



The Peer Educator Training Series



Peer
Education
Project

Session 3



Mental Health
Foundation



We will:

1. Respect and listen to each other, giving space for everyone to be heard.
2. Value everyone's opinion, even if it's different to yours.
3. Ask questions, especially if you are unsure about the information or activities.
4. Be kind to yourself and others, reaching out for support if you need it.

Any others?

Click to add text...

Being in the moment




SLIDE 3



The slide features several decorative elements: an orange cloud-like shape in the top left, a light blue starburst in the bottom left, a pink swirling line in the top right, and another orange cloud-like shape in the bottom right.

What activity do you
do to support your
mental health and
wellbeing?

The slide is decorated with a yellow squiggly line on the left, two orange cloud-like shapes (one top-left, one bottom-right), and a teal starburst shape in the top-right.

What could you do
to support each other
as Peer Educators?



What could you do
to support the class and
lesson delivery?

Introducing the topic



SLIDE 7

What does the
term 'safeguarding'
mean to you?





SAFEGUARDING



Safeguarding is defined as protecting the health, wellbeing, and human rights of individuals.



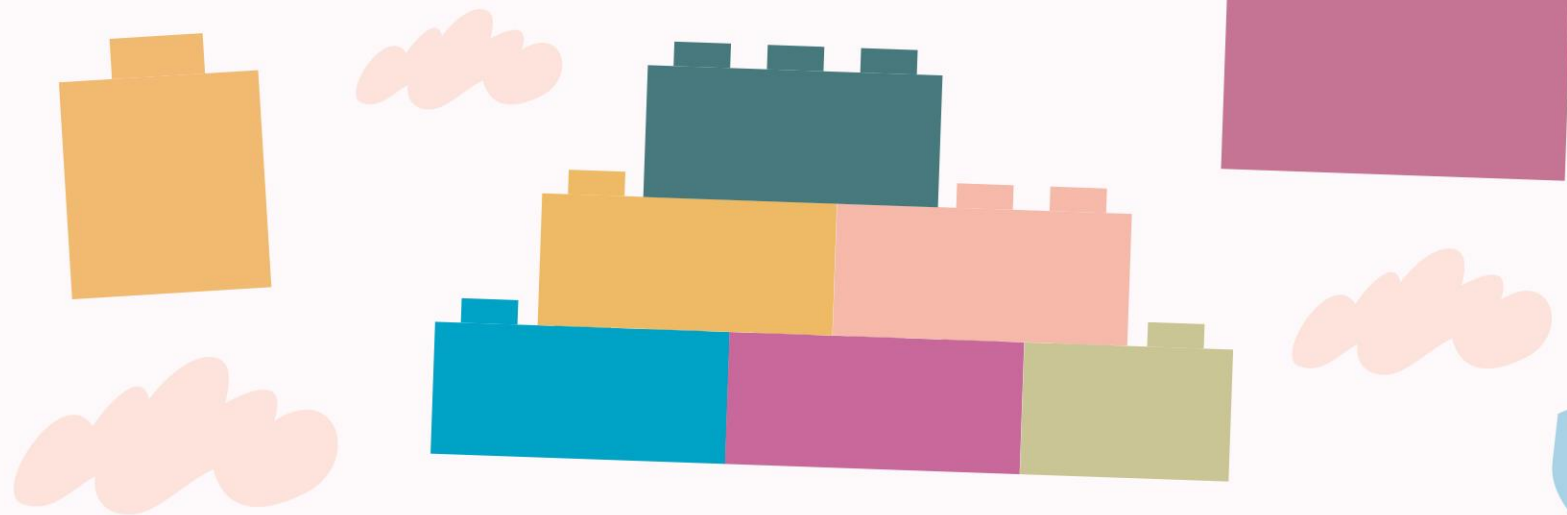
We all have a part to play in keeping ourselves, and others, safe.

Introducing the topic



SAFEGUARDING

SLIDE 9



Your safeguarding responsibility is to **PASS ON ALL CONCERNS** you might have about a person's safety to a responsible adult.

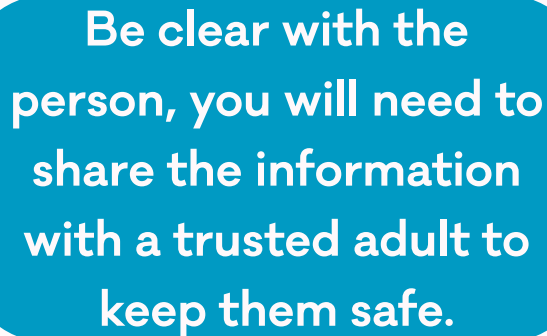
A concern may come from:

- A direct disclosure
- An indirect disclosure
- Observations from yourself



If a pupil discloses something to you directly, here are some steps you can take:

- Listen carefully and stay calm.
- Let them know that they've done the right thing.
- Explain what you'll do next.



Be clear with the person, you will need to share the information with a trusted adult to keep them safe.

