"UNLEASHING THE POTENTIAL OF PEER SUPPORT IN TRAIAN SECONDARY SCHOOL"

Using the knowledge and ideas that you've gathered from the course, you will create an **action plan** in four chapters:

- **Background**, where you provide some basic information about yourself and your school.
- **Challenges and Objectives**, where you list potential challenges that could be solved with a peer support program.
- **Implementation**, where you describe how you are going to plan and implement a peer support program.
- **Evaluation,** where you explain how you are going to assess the peer support programme.

*Don't forget to check the evaluation criteria by which your plan will be assessed.

CHAPTER 1: BACKGROUND

Introduce yourself. Simple as that!

My name:	CIOI GEORGIANA-FLORENTINA
My country:	ROMANIA
My role:	PRIMARY TEACHER
My school:	*TRAIAN SECONDARY SCHOOL*
My class/lesson:	*PREPARATORY CLASSROOM*

CHAPTER 2: CHALLENGES/OBJECTIVES

List here some of the **challenges** you think your student are facing and could benefit from a peer support program.

CHALLENGES
Students may feel uncomfortable seeking help from other students.
High rates of stress, anxiety, and depression among students in my school, especially on higher classrooms after COVID-19.
Limited resources or funding for the program, including staffing, training, and materials.
Limited access to extracurricular activities and opportunities for social connection.
High rates of absenteeism and disengagement among students.
A lack of understanding among staff and faculty about the benefits of peer support, which can lead to a lack of support for the program or resistance to its implementation.

State your **goals** regarding peer support in your school: What development would you like to see in your own school in regard to peer support? What are you trying to achieve?

OBJECTIVES
Establish a peer support program that provides a safe and confidential space for students to share their experiences and receive support from their peers.
Improve student wellbeing and academic success through peer support.
Promoting student participation individual growth in schools.
Foster a sense of community and belonging among students, especially those who may feel isolated or disconnected from their peers.
Increase student resilience and coping skills, which can help them better manage stress and other challenges.
Provide an alternative or supplement to traditional counselling services, which may have waitlists or other barriers to access.
Provide students with leadership and communication skills that can be applied in other areas of their lives, such as future careers or community involvement.

CHAPTER 3: IMPLEMENTATION

List the steps you need to consider for the implementation considering **selection** and **training of peer support students** as well as **organising peer-to-peer activities** and **evaluating the programme**.

1. Write the **title and/or summary** of your step in the first row
2. Outline the **process you need to follow** to carry it out
3. Note down **how long** you think it will take
4. Mention the relevant **tools and resources** you will need per step

Selecting Peer Support Students			
Step	Describe the process	Identify the timeline	Identify relevant tools & resources and how they can support this step
Determine the scope and goals of the program	- Define the specific goals and objectives of the peer support program, and identify the target student population, program activities, and expected outcomes. - Identify the teachers that would like to take part and implement this type of program.	2-3 weeks	Program materials, staff input, research on effective peer support programs
Recruit and train peer support students	- Advertise the program to students who are interested in helping their peers and who have demonstrated strong interpersonal skills - Develop a clear set of criteria for selecting peer support students, and advertise the program to the student body. - Conduct interviews or other selection processes to identify the most suitable candidates.	3-4 weeks	Application forms, interview guides, selection criteria

Training Peer Support Students

Step	Describe the process	Identify the timeline	Identify relevant tools & resources and how they can support this step
Train peer support students	- Develop a training program that covers topics such as active listening, communication skills, confidentiality, crisis response, and other problems. - Schedule training sessions and provide on-going support to peer support students throughout the program.	4-6 weeks	Training materials, expert facilitators, on-going support and feedback

Organising peer-to-peer activities

Step	Describe the process	Identify the timeline	Identify relevant tools & resources and how they can support this step
Organize peer-to-peer activities	- Plan and implement peer-to-peer activities that align with the program goals and objectives, such as one-on-one peer support meetings, group support sessions, workshops, or events. - Develop clear guidelines and protocols for conducting these activities, and provide on-going support to peer support students.	12-16 weeks	Program materials, scheduling tools, communication platforms, expert facilitators

CHAPTER 4: EVALUATION

Explain how you are going to assess the peer support programme.

The evaluation of the project it's an ongoing process.

STEPS:

To assess the effectiveness of the peer support program, we will take the following steps:

Step 1: Collect feedback from students

Use anonymous surveys or focus groups to collect feedback from students about their experience with the program

Ask students to provide feedback on what is working well and what could be improved

Step 2: Monitor participation rates and program impact

Track participation rates over time to assess the level of student interest in the program

Use academic data and other measures of student wellbeing to assess the impact of the program on student outcomes

Step 3: Make adjustments as needed

Use student feedback and program impact data to make adjustments to the program as needed

Continually monitor and evaluate the program to ensure that it is meeting the needs of students and achieving its objectives.

RELEVANT TOOLS & RESOURCES:

- Evaluation tools and surveys

- Data analysis software

- Staff and students input

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