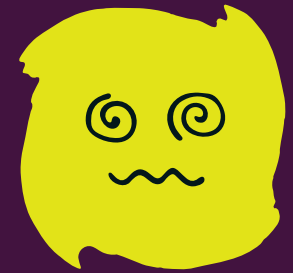
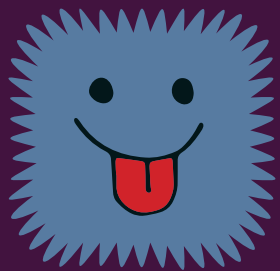


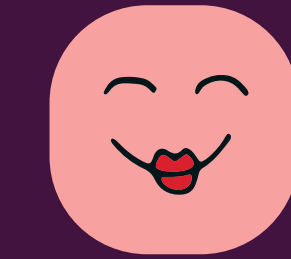
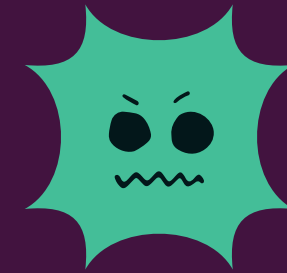
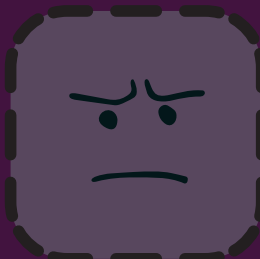
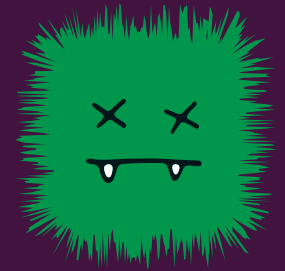
HeadStart **SIDE** by **SiDE**



Your Training Guide



Everything you need to know to become a Side by Side peer mentor





The HeadStart Side by Side programme was developed by HeadStart in partnership with Safe in Tees Valley. For more information visit:

[f /HeadstartMiddlesbrough](#)

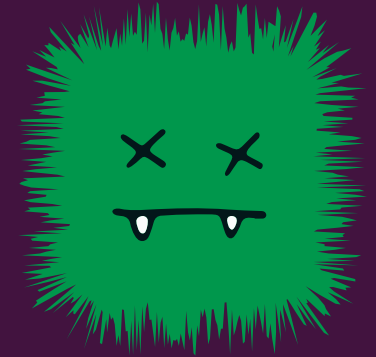
[@HeadStart_Boro](#)

www.headstartmiddlesbrough.com



Welcome to

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



This training guide tells you everything you need to know to deliver Side by Side to your peer group - and become a Side by Side guru!

Follow these 3 simple steps to help you get the most out of this programme -

1 Check every stage before you deliver it

2 Make sure you have got all the resources you need

3 If unsure make sure you ask a member of staff to help

GOOD LUCK AND WE HOPE YOU ENJOY THE PROGRAMME!

Aims

To equip participants with the **SKILLS, KNOWLEDGE AND CONFIDENCE** to undertake their roles as Peer Mentors within the HeadStart Side by Side programme.

The training and resources follow our principles for good quality peer support:

Safeguarding

PEER LED

Valuing skills needed

MUTUALITY

HOPE

EMPOWERMENT / AUTONOMY

**Relationships/
connectedness**

Social Skills

**SOLIDARITY /
reduction of stigma**

Actions

Throughout this guide, you will see **3 ACTIONS ICONS**.

They are a prompt to help you when you are delivering your own sessions.

AcTiONS



Speak



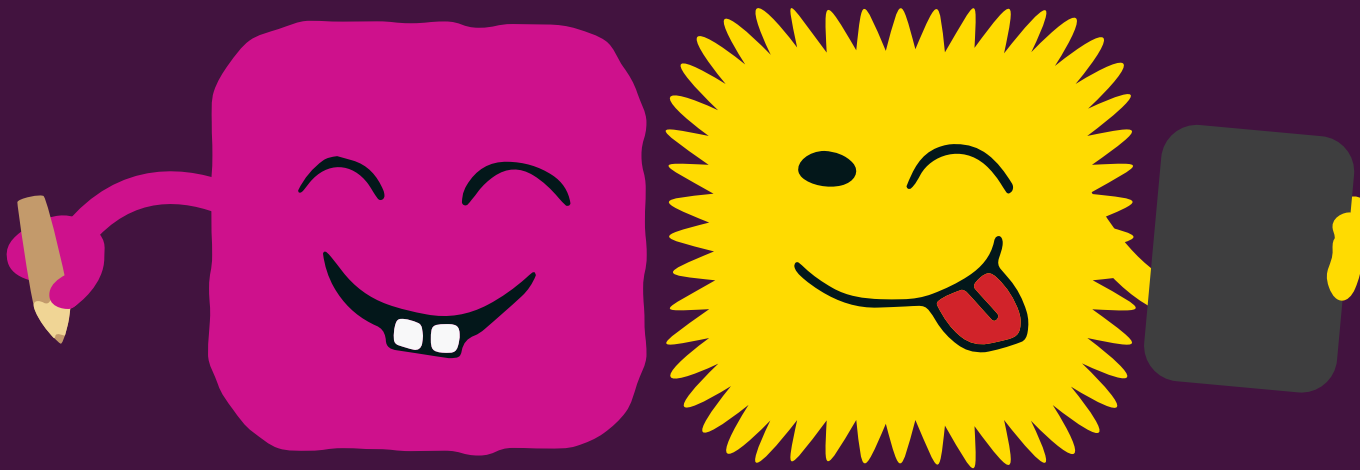
THINK



DO

Resources

These are additional material, tools or activities to help you carry out the tasks for each section.



