

## Peer Support and Buddy Support

What is Peer Support?

Peer support is based on the fact that young people most often seek out other young people when they are experiencing some concern or worry.

Peer helping relies strongly on communication to encourage self-exploration and decision making.

Peer helpers/supporters are NOT professional counsellors or therapists, they are young people who offer supervised support to other young people to help them think through and reflect on concerns, which they may be experiencing.

The basis of peer support programmes is the understanding that those involved have similar characteristics to those being helped, for example in age or life experience.

How can Peer Supporters help?

- Helping young people with learning
- Helping younger or new pupils make the transition to a new school
- Assisting with topics of concern to other pupils
- Assisting pupils in resolving disputes
- Helping others to sort out concerns, brainstorm ideas & offer practical help
- Reaching out to lonely or troubled pupils

At Sherborne Prep School there are currently two types of peer support systems:

1. Prefects
2. Buddies for new pupils

When a child enters the school he / she will be given a buddy to look after them. It is the job of this buddy to ensure that the new child gets to know the school as quickly as possible. When the new child is a boarder, he / she will hopefully have a buddy in their dormitory who is in the same class.