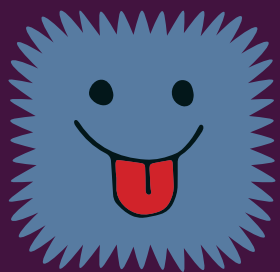
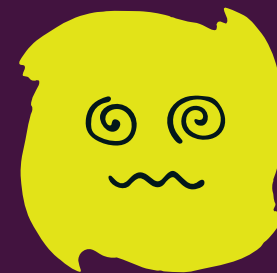
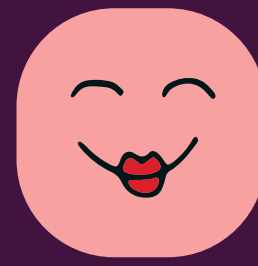
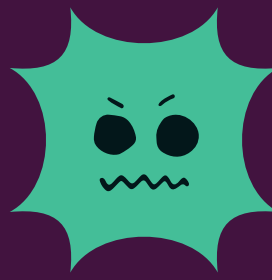
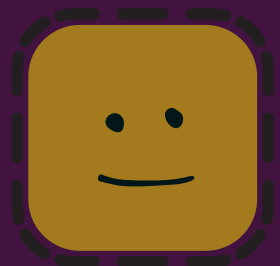
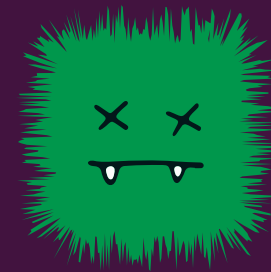


HeadStart **SIDE** by **SiDE**

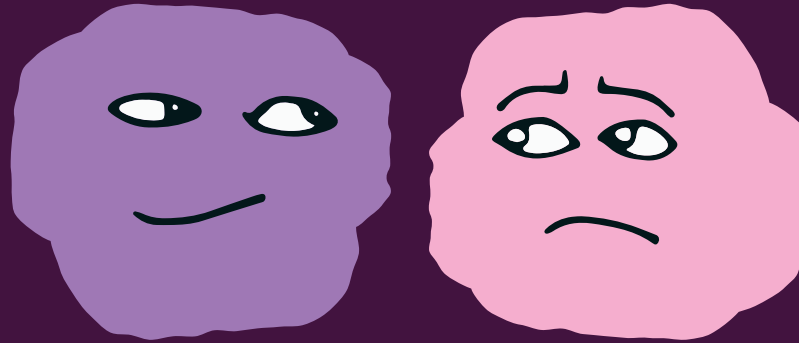


Sessions Slides



Introduction 1

#1 Up to 10 mins



HeadStart **SIDE** by **SiDE**

With HeadStart Side by Side training you will learn
EVERYTHING YOU NEED TO KNOW TO BE A PEER MENTOR,
and also what **TOOLS, TIPS, TECHNIQUES AND SUPPORT**
you need for this programme.



Speak

THINK

DO

Introduction 2 Overview of training

#2 Up to 10 mins

The things we are going to learn about within this programme include:

- **What is peer support?**
- **Skills**
- **Communication**
- **Learning styles**
- **Values**
- **Dealing with conflict**
- **Recognising mental health signs and symptoms and how to build up your peers knowledge and resilience**
- **Resources that can be accessed**
- **Barriers and solutions**

Speak

THINK

DO

Hello... Icebreaker game

#3 Up to 10 mins

HELLO my name is:

And I like:

Headstart **SIDE by SIDE**

This is a fun activity designed so that everyone gets to know each other.

- Take a “Hello” sheet.
- Write your name and something you like on the sheet - the catch is that your ‘like’ must start with the same letter as your first name (unlucky if your name is Zach or Xena!)
- Go round the table, starting with the trainer. Everyone says “Hello, my name is and I like”
- That’s it - simple!