Look out for the blue Resources box on each activity page to see what you will need....

RESOURCES

Tablets / iPads

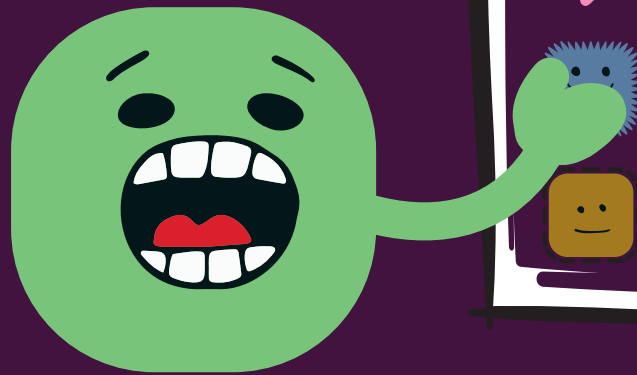
Some resources such as pens and paper or tablets / iPads will be provided by your school.

We have also provided some HeadStart tools and resources that will be useful during the sessions.

Ask your teacher to provide or help you source items to use with the Communication & Leadership Activities Pack.

Sessions Slides

When you're ready to deliver your own sessions, use this Training Guide to help you every step of the way.



Additionally we have provided a separate Sessions Slides document, which contains all the activities on separate pages for you to display in class.

They include simple instructions to the class and will help everyone follow the task in hand!

#14

Look out for the slide number icons throughout this guide which tells you the corresponding Session Slide to show in class.

At a glance

This is **WHAT YOU WILL BE DOING**, how long you should spend on each part, and what you will need to do it.

ACTIVITY	ACTIONS	Description	Time Slot	RESOURCES
Introduction #1 #2	Speak THINK DO	Overview of training. Trainers to outline the format of the training and learning aims.	Up to 15 mins	HeadStart Evaluation Sheet
Hello... Icebreaker game #3	THINK DO	"Hello My Name Is..." introductions game	Up to 10 mins	"Hello My Name Is..." cards
Hopes and expectations #4	THINK DO	Participants to identify what their hopes and expectations are for the training	Up to 15 mins	Large HeadStart laminated character Post-it notes
Peer Support #5	Speak THINK DO	What is Peer Mentoring / Support? - brainstorming in groups and research session	Up to 45 mins	Tablets / iPads Flipchart / pens Post-it notes
Job / role description #6	Speak THINK DO	Come up with a job description for the role of Peer Mentor. Discuss ideas for the job description and go into more depth about your choices.	Up to 45 mins	Tablets / iPads Flipchart / marker pens Words and Statements Match-up Activity Sheet
Barriers #7	Speak THINK DO	Ask your peers - what barriers may you face when being a peer mentor?	Up to 15 mins	Large HeadStart laminated character Sticky notes

continued over...

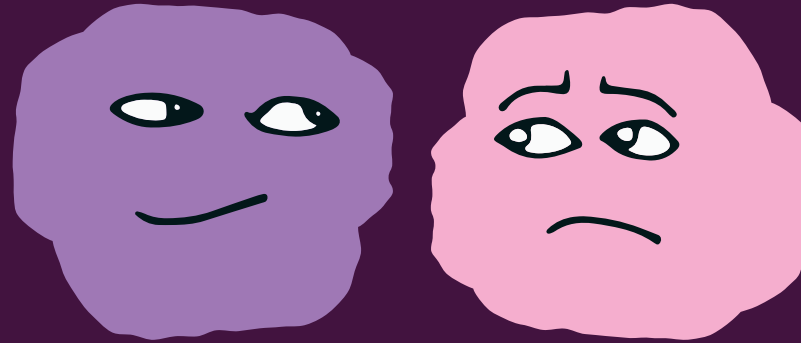
ACTIVITY	ACTIONS	Description	Time Slot	RESOURCES
Skills of a Peer Mentor #8	THINK DO	Draw around a person and think about the qualities of a peer mentor	Up to 30 mins	Large sheet of paper Marker pens
Communication #9 #10	SPEAK THINK DO	Why is it important to communicate? Questions and answers activities	3 hours	Yes/No Game What, When, Why and How Messages Sheet Communication & Leadership Activities Pack
Understanding different learning styles #11	SPEAK THINK DO	Quiz session to help understand the importance of everyone being different	Up to 1 hour	Different People, Different Needs Quiz sheet
Values #12	SPEAK THINK DO	Look into what positive values are and how they affect our lives	Up to 1 hour	Positive Values Mix & Match sheets Positive Values handout
Dealing with conflict #13	SPEAK THINK DO	Exploring approaches to dealing with conflict	Up to 30 mins	Applying the SOLVED Approach sheet
Recognising mental health #14 #15	SPEAK THINK DO	Activities to help you recognise symptoms of mental health problems	Up to 1 hour 30 mins	Mental health - Know the Signs 1 Mental health - Know the Signs 2
Researching mental health support #16	DO	Find out what support is available for young people with mental health problems	Up to 30 mins	Tablets / iPads My Top 5 sheet

