

## Peer Skills Facilitator Training

The Peer Skills program assists young people to develop skills, knowledge and strategies to help themselves and effectively support peers, friends and family members. Peer Skills also assists young people to connect with adults in supportive roles within their communities.

Peer Skills is for young people between the ages of 11 and 18. It has been tailored for upper primary school aged children and other groups with specific needs.

Peer Skills is evidence based on national and international research that shows young people often talk or turn to a friend when they have a problem before, or instead of, seeking help from adults or services.

The Peer Skills two-day interactive workshop is designed to:

- acknowledge and build on natural listening skills
- develop helping and problem solving skills
- develop relationship skills
- increase confidence in safely assisting a friend or peer.

Peer Skills is also used as a foundation for peer-based programs to assist the development of supportive networks in schools and communities.



## Peer Skills Facilitator Training

The Peer Skills Facilitator Training is run over two days for people with relevant skills and experiences who are supported by their school or agency to implement the Peer Skills Workshop as a part of their work with young people.

## Facilitator Training Content

- Content and processes of the Peer Skills Workshop
- Child-centred practice and empowerment
- Effective peer work program implementation
- The roles and responsibilities of the Peer Skills facilitator
- Preparation and presentation of a Peer Skills activity.

## Is Facilitator Training for you?

- Are you aware of the issues facing young people?
- Do you understand child/adolescent development?
- Do you have experience in group facilitation?
- Do you have a basic understanding of the counselling process?
- Are you able to incorporate Peer Skills into the work you currently do?

Peer Skills Facilitator Training can also be tailored to suit the needs of specific groups of workers.

## What participants enjoy most about the Peer Skills Facilitator Training?

*“Thoroughly enjoyed the experience. Great to come together with people from different backgrounds but with a common goal – teachers, counsellors, social workers.”*

*“The trainers were excellent and I hope I can project the type of empowerment that they have delivered to me over the last two days, to our students.”*

*“Fantastic! Very helpful. I feel inspired and confident about running the program.”*

## What young people enjoy most about the Peer Skills Program?

*“I enjoyed playing all the games and having group discussions.”*

*“I really enjoyed discovering more about my feelings and values, as well as learning about supporting others.”*

*“All the games that can help you with confidence and friends making.”*

*“The games were fun and related back to what was being learnt in the class.”*

*“I enjoyed the whole workshop.”*

## Facilitator Training Costs

For information about training costs contact the Peer Skills program on the details below.

## Contact

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