RESOURCES

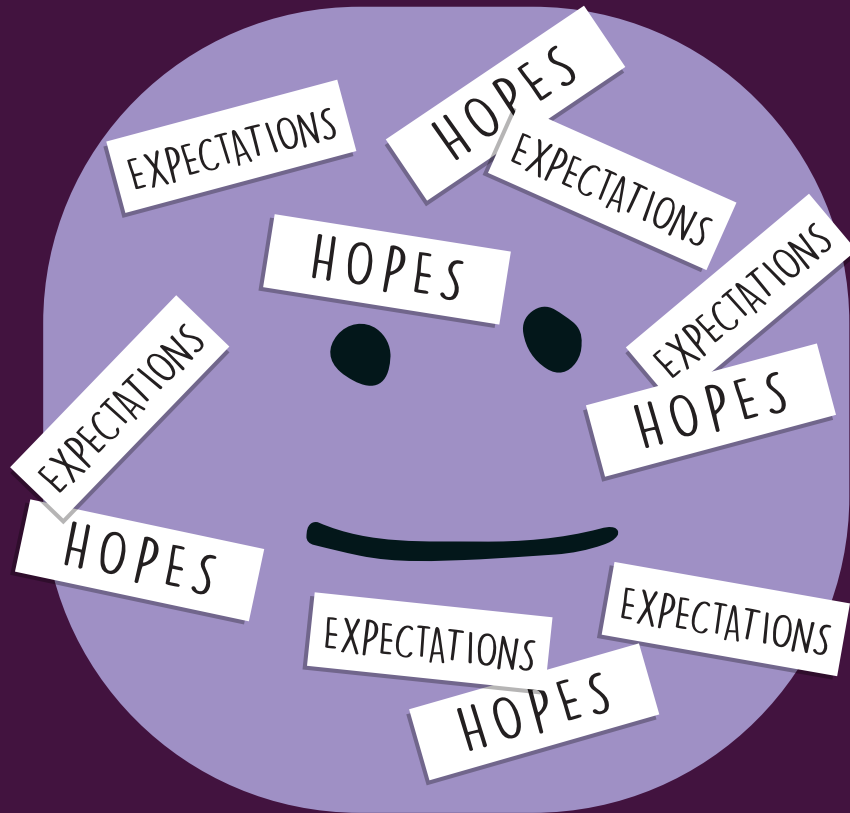
“Hello My Name Is...” cards

THINK

DO

Hopes and expectations

#4 Up to 15 mins



Identify your hopes and expectations for the training you are going to undertake.

- Use a large laminated HeadStart character and write your hopes and expectations on post-it notes, and stick them onto the character

RESOURCES

Large HeadStart laminated character
Post-it notes

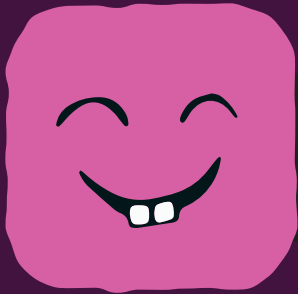
THINK

DO

Peer support

#5 Up to 45 mins

Using the tablets provided, think about...



WHAT DO YOU THINK PEER MENTORING / SUPPORT IS?

- **Brainstorm your ideas ready to feed back to the group.**
- **Research different methods and then choose one of the methods. Once you have chosen your method and researched it, think about the pros and cons of this method so that you are ready to feed back to the group.**
- **Come to an overall conclusion as a group what you think peer support is. We are doing this so when you are promoting your service you know what you what to say to people.**

RESOURCES

Tablets / iPads
Flipchart / pens
Post-it notes

Speak

THINK

DO

Job / role description

#6 Up to 45 mins

As a group create a job description for the role of Peer Mentor.

- Discuss ideas for the job description and go into detail about your choices.
- Find out about;

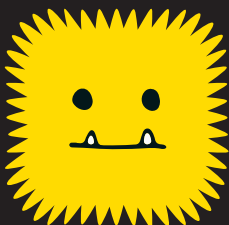
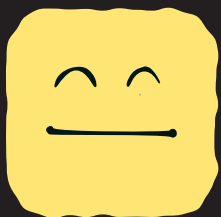
SAFEGUARDING - PEER LED - VALUES

Use the Words and Statements Match-up Activity Sheet here...