continued over...

ACTIVITY	ACTIONS	Description	Time Slot	RESOURCES
Resources #17	DO	Exploring phone apps and come up with a Top 5	Up to 45 mins	Tablets / iPads My Top 5 sheet
Get creative! #18	SPEAK THINK DO	Sell the programme to other students - in the funniest and most creative way!	Up to 30 mins	You decide
Barriers and solutions #19	THINK DO	Think about solutions to the barriers that were identified in the earlier session	Up to 30 mins	Large HeadStart laminated character Post-it notes
Now it's your turn! #20	SPEAK THINK DO	Choose an activity you have already done to deliver in pairs to the group	Up to 2 hours 15 mins	Varies - depending on chosen activities Session Feedback Sheet
Peer mentoring session #21	SPEAK THINK DO	Plan your first session/ get it promoted and deliver it	2 hours	Peer Mentoring Session Plan
Evaluation	DO	Complete an evaluation sheet at the beginning and end of your HeadStart journey	Up to 10 mins	HeadStart Evaluation Sheet

Introduction 1

#1 Up to 15 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 15 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**

RESOURCES

Complete a HeadStart Evaluation Sheet here

Speak

THINK

DO

Hello... Icebreaker game

#3 Up to 10 mins

This is a fun activity designed so that your trainers and participants get to know each other and begin to relax and bond.

HELLO my name is:

And I like:

Headstart **SIDE by SIDE**

- **Print out or photocopy the “Hello” sheets.**
- **Everyone writes their name and something they 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

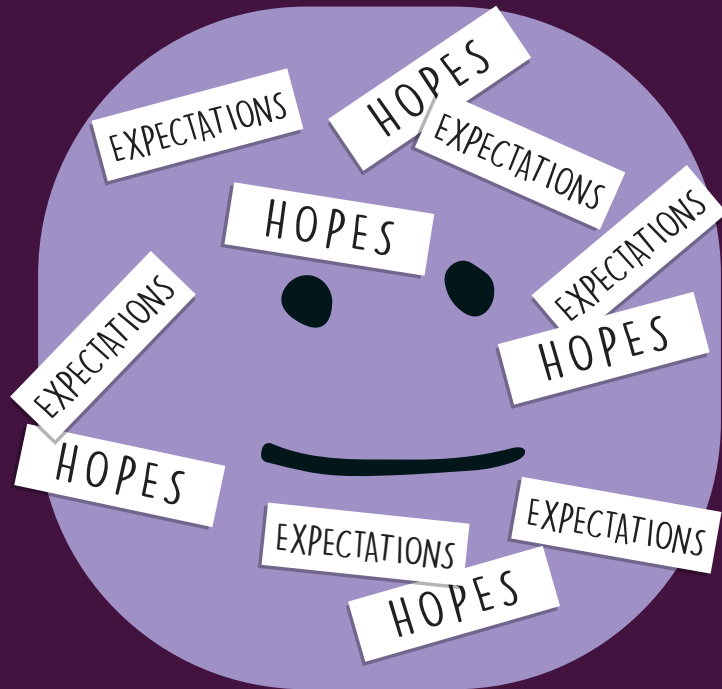
“Hello My Name Is...” cards

THINK

DO

Hopes and expectations

#4 Up to 15 mins



Participants to identify what their hopes and expectations are for the training they are going to undertake.

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

RESOURCES

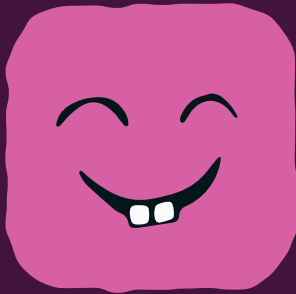
Large HeadStart laminated character
Post-it notes

THINK DO

Peer support

#5 Up to 45 mins

Using the tablets provided, get your peers to 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

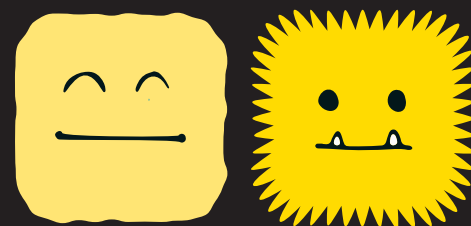
Get your peers as a group to create a job description for the role of Peer Mentor.

