

Peer Support for Children and Young People's Mental Health and Emotional Wellbeing Programme

Session resources for training peer mentors
14+ year olds





Department
for Education



Anna Freud
National Centre for
Children and Families

YOUNGMINDS

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SCRIPT 1:

On Saturday, I went to the skate park with my friends. We got the bus into town. My mum was a bit worried about me going to the skate park without an adult, but I had my mobile phone and I promised to call her when I arrived, so she let me go. On the bus, I met Samir who was with his mum. We had a quick chat. He said they were going into town to go shopping. He looked a bit embarrassed because he was with his mum but I invited him to join us when he had finished shopping and he looked pleased. When I got to the skate park, I called my mum to tell her I had arrived.

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RESOURCE 1.1

MENTEE SCRIPT:

Yesterday, at lunch, one of my friends told me that my friend Jenni thought I was boring and did not want to hang out with me anymore. I was shocked because Jenni and I go back a long way. I was so upset that I pushed my friend away and ran off into the toilets where I started crying. Later I tried to phone and to message Jenni but she did not pick up or reply. It starts me thinking that maybe she doesn't want to hang out anymore, but I am not really sure why.

I got told off in History for not doing what we were supposed to be doing. The problem is I feel really distracted just thinking about Jenni.

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I got told off in History for not doing what we were supposed to be doing. The problem is I feel really distracted just thinking about Jenni.

RESOURCE 1.2

SCENARIO 1:

You always argue with your younger brother.

Your brother always starts it.

You try to ignore him.

Your parents blame you for starting the arguments because you are older.

SCENARIO 2:

You have fallen out with your best friend over a guy.

None of her friends now want to hang out with you.

You have tried to make up with her but are not getting anywhere.

You feel really lonely at weekends.

SCENARIO 3:

Your form tutor has spoken with you about your low marks.

You find your homework too hard.

You have asked your parents for help but they are always busy at work and there is no one to help you at home.

You feel frustrated about this, because you really want to go to university but are worried that you will never get good enough grades.

RESOURCE 1.3



CHANGE SHEET

What is the problem?

What is the situation like now?

How does it make you feel?

What could you do to make it better?

Option 1	Option 2	Option 3

Circle the option that you think is best

RESOURCE 2.1



SCENARIO 1:

You always argue with your younger brother.

Your brother always starts it.

You try to ignore him.

Your parents blame you for starting the arguments because you are older.

- GOAL: To get on better with my brother.

SCENARIO 2:

You have fallen out with your best friend.

She is the most popular girl in the class.

Some of the other girls don't want to socialise with you anymore.

You feel really lonely when you are in class and in the playground.

- GOAL: To make some new friends

SCENARIO 3:

Your teacher has told you off for not completing your homework.

You find your homework too hard.

You have asked your parents for help but they are always busy.

When you can't do your homework, it makes you feel sad as you always like to try hard at school and make your teacher pleased.

- GOAL: To get help completing my homework.

RESOURCE 2.2



CHANGE SHEET

What is the problem?

What is the situation like now?

How does it make you feel?

What could you do to make it better?

Option 1	Option 2	Option 3

Circle the option that you think is best

RESOURCE 2.3



Questions to support your mentee to think about the change they would like to make

What would you like to be different?
What change do you want to make?
What would you like to achieve?

Questions to support your mentee to think about their current situation

What is it like now?
What happens when you...?
How does that make you feel?

Questions to support your mentee to think about different ways they could solve their problem

What could you do to change the situation?
What would make this situation better?
What are all the different things you could do to change this situation?

Questions to support your mentee to think about which option they will choose to solve their problem

Which of the options would you like to try?
Which of these options do you think is the best option?
What problems might you come across with this option?
Who could help you solve this problem?

SAFEGUARDING EXAMPLE - SEAN

Your mentee Sean seems to be in a bad mood during one of your sessions. You ask him what's wrong. He is usually quiet and happy but he replies angrily that he is fed up with things at home. You ask him what has been going on. He tells you that his stepdad and mum fight a lot. He says that he has tried to speak to her about it but she says that it's all fine. He says that he sometimes gets scared at night when he hears them fighting. He is worried that his stepdad is hurting his mum. As soon as he blurts it out, he seems to regret telling you and asks for you to keep it private. He's worried it will make things worse at home.

SAFEGUARDING EXAMPLE - SEAN

Your mentee Sean seems to be in a bad mood during one of your sessions. You ask him what's wrong. He is usually quiet and happy but he replies angrily that he is fed up with things at home. You ask him what has been going on. He tells you that his stepdad and mum fight a lot. He says that he has tried to speak to her about it but she says that it's all fine. He says that he sometimes gets scared at night when he hears them fighting. He is worried that his stepdad is hurting his mum. As soon as he blurts it out, he seems to regret telling you and asks for you to keep it private. He's worried it will make things worse at home.

RESOURCE 3.1



PEER MENTOR/MENTEE CONTRACT

We will...

- Treat each other with respect
- Take the mentoring programme seriously
- Turn up to all arranged sessions on time
- Try to form a positive, trusting relationship
- Listen to each other
- Keep any information discussed between us confidential, unless anything that has been discussed worries me
- Report ANYTHING that worries me to a designated adult before the end of the day

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Mentor Signature

Mentee Signature

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Mentor Signature

Mentee Signature

RESOURCE 3.2





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