- Look at the words and match them to what you think is the correct statement.
- This activity helps you understand the meanings behind each word. You will need to remember these when being a Peer Mentor.

RESOURCES

Tablets / iPads
Flipchart / marker pens
Words and Statements
Match-up Activity sheet



You should now have a complete Peer Mentor job description and a full understanding of the principles and words that are included.

Speak

THINK

DO

Barriers

#7 Up to 15 mins



What barriers may you face when being a Peer Mentor?

- **Use a large laminated HeadStart character and write potential barriers on post-it notes, and stick them onto the character.**
- **This will highlight the barriers and difficulties of engaging with peers.**

RESOURCES

Large HeadStart laminated character
Post-it notes

Speak

THINK

DO

Skills of a Peer Mentor

#8 Up to 30 mins

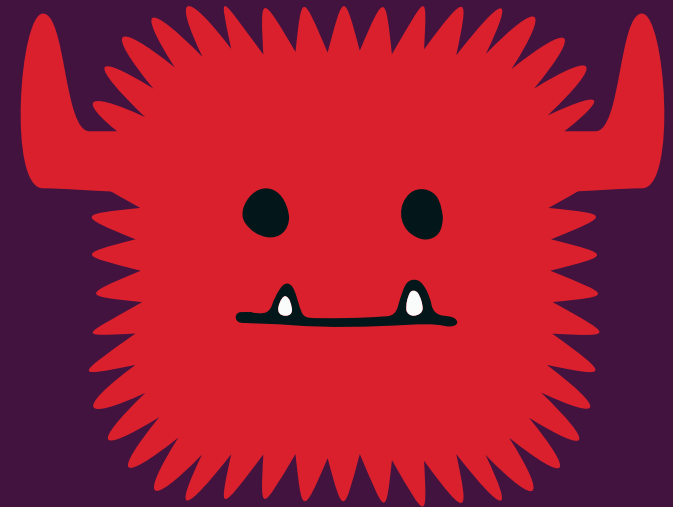
In small groups draw around 2 members of the team.

Label one silhouette 'good' and the other 'bad.'

Think about the following:

- **What does a good peer mentor look like?**
- **What skills, knowledge and qualities should they have?**
- **What does a bad mentor look like?**

Write the good and bad qualities in the silhouettes.



RESOURCES

Large sheet of paper
Marker pens

THINK

DO

Communication 1

#9 3 hours (total)

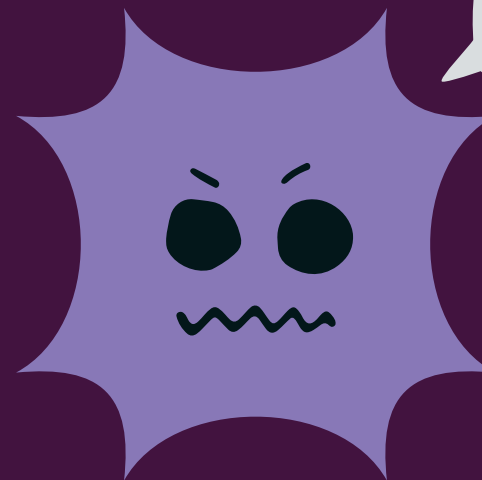
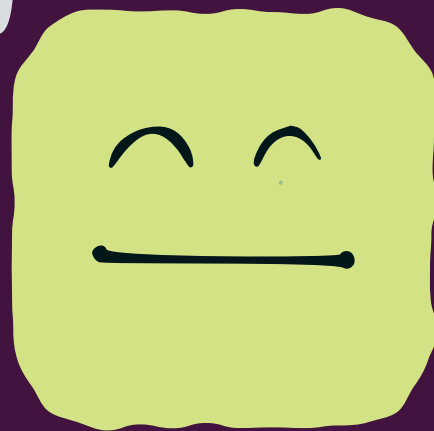
Talk about **WHY IS IT IMPORTANT TO COMMUNICATE?**

You are going to participate in some activities where communication is key.

You can use these activities within your peer mentoring sessions – this will help young people to communicate more with each other and build trust.

