

Peer Support (Key Stages 1 and 2)

Peer Mentoring (Key Stages 3 to 5)

For what age?	At what level?
6 to 18 years	Targeted (Wave 2)

What is peer support and peer mentoring?

Peer support and peer mentoring provides younger pupils with an initial, accessible point of contact (e.g. an older pupil) from which to seek support and build life-skills in a language and manner that is both familiar and acceptable. It can be applied to many aspects of school life but especially for emotional, social development and learning.

How does it help children?

A combination of national and local research studies and evaluations indicates that Peer Support/Mentoring:

- Builds confidence, self-esteem and encourages more positive participation in school life for both 'supporter' and 'supportee'.
- Helps children to address school related problems (e.g. resolving issues in the playground more independently) and other problems.
- Contributes to school inclusion.
- Builds capacity within a school for improving children's mental health and so also frees-up some staff time to focus on higher level concerns.

How do we know it works?

The Mentoring and Befriending Foundation carried out a survey in 2011 involving 23 schools. It found:

- 95% of the young people who took part felt their school was safer and happier specifically as a result of their peer mentoring scheme
- 58% of mentees feel that it is easier to talk to peer supporters than other people who can support them

From 3 local TaMHS Project schools running peer support or peer mentoring programmes, the average overall impact rating out of 10 is:

- 8 for vulnerable children
- 7.7 for the school overall

How can I access training?

To access centralised training, including at the TaMHS Conference if appropriate, please visit:

- [LGSS I Learn booking website](#)

Training at your school, or within clusters, for your staff can be commissioned from the Educational Psychology Service by contacting the TaMHS Administrator:

tamhs@childrenfirstnorthamptonshire.co.uk or by speaking to your Link Educational Psychologist