

# **Peer Support for Children and Young People's Mental Health and Emotional Wellbeing Programme**

Session resources for training peer mentors  
10-13 year olds





Department  
for Education



**Anna Freud**  
National Centre for  
Children and Families

**YOUNG**MINDS

**King's Cross site:**

4-8 Rodney Street, London N1 9JH  
Tel: 020 7794 2313 Fax: 020 7794 6506

**Greater Manchester site:**

Manchester Institute of Education,  
University of Manchester,  
Oxford Road, M13 9PL

**[annafreud.org](http://annafreud.org)**

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**SCRIPT 1:**

On Saturday, I went to the skate park with my friends. We got the bus into town. My mum was a bit worried about me going to the skate park without an adult, but I had my mobile phone and I promised to call her when I arrived, so she let me go. On the bus, I met Samir who was with his mum. We had a quick chat. He said they were going into town to go shopping. He looked a bit embarrassed because he was with his mum but I invited him to join us when he had finished shopping and he looked pleased. When I got to the skate park, I called my mum to tell her I had arrived.

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On Saturday, I went to the skate park with my friends. We got the bus into town. My mum was a bit worried about me going to the skate park without an adult, but I had my mobile phone and I promised to call her when I arrived, so she let me go. On the bus, I met Samir who was with his mum. We had a quick chat. He said they were going into town to go shopping. He looked a bit embarrassed because he was with his mum but I invited him to join us when he had finished shopping and he looked pleased. When I got to the skate park, I called my mum to tell her I had arrived.

**RESOURCE 1.1**

## OPEN AND CLOSED QUESTIONS

Instructions:

1. Decide whether each question is an open question or a closed question.
2. Complete the blank boxes with your own open and closed questions.

How did that make you feel?	Did that make you feel sad?		Can you explain to me exactly what happened?	
Why do you think they did that?	What did he say?	How was school today?	Do you get on with her?	What is the relationship like between the two of you?
	What did you do in school today?	Do you find maths easy?	Did you go to the cinema during the holidays?	Closed
What did you do during the holidays?	Open	Which subject in school do you enjoy the most and why?		

RESOURCE 1.2



## CHANGE SHEET

What is the problem?

What is the situation like now?

How does it make you feel?

What could you do to make it better?

Option 1	Option 2	Option 3
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*Circle the option that you think is best*

### SCENARIO 1:

You always argue with your younger brother.

Your brother always starts it.

You try to ignore him.

Your parents blame you for starting the arguments because you are older.

- GOAL: To get on better with my brother.

### SCENARIO 2:

You have fallen out with your best friend.

She is the most popular girl in the class.

Some of the other girls don't want to socialise with you anymore.

You feel really lonely when you are in class and in the playground.

- GOAL: To make some new friends

### SCENARIO 3:

Your teacher has told you off for not completing your homework.

You find your homework too hard.

You have asked your parents for help but they are always busy.

When you can't do your homework, it makes you feel sad as you always like to try hard at school and make your teacher pleased.

- GOAL: To get help completing my homework

RESOURCE 2.2



## CHANGE SHEET

What is the problem?

What is the situation like now?

How does it make you feel?

What could you do to make it better?

Option 1	Option 2	Option 3

*Circle the option that you think is best*



**QUESTION BANK**

**Questions to support your mentee to think about the change they would like to make**

What would you like to be different?  
What change do you want to make?  
What would you like to achieve?

**Questions to support your mentee to think about their current situation**

What is it like now?  
What happens when you...?  
How does that make you feel?

**Questions to support your mentee to think about different ways they could solve their problem**

What could you do to change the situation?  
What would make this situation better?  
What are all the different things you could do to change this situation?

**Questions to support your mentee to think about which option they will choose to solve their problem**

Which of the options would you like to try?  
Which of these options do you think is the best option?  
What problems might you come across with this option?  
Who could help you solve this problem?

**RESOURCE 2.4**

**R2<sup>4</sup>**

### SAFEGUARDING EXAMPLE - SEAN

Your mentee Sean seems to be in a bad mood during one of your sessions. You ask him what's wrong. He is usually quiet and happy but he replies angrily that he is fed up with things at home. You ask him what has been going on. He tells you that his stepdad and mum fight a lot. He says that he has tried to speak to her about it but she says that it's all fine. He says that he sometimes gets scared at night when he hears them fighting. He is worried that his stepdad is hurting his mum. As soon as he blurts it out, he seems to regret telling you and asks for you to keep it private. He's worried it will make things worse at home.

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### SAFEGUARDING EXAMPLE - SEAN

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#### RESOURCE 3.1



## PEER MENTOR/MENTEE CONTRACT

### We will...

- Treat each other with respect
- Take the mentoring programme seriously
- Turn up to all arranged sessions on time
- Try to form a positive, trusting relationship
- Listen to each other
- Keep any information discussed between us confidential, unless anything that has been discussed worries me
- Report ANYTHING that worries me to a designated adult before the end of the day

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Mentor Signature

Mentee Signature

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RESOURCE 3.2





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