CLOSED QUESTIONS

The Yes/No game is a good way to display closed questions.



RESOURCES

Yes/No Game

Playing this game shows you how hard it is to develop a conversation when people don't 'open up' to speak.

Speak

THINK

DO

Communication 2

#10 3 hours (total)

OPEN & CLOSED QUESTIONS

Look at the What, When, Why and How Messages sheet.

- **In pairs choose one of the scenarios provided and write what, when, why and how messages to respond to the situation. Then share their messages with each other.**
- **Provide feedback to your pair about how well they used the steps of the message to express his or her emotion.**

COMMUNICATION & LEADERSHIP ACTIVITIES PACK

There are a range of fun group activities to help develop communication and leadership skills.

Use the Communication & Leadership Activities pack and work through the games with the group.

RESOURCES

Communication & Leadership Activities Pack

What, When, Why and How Messages sheet

Speak

THINK

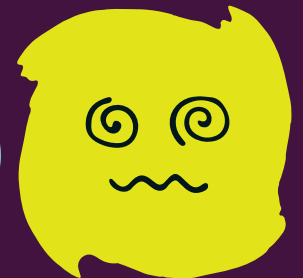
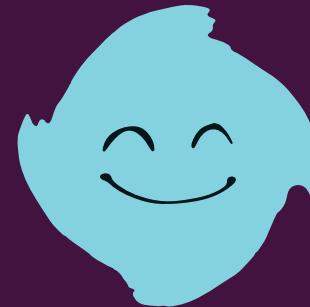
DO

Understanding different learning styles

#11 Up to 1 hour

Complete the Different People, Different Needs Quiz.
Once you have acknowledged your own learning style, think about;

THE IMPORTANCE OF EVERYONE BEING DIFFERENT



- so when delivering anything to an individual or group you take into account that everyone learns and takes information in different ways, so

DELIVER YOUR SESSIONS IN DIFFERENT WAYS ASWELL.

RESOURCES

Different People,
Different Needs
Quiz sheet

Speak

THINK

DO

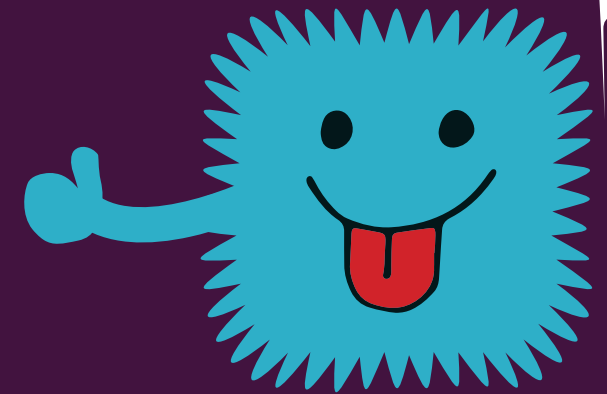
Values

#12 Up to 1 hour

As a group we are going to look into what positive values are and how they affect our lives.

Use the Positive Values Mix & Match Sheets.

- **Get into small groups and mix and match the positive value words and statements together.**



THIS WILL ENSURE THAT EVERYONE HAS A FULL UNDERSTANDING AROUND THE TOPIC 'POSITIVE VALUES.'

Use the Positive Values Handout

- **Look at the values and possible statements of guiding principle.**
- **Volunteers - share additional statements for each principle.**
- **In small groups think about what values are and write a sentence to explain this.**

In summray:

VALUES ARE PRINCIPLES AND STANDARDS OF BEHAVIOUR THAT WE LIVE BY

RESOURCES

Positive Values Mix
& Match sheets

Positive Values
handout

Speak

THINK

DO

Dealing with conflict

#13 Up to 30 mins

This diagram illustrates the SOLVED approach.

- S** State the problem as you see it
- O** Open the discussion to other points of view
- L** List the possible solutions together
- V** Veto solutions that are unacceptable to someone involved
- E** Evaluate the solutions that are left
- D** Do the one solution most acceptable to everyone

When dealing with conflict think about following this process.

