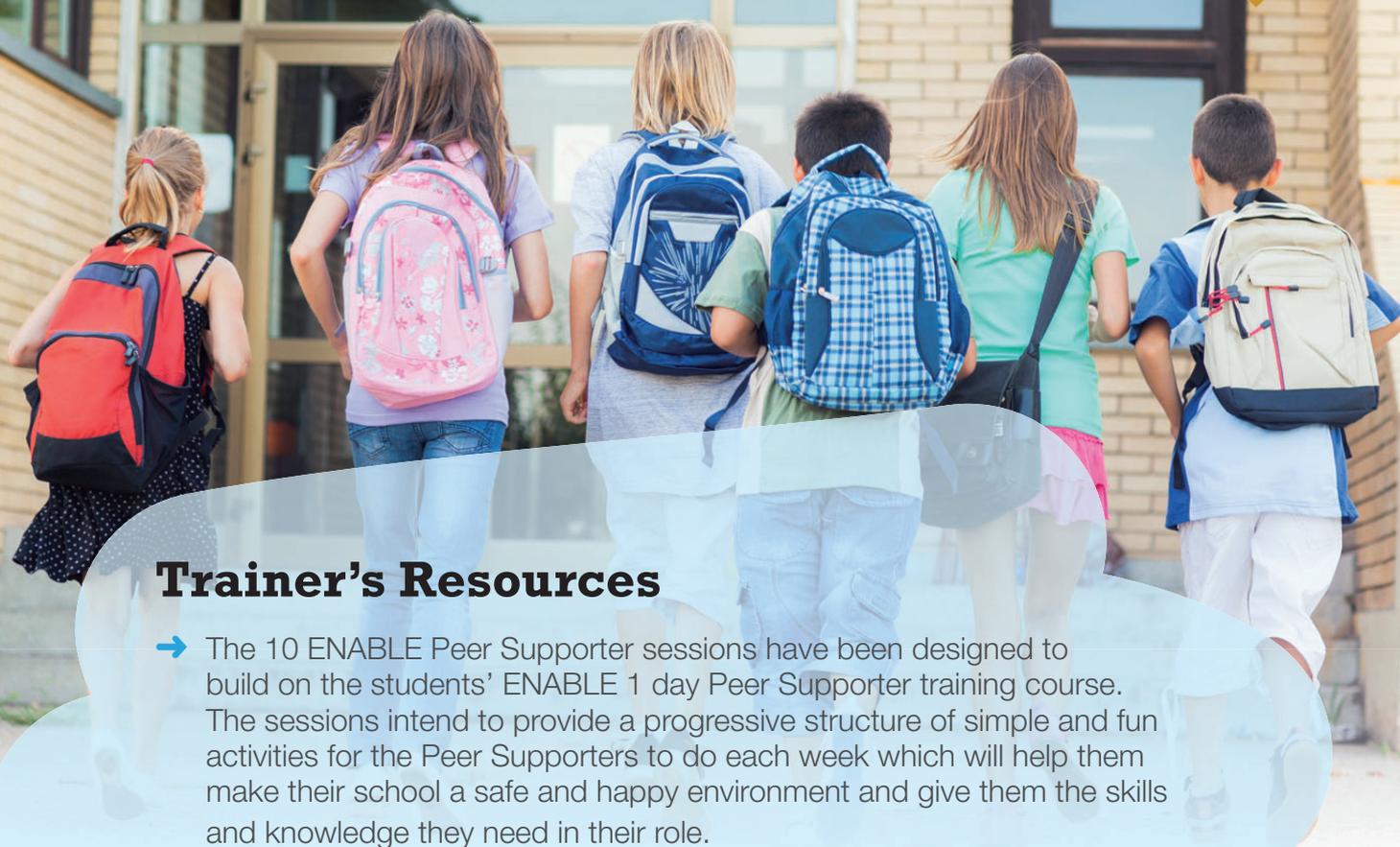# Using the ENABLE 10 Peer Supporter Sessions

Trainer's Resources

→ The 10 ENABLE Peer Supporter sessions have been designed to build on the students' ENABLE 1 day Peer Supporter training course. The sessions intend to provide a progressive structure of simple and fun activities for the Peer Supporters to do each week which will help them make their school a safe and happy environment and give them the skills and knowledge they need in their role.

→ If a Peer Support scheme is being set up for the first time, it is advisable to follow the proposed sequence of sessions. However, if something similar is already in place, only some of the sessions may be relevant. One session per week is recommended, either at lunchtime or after school. The sessions are designed to be facilitated by the Staff Peer Support Lead however some of the activities could be led by the Chair or Vice-Chair of the Peer Support group.

→ At the bottom of each session sheet there is a 'Bright Idea' section for staff, students and parents/carers which provide examples of activities and campaigns the Peer Supporters and Staff Peer Support Lead can run outside the sessions to tackle bullying. We have provided links to any other resources that support the lesson, including how technology could be incorporated into the session.

A set of 10, 1 hour sessions to build on the Peer Supporters' initial 1 day's training and continue to develop the skills and knowledge students need in their role. Sessions should be facilitated by the Staff Peer Support Lead.

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Using the ENABLE 10 Peer Supporter Sessions

Session	Title	Aim of session
Session 1	We look up to Peer Supporters	Define the role of a Peer Supporter and Staff Peer Support Lead and understand the qualities and skills needed to be effective in these roles.
Session 2	We know who the Peer Supporters are	Examine ways the Peer Supporters can raise the profile of their anti-bullying campaign in their school so the school community understands their role.
Session 3 /Part 1	We understand student's experiences of school	Plan how the Peer Supporters can find out about the experiences students have in school in relation to bullying and behaviour.
Session 3 /Part 2	We provide effective solutions to student's problems	Using the data collected from Session 3, Part 1, Peer Supporters will highlight any issues which exist in the school in relation to bullying and behaviour in order to provide student-friendly solutions to these issues.
Session 4	We promote a culture of pro-social behaviour	Review how the school promotes pro-social behaviour and design a whole school campaign which encourages students, staff and parents to treat each other with respect.
Session 5	We encourage students to speak out	Examine the avenues students can use to report incidents of bullying in the school and look at whether these are effective. Plan activities to promote these avenues and encourage students to speak out about bullying.
Session 6	We effectively support vulnerable students	Discuss how the Peer Supporters should respond if someone talks to them about an incident relating to bullying and behaviour.
Session 7	We celebrate individuality	Think about how someone being bullied/bullying others may feel in order to provide effective support to them and encourage them to celebrate who they are.
Session 8	We take care of each other	Explore the idea of a bystander and an upstander to bullying and determine when and if it is appropriate for a Peer Supporter to intervene in bullying incidents in school.
Session 9	We are upstanders, not Bystanders to bullying	Examine how, using a whole school campaign, Peer Supporters can encourage a school culture where people take a stand against bullying and provide support to each other.
Session 10	We recognise students' contribution to the school community	Reflect on what impact the Peer Supporters have had and highlight the areas they need to focus on in the coming months.

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