



www.peerskills.com.au

Peer Skills Winter 2015

Welcome to Term 3 everyone. Here are some updates on what's been happening in the world of Peer Skills. 21st birthday stories of Peer Skills have been flowing in and some of them can be found on Page two.

Suicide prevention in Schools Settings

I recently attended Darcy and Paul Granellos' workshop at the Edward Koch Suicide Prevention Conference in Cairns. The take home messages for me was that the Peer Skills approach fits with best practice in the area of universal suicide prevention. I am currently preparing a 2 hour follow up Getting Help session to further reinforce the key themes of help-seeking for self and others.

The Adolescent Success Conference

Is coming up on the Gold Coast from August 20-22nd. I will be presenting a 2 hour workshop on Peer Skills and how to implement it. This is a great opportunity for schools new to Peer Skills to begin the journey. Please pass on this information. <http://www.adolescentsuccess.org.au/>

Follow up survey monkey

By now we hope you will have received an email with a link for students to the student follow up survey. For many schools this is an easier way of asking students to provide feedback at least three months after a workshop. The results we are receiving are really valuable. <https://www.surveymonkey.com/r/peerskillsfollowup>

Cheers
Francesca Lejeune
peer.skills@ucommunity.org.au
0439 870 117



Glenmore SHS peer supporters in training

Facilitator Training Dates

Upcoming Facilitator Training in

Rockhampton

23rd & 24th July

Warwick

Week of 7th September TBC

Chinchilla

15th & 16th September

Maroochydore

15th and 16th October

Longreach TBC

Brisbane (Toombul) TBC

Gold Coast/South Bris TBC

Week of 23rd November

Direct registrations and enquiries to:

peer.skills@ucommunity.org.au
or check the website.

<http://www.ucommunity.org.au/peer-skills/facilitator-training-information-0>

Workshops completed since the last newsletter

North Rockhampton SHS (Yr 9)

Gympie SHS (Yr 9)

St Columban's College (Yr 9)

Upcoming Workshops

Glenmore SHS (Yr 9)

Dakabin SHS (Yr 10 & 11)

St Stephens College, Coomera (Yr 9)

Register your Workshop

Please register your workshops as soon as you can for Term 3 and 4.

Evaluations

Have you sent us your most recent pre and post workshop evaluations?

21st Stories and Photos

Help us celebrate 21 years of Peer Skills through your stories and the stories of your students and staff.

Mission Australia Youth Survey

<https://www.missionaustralia.com.au/what-we-do/research-evaluation/youth->
Is now open. Please tell your young people about it so their voice is heard.

Peer Skills in Action

Ongoing support and Supervision Gympie SHS

"As a high school Chaplain, I was able to address the entire Year 12 cohort after co-facilitating the Peer Skills program for a group of approximately 14 of these students.

In their Peer Skills post-program evaluations, a number of participants indicated their desire to know more information about the topics of depression and anxiety. I mentioned this general request for information to the Year 12 cohort and encouraged anyone concerned about either themselves or others who could be struggling with these issues, to reach out to the right support people at school, in their families, friendship networks or to online organisations such as Kids Helpline.

I also made several paper copies of Queensland Health's information concerning depression and anxiety available at their Senior School Student Services Centre for the students who wished to access current information right away.

I am grateful that the Peer Skills program opened up this conversation for the students to be supported this way in their final year of high school."

Joy Mahoney

School Chaplain, Gympie State High School
(below at the volunteer run Brekkie Club)



In the words of a Peer Helper...

These are the words from a peer helper to describe their peer skills experience:

"I completed a training course in peer mentoring and the experience that I gained through this was marvellous. Listening to someone explain their life to you, not just the problems, but also their memories and how they view the world, it's eye opening. People trust me with their secrets and their stories; just some of the things that certain children are going through is mesmerizing. I'm not there to give advice, I'm there to guide them into what they believe is the best option for them. We play games, listen, talk, laugh, but most of all we bond. I experience all of these emotions through someone else and it's incredible. "

Peer Helper

St Columban's College

Peers making a difference

"Two of the peer mentors came to me to discuss a boy on the bus who was struggling. He was the target of others who made fun of him. They would stir him up and then sit back and watch him get angry and then lash out. The peer mentors introduced themselves to him and subsequently met up with him at school to help him plan a way to deal with the situation. They introduced him to some other students from the school who travelled on the same bus. It was decided that he could then sit where they could keep a bit of an eye on him. The bus trip is now much calmer and enjoyable for all."

Margaret Galvin

St Columban's College

Below: A wordle created from Mt Morgan SHS evaluations 2015. The words are from the responses to "What participants would now do differently with their friends".