Use the Applying the SOLVED Approach resource.

- Discuss previous scenarios where the group could have applied the SOLVED approach. Write these on your sheets.

TIP – YOU COULD DO THIS AS A ROLE-PLAY SCENARIO...

RESOURCES

Applying the SOLVED Approach sheet

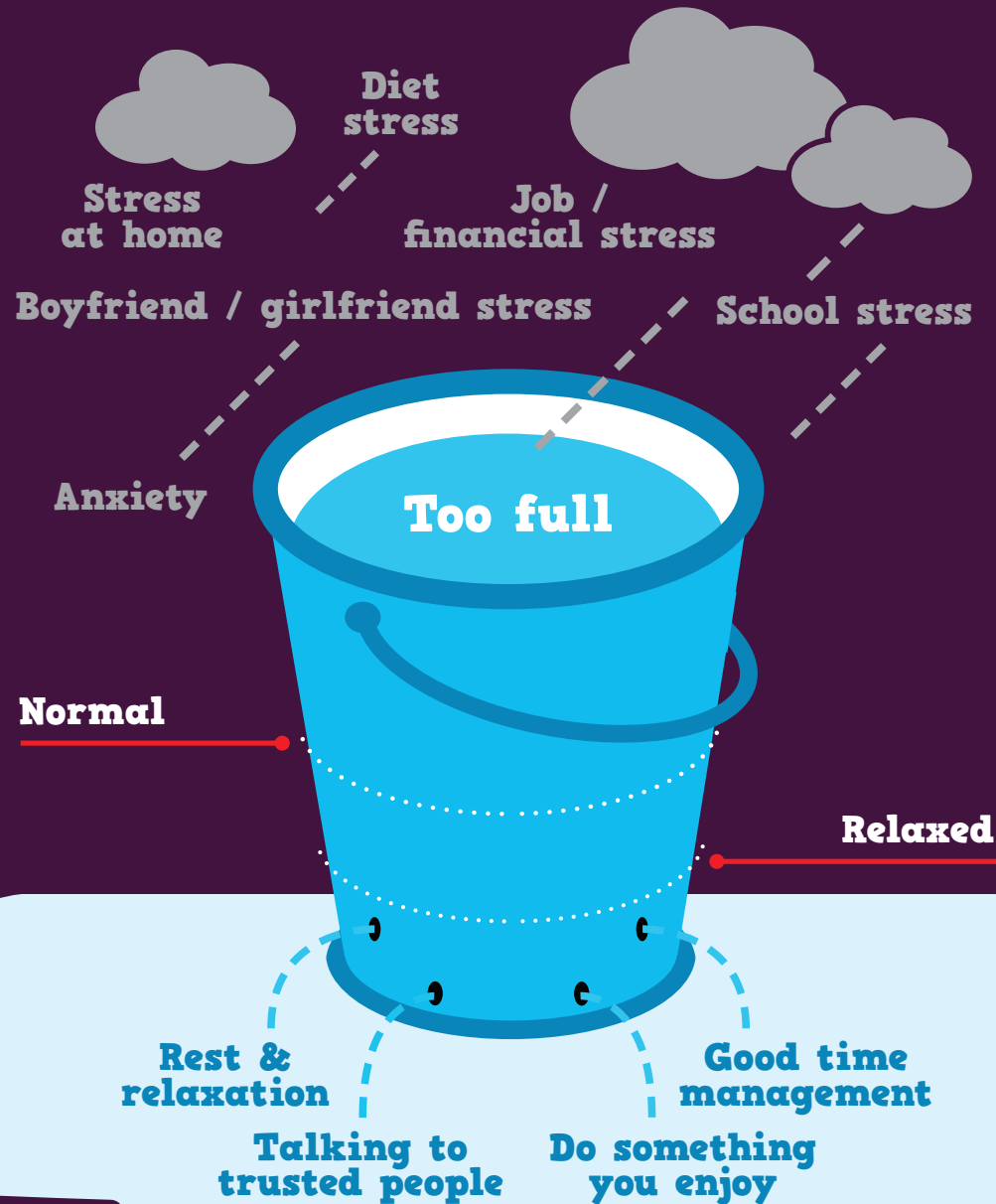
Speak

THINK

DO

Recognising mental health 1

#14 Up to 1 hour 30 mins (total)



Our ability to deal with life's stresses is known as our 'resilience'.