- Discuss ideas for the job description and go into detail about your choices.
- Tell the group that you are now introducing a number of principles including;

SAFEGUARDING · PEER LED · VALUES

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

- Get your peers to look at the words and match them to what they think is the correct statement.
- This activity is to help them understand the meanings behind each word as they will need to remember these when being a Peer Mentor.



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

RESOURCES

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

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 ask the group to write potential barriers on post-it notes, and stick them onto the character.
- This will highlight the barriers and difficulties of engaging their peers.

RESOURCES

Large HeadStart laminated character
Post-it notes

Speak

THINK

DO

Skills of a Peer Mentor

#8 Up to 30 mins

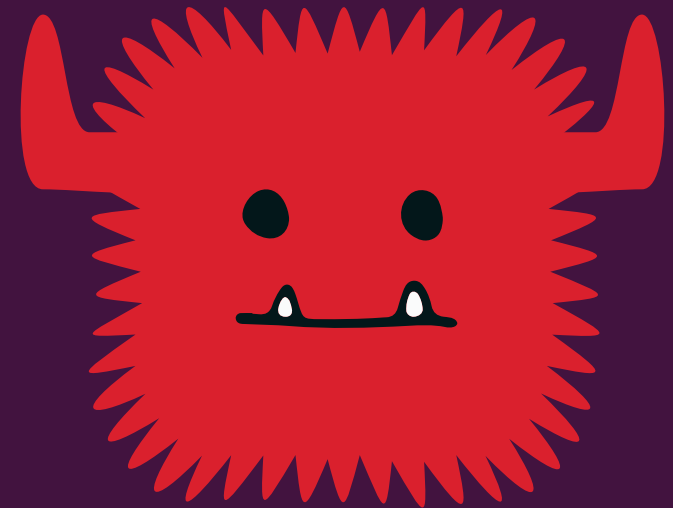
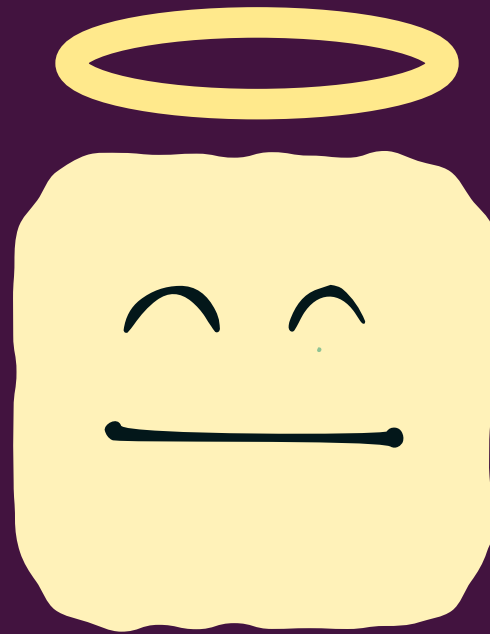
In small groups draw around 2 members of the team.

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)

Speak with your peers about

WHY IS IT IMPORTANT TO COMMUNICATE?

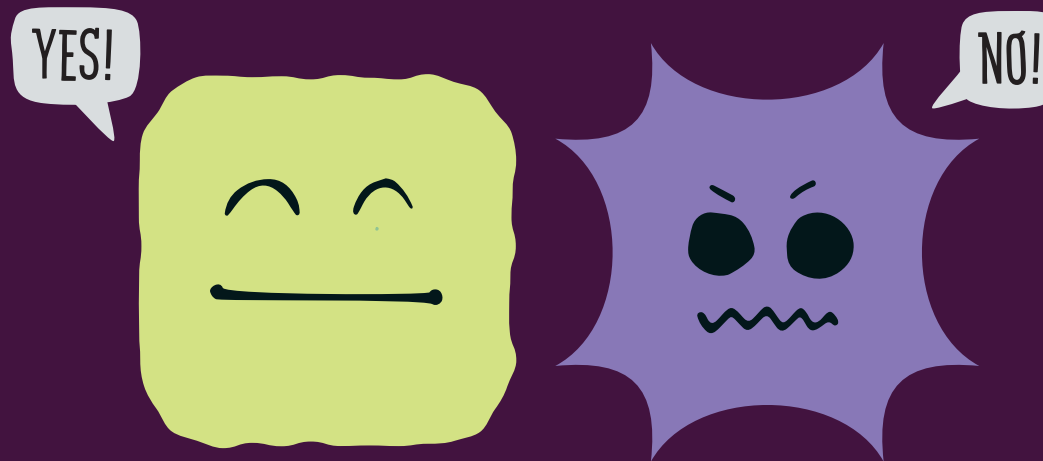
Tell your peers that we are going to participate in some activities where communication is key.

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 good way to display closed questions.

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



RESOURCES

Yes/No Game

Speak

THINK

DO

Communication 2

#10 3 hours (total)

OPEN & CLOSED QUESTIONS

Show your peers the What, When, Why and How Messages sheet.

