



## Peer Mentoring Programme- Supporting Young Peoples Mental Wellbeing

### New programme starting October 2019

Peer Mentoring programmes are based on young people supporting each other; matching peer mentors with mentees in one-on-one relationships so they can provide guidance and support, serving as positive role models. With appropriate training, guidance and supervision peer mentors are able to listen and support fellow pupils (mentees); helping them deal with the challenges they face that they may be struggling with.

Kidscape developed their own peer mentoring programme that has successfully been running since it was introduced to secondary schools in Wiltshire through the *Thrive* programme in 2016.

<https://www.wiltshirehealthyschools.org/partnership-projects/kidscape/>

This programme focuses on supporting pupils mental wellbeing; aiming to give a preventative and early intervention approach to supporting pupils with low level emotional difficulties, complimenting other forms of school based-support.



#### **Feedback on the programme:**

**Kingdown School** 'A huge weight off staff (particularly pastoral staff) to support students with 'lower level' concerns, who now have the focus, time and creative input of their mentor'.

**Clarendon School** -'In my experience Peer Mentoring schemes benefit the mentors, mentees and school in equal measure. Our school has run a similar programme for 9 years but Kidscape gave us an injection of new ideas and safer practice which has made the mentoring more effective and improved our monitoring systems. The best recommendation for the scheme comes from the comments made by the mentees and mentors themselves.'

**Mentee**- 'I have so many problems. I love my mentoring sessions and my mentor really helps me.'

**Peer Mentor** - 'I thoroughly enjoy being a peer mentor. I am proud to have had the opportunity – Thank you'.

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