Sometimes we face more difficult experiences than usual and this can affect how we think and feel.

Take a look at the diagram to see why its really important that we look after ourselves, and make some suggestions for how we can do this.

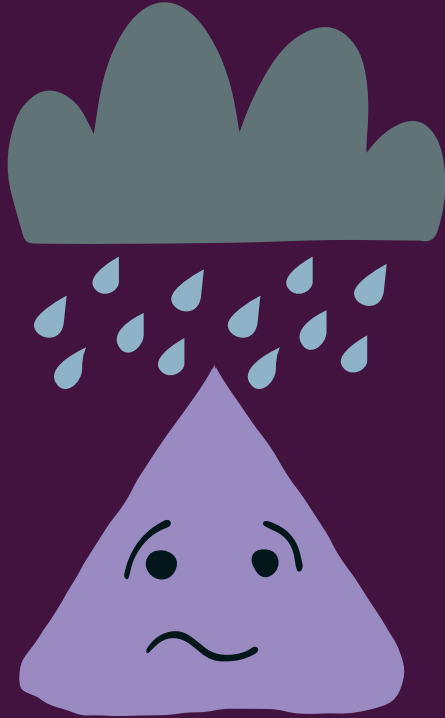
Speak

THINK

DO

Recognising mental health 2

#15 Up to 1 hour 30 mins (total)



It's important to know the symptoms of mental health problems so you can recognise them in yourself and others.

- **Brainstorm in groups using the Mental Health - Know the Signs 1 resource.**
- **Then use the Mental Health - Know the Signs 2 resource to learn about any additional symptoms you may have missed.**
- **Discuss the 'take action' points and how you may use these in Peer Mentoring. Can you think of any more actions?**

RESOURCES

Mental health -
Know the Signs 1
Mental health -
Know the Signs 2

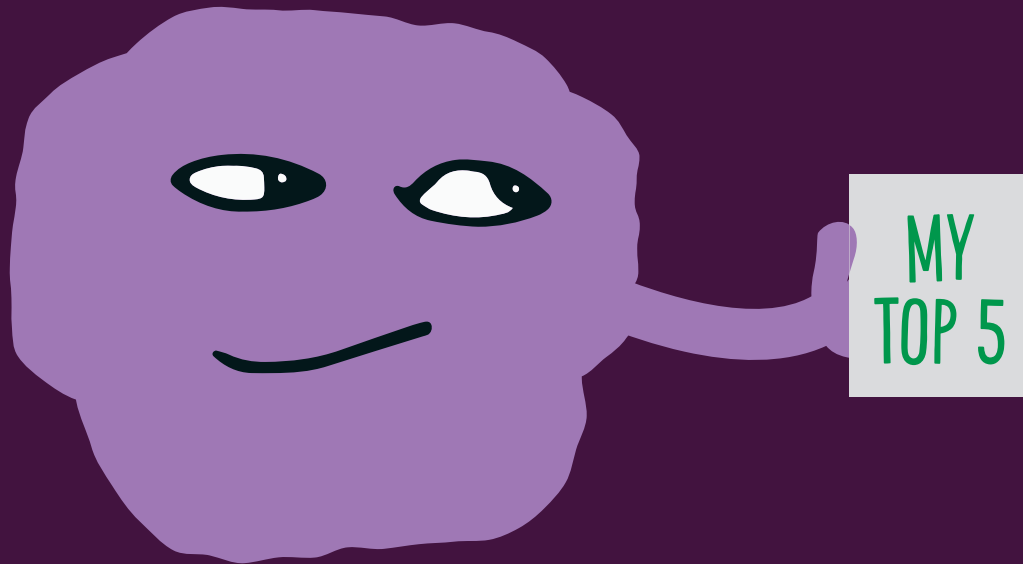
Speak

THINK

DO

Researching mental health support

#16 Up to 30 mins



Find out what support is available in your school and community for young people with mental health problems.