- **Divide your peers into pairs, have each pair choose one of the scenarios provided and write what, when, why and how messages to respond to the situation. Then ask them to share their messages with each other.**
- **Afterwards get your peers to provide feedback to the other one about how well that person 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 your peers.

RESOURCES

Communication & Leadership Activities Pack

What, When, Why and How Messages sheet

Speak

THINK

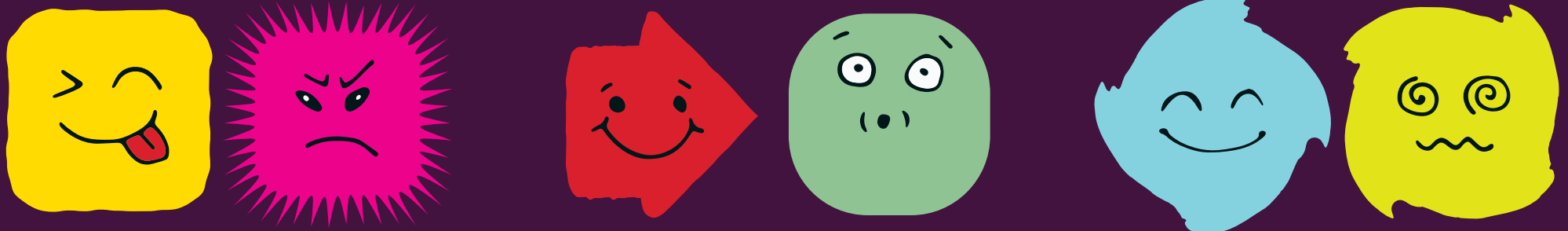
DO

Understanding different learning styles

#11 Up to 1 hour

Get your peers to complete the Different People, Different Needs Quiz. Once they have acknowledged their own learning style, get them to understand

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 AS WELL.

RESOURCES

Different People, Different Needs Quiz sheet

Speak

THINK

DO

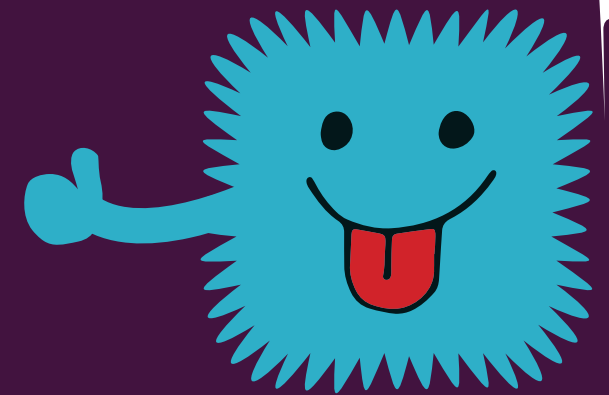
Values

#12 Up to 1 hour

Tell your peers that as a group they 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

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

Once you have gathered all the ideas, summarise that:

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 here.

