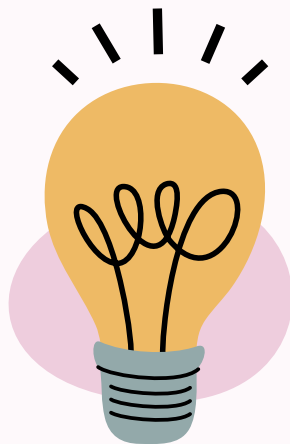


# The Peer Educator Training Series



Peer  
Education  
Project

**Session 2**



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



## Building connections



SLIDE 4

Write a letter to your younger self about starting a new school or activity club.



## Introducing the topic



SLIDE 5

What makes a  
lesson engaging  
and memorable?

What makes  
a lesson less  
effective?

?

# Introducing the topic



SLIDE 6

## The principles for how to run a great lesson:



Provide clear  
instructions

Be  
adaptable

Reflect  
on your  
experiences

Manage the  
classroom

Be honest  
with your  
knowledge

Self-reflect  
post lesson

Mind your  
language

Be  
prepared

Ask  
questions

Any others?

Click to add text...

## Learning through activity



SLIDE 7

How can we reduce  
our concerns around  
becoming a Peer  
Educator and delivering  
the lessons?

Click to add text...



## Reflecting on the learning



SLIDE 8

**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 9

## Reflecting on the learning



**One thing I will  
do differently.**

Click to add text...

SLIDE 10

## Reflecting on the learning



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

Click to add text...

SLIDE 11

## Being in the moment



SLIDE 12

