

## Peer education

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**“HeadStart peer education is passing on your knowledge to other young people so that they can gain awareness and understanding about emotional wellbeing and resilience.”**

### IS & ISN'T CARD GAME

In small groups, divide the cards into sets of what you think is peer education and what isn't.

Compare each groups results, are they the same or different?

What are the reasons why cards are 'is' cards or 'isn't' cards?

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**Peer education is...**

**Led by young people  
but can be supported  
by adults.**

**Arranging a  
group session with  
other students to  
discuss an issue  
you have identified.**

**Talking to  
your friend(s) on  
your way home about  
something you have  
learnt.**

**Understanding that  
people learn in  
different ways.**

**Listening to the  
contributions of your  
peers, understanding  
how they feel and  
starting a conversation.**

**Thinking of new  
and exciting ways to  
engage young people  
in talking about key  
issues.**



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Peer education **isn't**...

**Led by adults.**

**Assuming other  
young people already  
know and understand  
issues affecting other  
people and thinking  
nothing can be done.**

**Making your friends  
feel stupid that  
they don't know  
what you do.**

**Presenting  
information to others  
as your personal opinion  
without anything to  
back it up.**

**Something you can  
only do in school.**

**Where you have to  
pretend to be a teacher  
and shout at people  
who are not listening.**