- 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

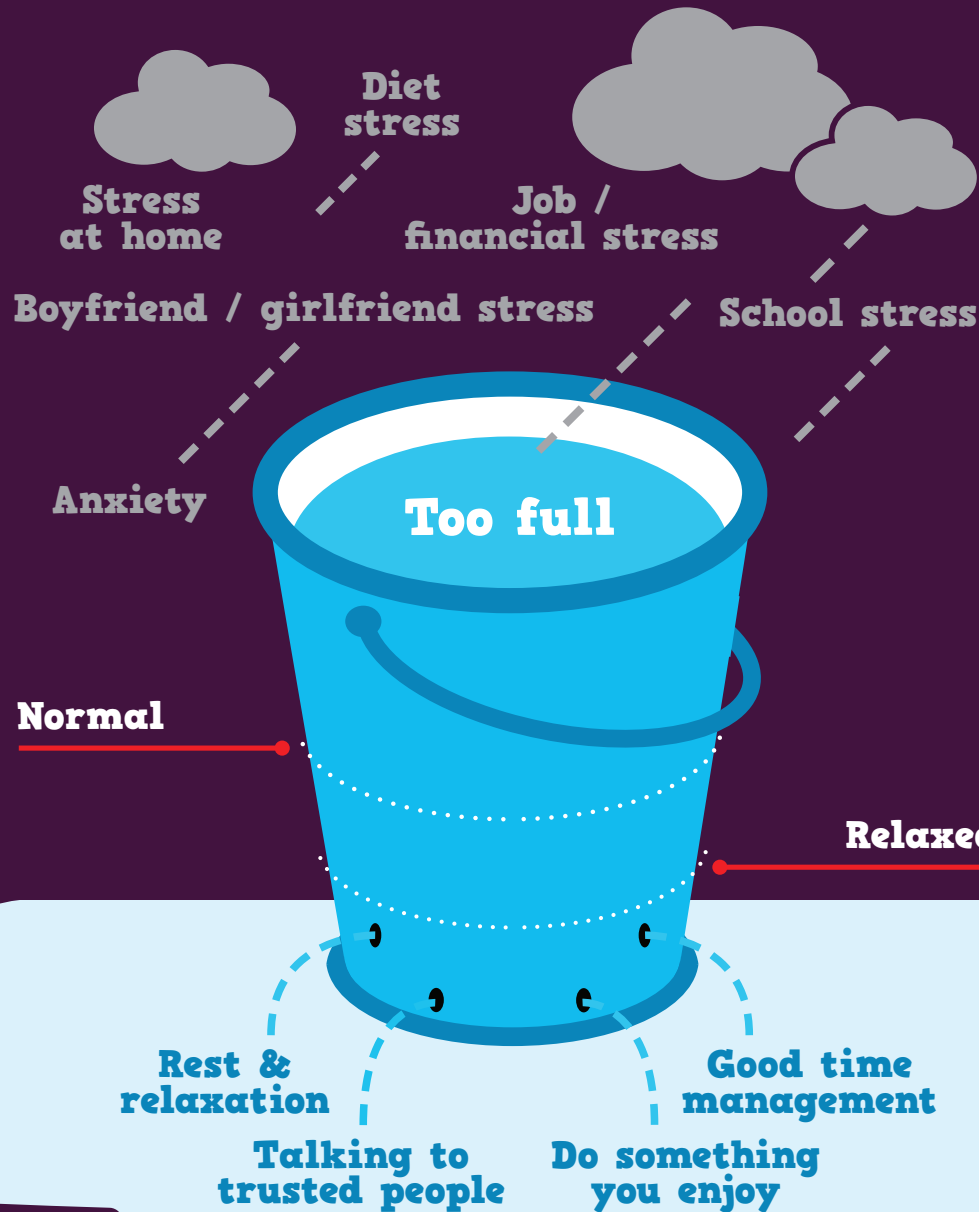
Speak

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.

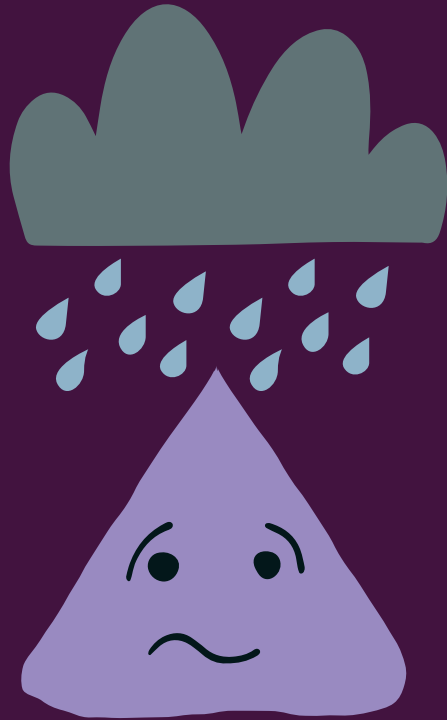
Speak

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.

- **Get your peers to 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

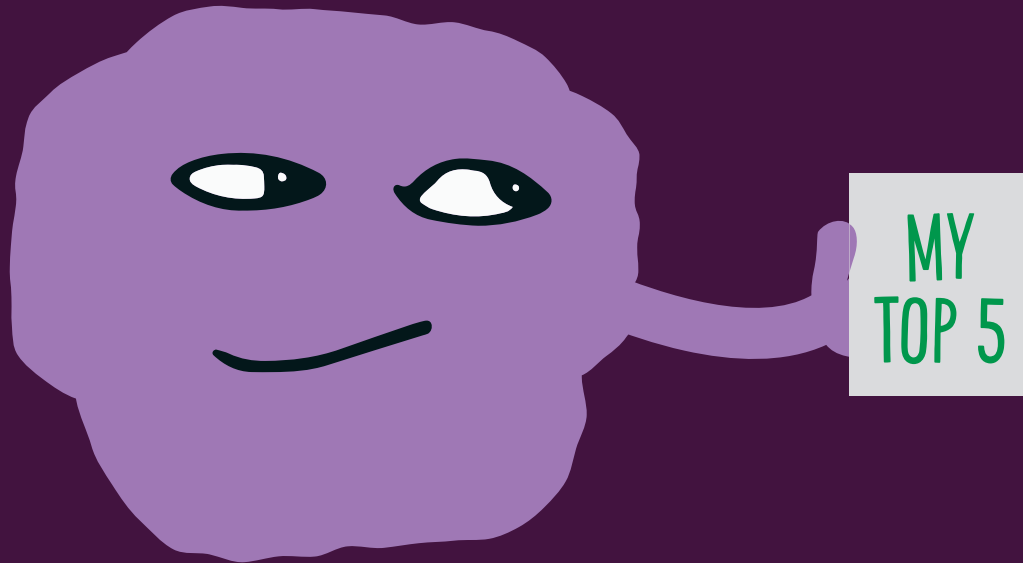
Speak

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.

