**Peer Support (KS1&2) & Peer Mentoring (KS3,4&5)**

<table>
<thead>
<tr>
<th>For what age?</th>
<th>At what level?</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 – 18 years</td>
<td>Wave 2 / Targeted</td>
</tr>
</tbody>
</table>

**What is Peer Support/Mentoring?**

Peer support/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 & learning.

**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; and 7.7 for the school overall.

**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 can I access training?**

To access centralised training for this course, including at the TaMHS Conference if appropriate, please visit: [www.northamptonshire.gov.uk/TaMHS](http://www.northamptonshire.gov.uk/TaMHS)

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.