- **Research some organisations that support young people. Which organisations would you recommend?**
- **Create a Top 5 list using the My Top 5 resource.**

RESOURCES

Tablets / iPads
My Top 5 sheet

DO

Resources

#17 Up to 45 mins



Explore apps and other resources that you can access in the session.

Which ones do your peers think are the best and most appropriate to use?

CREATE A TOP 5 LIST OF RESOURCES AND APPS THAT YOU CAN SHARE WITH OTHERS.

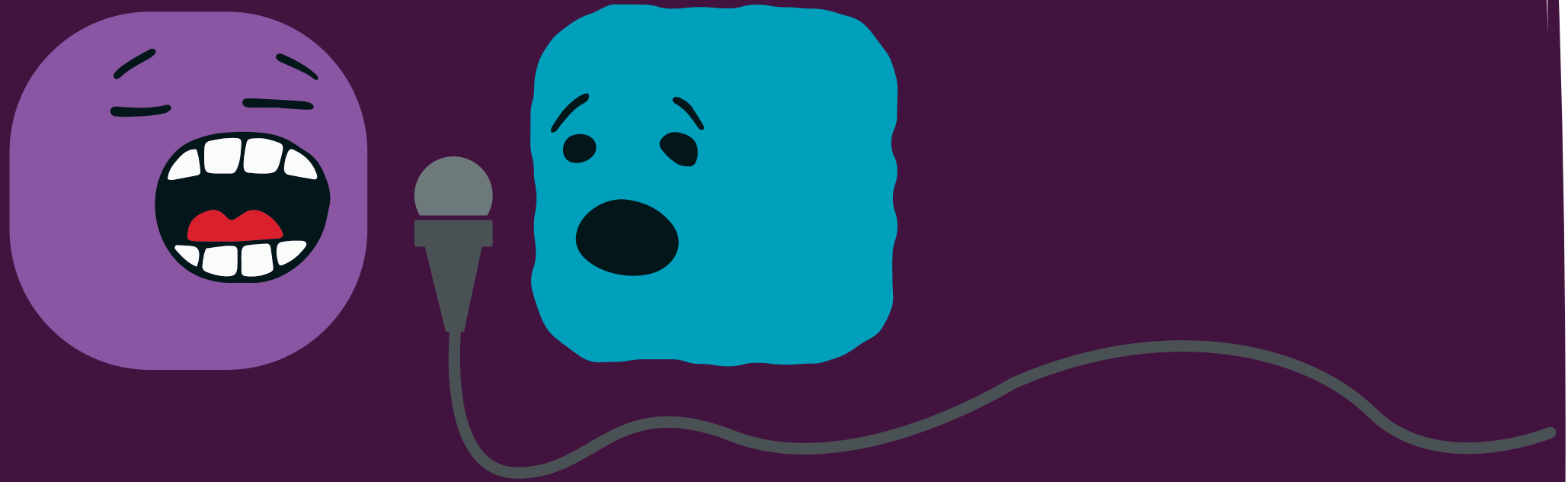
RESOURCES

Tablets / iPads
My Top 5 sheet

DO

Get creative!

#18 Up to 30 mins



Imagine you are having to sell the Side by Side programme to other students to get them involved.

WRITE, MAKE OR PERFORM YOUR SALES PITCH

Make it memorable by being funny or imaginative - whether that be a song, dance, rap etc. What can you think of?!

RESOURCES

You decide

Speak

THINK

DO

Barriers and solutions

#19 Up to 30 mins



Use the sticky notes and enlarged HeadStart logo/character that you created in the previous Barriers session.

- **Think about your own solutions to these barriers.**
- **Discuss this feedback and reflect on how you as a group have provided your own solutions.**

RESOURCES

Large HeadStart laminated character
Post-it notes

THINK

DO

Now it's your turn!