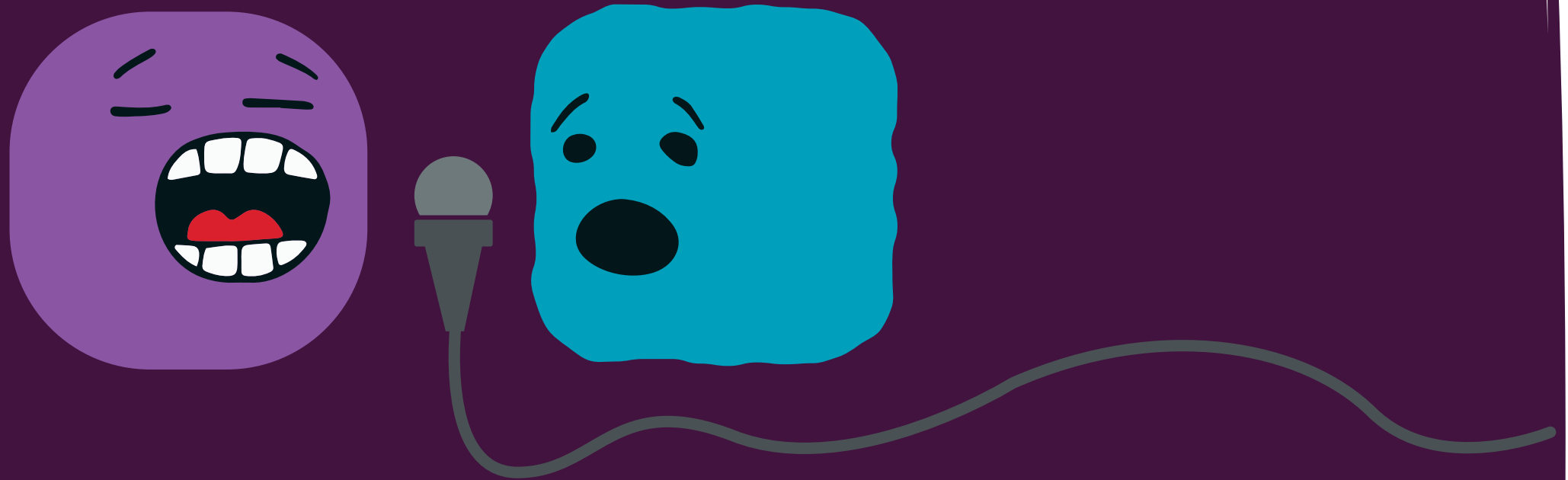
RESOURCES

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.

- **Ask your peers to think about their own solutions to these barriers.**
- **Discuss this feedback and reflect on how they themselves have provided their 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

Get your peers to 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

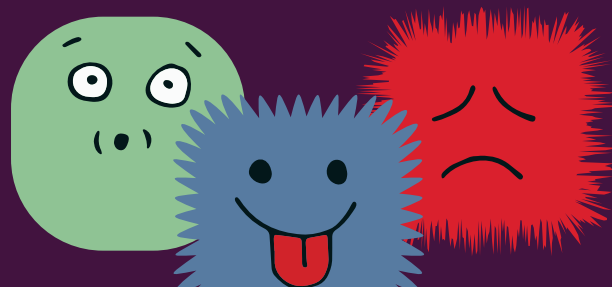
#21 2 hours

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

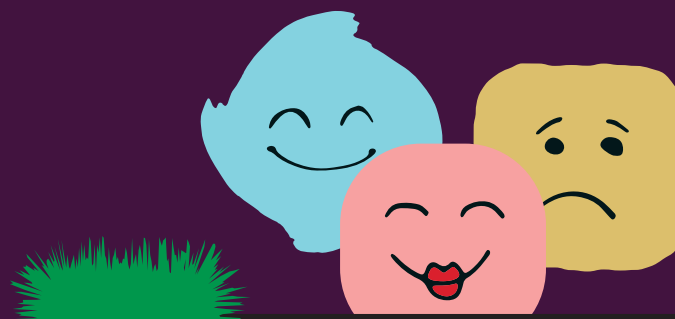
Do this with your peers, decide on groups.

