Campus Peer Support Training Program

Module 1







Land Acknowledgement







01

Peer support overview

03

Personal strengths

02

Campus roles & responsibilities

04

Peer support statements





Fist to five

Share where you are at:

0 = So tired

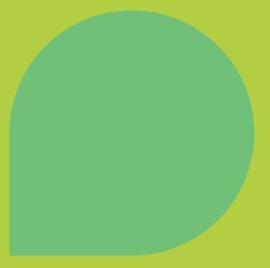
3 = So so

5 = So ready

Group activity



Peer support overview







Never have I ever...

Discuss each situation and what would help you

Small group activity



Peer Support

Providing non-clinical emotional and social support based on empathy, the belief in self-determination and the sharing of lived experiences to inspire hope and wellness

Informal Peer Support

More like talking with your friends, sharing experiences

Formal Peer Support

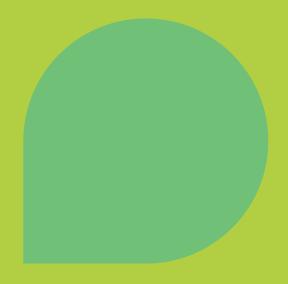
Trained individuals with lived/living experiences & demonstrated wellness

Peer Mentoring

Intentional use of an individual's expertise to help someone else reach a goal



Campus roles & responsibilities







Roles & responsibilities

Discuss how each might respond

- Friend
- Counselor
- Peer supporter

Small group activity





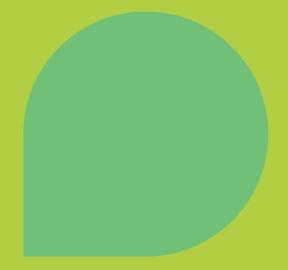
Campus programs

ADD YOUR SITE DETAILS HERE





Personal strengths







Effective peer supporters

What are the top characteristics of an effective peer supporter?

- List your top ten characteristics
- Circle the top five ideas
- Pick your top three

Small group activity





Personal strengths

How do **YOU** demonstrate those top strengths?

What do they look like in practice?

How do we recognize it in other? In ourselves?

Individual activity





Peer support statements







Your peer support statement

Put it in your own words

Practice saying it out loud!

Individual activity



Summary

- Peer support overview
- Campus roles & responsibilities
- Personal strengths
- Peer support statements