Introducing the topic


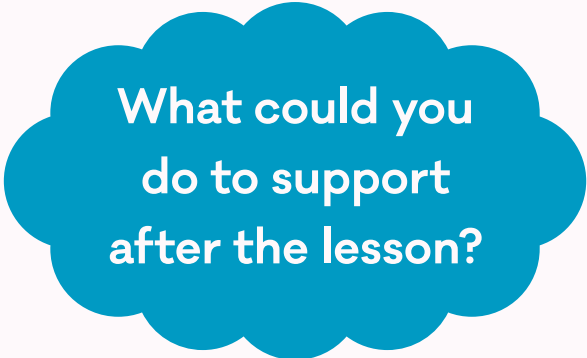


SLIDE 12


Scenario 1: Aria has been very engaged in the first two lessons, asking questions, and getting involved in the activities. Today, you notice Aria is being very quiet.



What could you
do to support in
the moment?



What could you
do to support
after the lesson?



Introducing the topic



SLIDE 13

Scenario 2: At lunch time, some of the pupils from the Peer Learner class are sitting on a table near you. You overhear one of the pupils talk about how they are dating someone new, who has their own car and always gives them a gift every time they go out. The pupil is 11 years old.

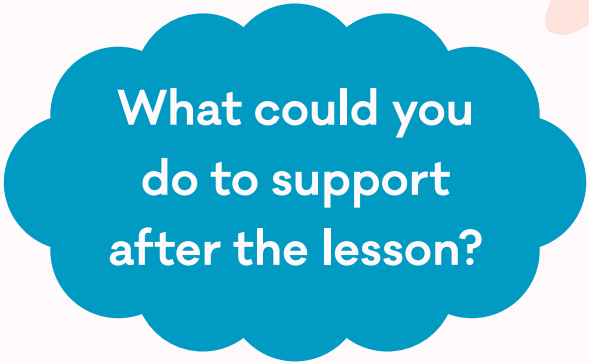

What could you do to support in the moment?

What could you do to support after lunch?


Scenario 3: The topic for the lesson is risk and protective factors for mental health. When describing what a risk factor is, using bullying as example, one of the pupils starts to cry.



What could you
do to support in
the moment?



What could you
do to support
after the lesson?




Introducing the topic



SLIDE 15

Scenario 4: You will be delivering the lessons with two other Peer Educators. The only time you can all meet to plan the lessons is at lunch time. You noticed that one of the Peer Educators never eats with you at lunch. When you ask them about it, they always say that they don't feel hungry.



What could you do to support in the moment?



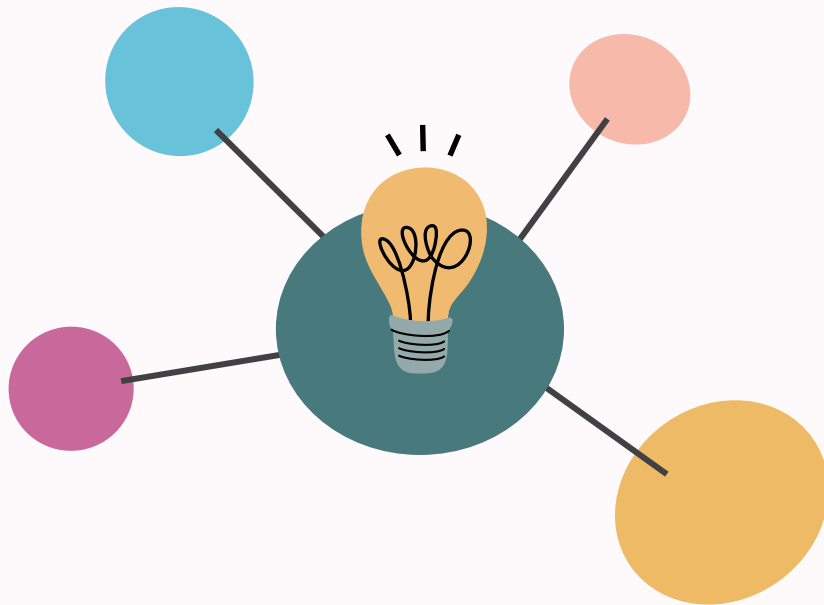
What could you do to support after lunch?

Learning through activity



SLIDE 16

Create a mind map of mental health and wellbeing support options in school, online, and in the local area.



Learning through activity



SLIDE 17

**Mental health and
wellbeing support
options in school**

Click to add text...



Learning through activity



**Mental health
and wellbeing support
options in the
local area**

Click to add text...

SLIDE 18



Learning through activity



**Mental health
and wellbeing support
options available
online**

Click to add text...

SLIDE 19



Reflecting on the learning



SLIDE 20

One thing I
have learned.

One thing I will
do differently.

One question
I would like an
answer to.

Reflecting on the learning



**One thing I
have learned.**

Click to add text...

SLIDE 21

Reflecting on the learning



**One thing I will
do differently.**

Click to add text...

SLIDE 22

Reflecting on the learning



**One question
I would like an
answer to.**

Click to add text...

SLIDE 23

Being in the moment



SLIDE 24