#20 15 mins of planning.
Up to 2 hours for
delivery of session

Choose an activity from the previous sessions
(excluding Introductions and the Hello... Icebreakers game).
Prepare for that activity in pairs (30 mins max) and then

DELIVER THE ACTIVITY BACK TO THE GROUP AS IF YOU ARE MENTORING THEM.



RESOURCES

Varies -
depending
on chosen
activities
Session
Feedback
Sheet

**After the session complete the
Session Feedback Sheet resource.**

Speak

THINK

DO

Peer mentoring session

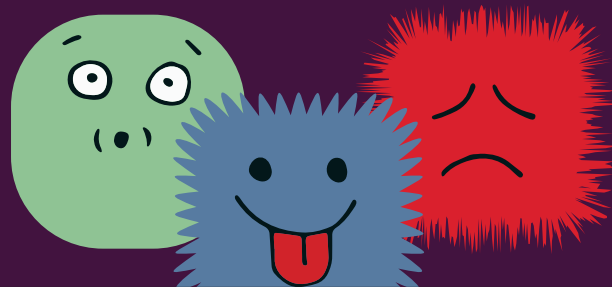
#21 2 hours

Time to plan your first session, get it promoted and deliver it!

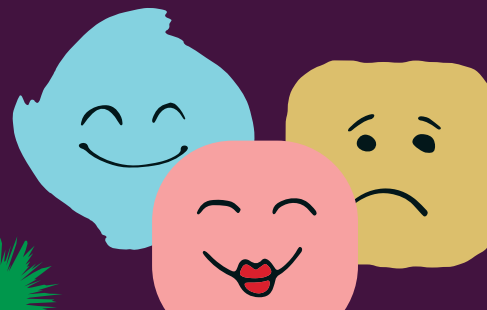
Do this with your peers, decide on groups.

Use the Peer Mentoring Session Plan resource to help you.

NOW IS THE TIME TO USE ALL THE SKILLS AND KNOWLEDGE YOU HAVE LEARNT ON THE PREVIOUS SESSIONS AND ACTIVITIES!



HeadStart SIDE by SIDE



HeadStart SIDE by SIDE



HeadStart SIDE by SIDE

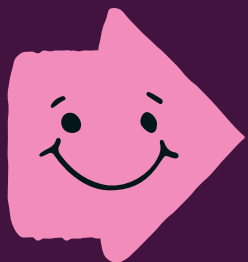
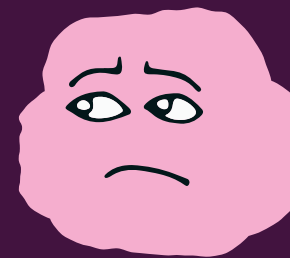
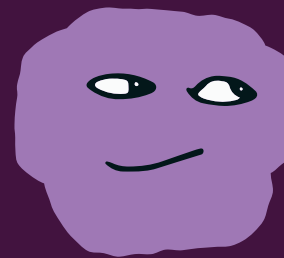
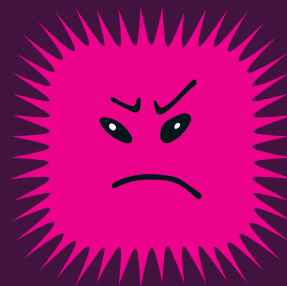
RESOURCES

Peer Mentoring
Session Plan

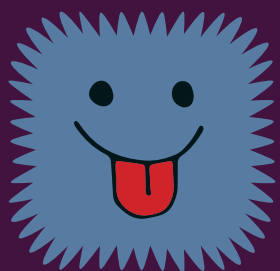
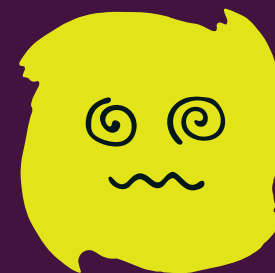
Speak

THINK

DO



**CONGRATULATIONS
ON DELIVERING YOUR FIRST SESSION!**



**You have gained all the skills you need
to be a Peer Mentor.**

**Use this toolkit to help you plan further sessions
and continue your HeadStart Side by Side journey.**