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

Evaluation

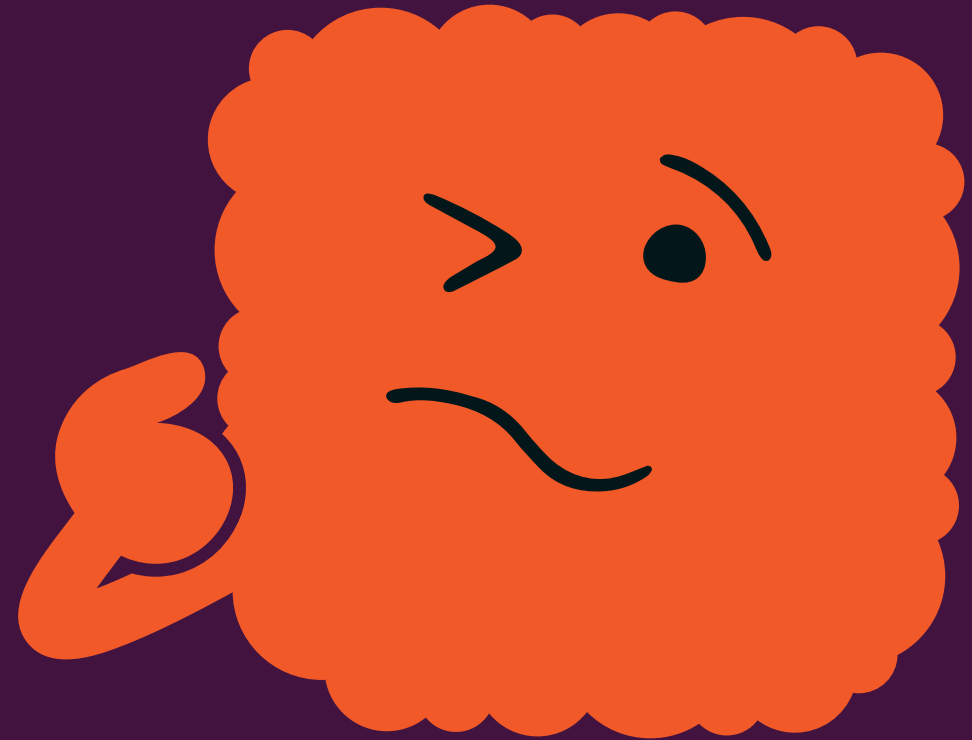
Up to 10 mins

Complete a HeadStart Evaluation Sheet.

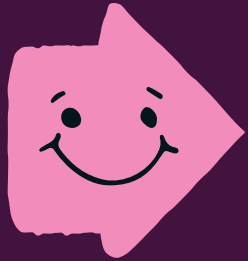
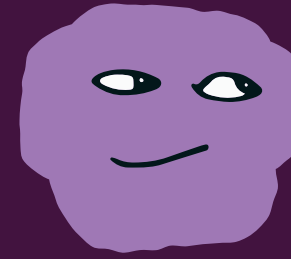
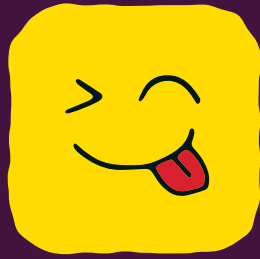
Compare the results to the ones on the evaluation you did at the beginning of your project and see if it shows a difference in your skills or mental wellbeing.

RESOURCES

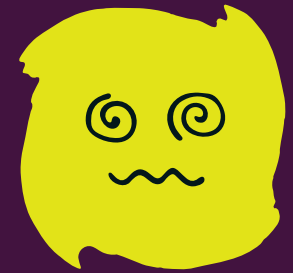
HeadStart Evaluation Sheet



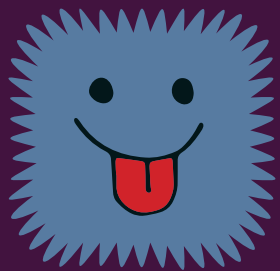
DO



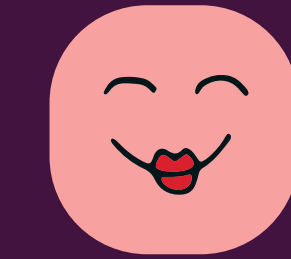
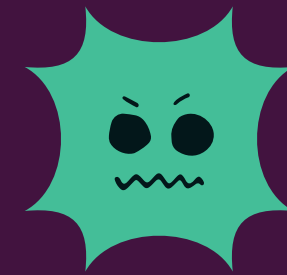
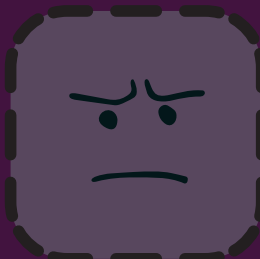
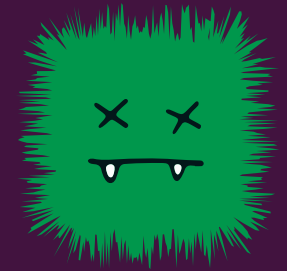
CONGRATULATIONS ON DELIVERING YOUR FIRST SESSION!



**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.**



Glossary

Autonomy

Personal autonomy means to be self-reliant and feel the positive mental benefits of the independence this brings

Empowerment

Measures to increase the self-reliance of people and communities

Mutuality

The sharing of a feeling, action, or relationship between two or more people

Peer group

Your friends and classmates, people of a similar age to you with similar interests

Safeguarding

Measures to protect the health, wellbeing and human rights of people

Solidarity

Unity or agreement - a group of people with a common belief or interest

Stigma

A circumstance or event that is viewed with disapproval by others, sometimes unfairly

Veto

The right to reject a decision, normally put to a vote