

Providing Opportunities for Peer to Peer Support

School re-opening following COVID-19

This document is designed to support educational settings to provide mechanisms for support for pupils by pupils on their return to school following COVID-19. This is an initial briefing document that considers peer to peer support prior to return to school, over the summer holiday and in the first weeks of the Autumn term.

The value of Peer to Peer support

Benefits for children and young people

- Children and young people can build on existing skills and develop new ones, increasing confidence and self-esteem.
- Children and young people may gain a better understanding of how the school operates as an organisation.
- Children and young people may find it easier talk to a peer first, but it may lead to an improved response to their needs.

Benefits for the school

- Information can be gained from children and young people about changing attitudes and needs, and their views as to what constitutes quality service provision and barriers to accessing services.
- Children and young people will bring fresh perspectives and new ideas about school policies, help tackle key objectives and promote social inclusion.
- Services and policies can be designed, delivered and evaluated based on actual rather than presumed needs.

Benefits for the wider community

- Peer support helps to create an empowering environment the raises the aspirations among children and young people.
- Community cohesion is fostered through the inclusion of children and young people

Suggested Activities July- September 2020

Key workers' children as experts: Help pupils to be informed about changes in advance

- Create an 'expert panel' of pupils who can answer questions from pupils regarding the return to school in September e.g. physical changes, procedures, worries etc. via class video calls or other forms of communication.
- Ask pupils who are currently not attending school to send their questions into school in advance.
- Where possible hold briefings led by pupils before the end of term and again just before the start of term when new arrangements are known.

Welcome back display: Emotional health and wellbeing

- Create a display for pupils organised by pupils in a prominent place in school.
- The display could include strategies to support emotional health and wellbeing e.g. diet, sleep, exercise, talking to others, limiting time on screens/watching the news. Also doing things that you enjoy and looking for the positives in life.
- Resources are available from [Childline](#) and for secondary aged pupils via the [Anna Freud self-care strategies](#).
- Explain what support is available for pupils in school.
- Advertise the support available for pupils outside school: [Chat health](#) (11-19) [Kooth](#) (11 – 25) [Think Ninja](#) (10-18) [Childline](#) (under 19s).

The investigation and promotion of new online sources of support which could be used over summer holidays

- New on-line support: [Kooth](#) (11 – 25) and [Think Ninja](#) (10-18)
- Existing services: [Chat health](#) (11-19), [Childline](#) (under 19s) 0800 1111
- Investigate and think of ways to promote/remind pupils before the end of term
- Plan how these services can be promoted on return to school. (Posters in communal areas, on back of toilet doors etc.)

References:

Anna Freud/On my mind/Self-care

<https://www.annafreud.org/on-my-mind/self-care/>

Chat health

<https://www.justonenorfolk.nhs.uk/our-services/chathealth>

Childline

<https://www.childline.org.uk/toolbox/games/boost-your-mood/>

https://www.childline.org.uk/?gclid=EAAlQobChMI5rC6x9C46glVhu7tCh3qTA76EAAYASAAEgI98PD_BwE&gclid=aw.ds

Kooth

<https://www.kooth.com/>

Think Ninja

<https://www.healios.org.uk/services/thinkninja1>