staff.
- Recognise the contributions of Peer Educators and Peer Learners such as presenting certificates.
- Arrange for the [mental health assemblies](#) to be delivered to the school community.
- Share the [resources](#) on different mental health topics with pupils, staff, and caregivers.
- Get involved in [Mental Health Awareness Week](#), which takes place in May every year.







[mentalhealth.org.uk](https://www.mentalhealth.org.uk)

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