



don't suffer in silence

Peer Mentors Training Plan

Each module is flexible and can be tailored to the needs of your school or organisation.

Module one: Introductions

1. Introductions about who BullyBusters are, what we do and how we can help.
2. Behaviour contract to be written by pupils: including confidentiality, what we expect from each other.
3. Ice breakers to ensure all pupils feel comfortable and to have a little fun.
4. Your role as a peer mentor.

Module two: Reflection of bullying.

1. What is bullying?
2. How can you recognise bullying in others at school or in the community?
3. Bullying scenarios.
4. For you to think about? For the week ahead when you are watching television or reading magazines or story's, think about people /characters who may be getting bullied, think about who is doing the bullying and what example does this give to others?

Module three: Spotting the signs.

From week three we will discuss what you discovered when you were thinking about things at the beginning of each session.

1. What are the affects of bullying?
2. How can we spot the signs?
3. How can bullying affect you in later life?
4. Listening, Communication and Clarification skills.
5. For you to think about? Talk to parents and Grandparents about bullying, were they ever bullied, what did the school do about bullying, did they know anyone who was a bully. If they were bullied, did it have an affect on them and what would they say to the person who bullied them?

Module three: Behind the bullies.

1. Why do people bully?
2. Are all bullies bad people?

3. Do they deserve to have friends who can help them?
4. How can Peer Mentors help bullies?
5. For you to think about? Do you know someone whose friends are scared of him or her. Would you like your best friend to be scared of you? What could people gain from having someone scared of them? Does this earn respect?

Module five: A way forward.

1. What can we do to help stop bullying?
2. How can the peer mentors work effectively in your school?
3. How BullyBusters can assist you in the future.
4. Reporting Bullying. How to be taken seriously.
5. For you to think about? If your school were given one million pounds to stop bullying from happening, what would it be? Do peer mentors really work, how have you helped someone or what will you do to help people from now on.

Module six: Presentations of awards.

1. Recap on weeks 2 - 5
2. Questionnaire
3. Certificates awarded
4. Stationary; Bullying Log sheets, BullyBusters cards etc

Kayte will then visit your school on a regular basis providing support if required.

All pupils will be given the BullyBusters confidential helpline number 0800 1696928.

Pupils can call the helpline between the hours of 9.00am – 7.00pm Monday – Friday, they will be offered support and advice to solve the issue.

Any issues with long term bullying that is proving difficult to resolve can be referred to BullyBusters, Mediation from BullyBusters is available and has proved to be highly successful.

For further information please contact Kayte Eaton Project Coordinator on 0151 330 2021 or kayte.eaton@localsolutions.org.uk