

Some comments from pupils who have benefited from a peer mentor:

"My peer mentor has helped me by saying if I was being bullied I could go and talk to her for help. She has also helped me with any homework I have been stuck on."

"I feel I can control my temper and not talk back to teachers. I really enjoyed the mentoring sessions"

"My peer mentor has given me the confidence to cope on a daily basis with the school routine and the busy community"

"My peer mentor has helped me when I first came to the school, he gave me help when I was nervous and I had to make friends. I feel happy at this school with his help and more confident to tackle the challenges"

"She helped me with my organisation and personal problems. She helped me with my maths the most because I had more problems with maths than any other subject"

Produced by the Mentoring and Befriending Foundation
The national body for mentoring and befriending.

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Peer Mentoring

A guide for parents



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Advice for Parents

This booklet is designed to give you a brief explanation of schools-based peer mentoring programmes that your child may be involved in.

Peer Mentoring uses older pupils to support younger pupils:

- Through the transition from primary school to secondary school
- By supporting pupils trying new activities or experiences

If you have any questions about any aspect of the peer mentoring programme, please contact the peer mentoring co-ordinator at your child's school.

- In getting organised with their time or studies
- In reaching their full potential
- In developing self confidence or self esteem
- By being an advocate if the pupil is finding school life challenging
- In addressing some aspects of behaviour
- By providing a non-judgemental ear

Frequently Asked Questions

Why does my child need a peer mentor?

There are many times when a pupil feels they could do with someone who understands them; who has 'been there, done that'. Peer mentoring is just another form of support at a more appropriate, approachable level.

Are the peer mentors trained?

Peer mentors undergo a recruitment process and must complete a training programme before they are matched with a younger student.

Are Peer Mentors Supervised?

1:1 meetings are confidential. Peer mentors have regular meetings with their peer mentoring co-ordinator.

What about confidentiality?

Peer mentors are required to sign a confidentiality contract at the start of the programme. They will not be permitted to disclose any information unless it is deemed a child protection issue. This will have been covered during the peer mentor training. Your child will be at liberty to discuss as much as they wish with you about their involvement in the programme.

How long will they have a peer mentor for?

This will depend on how the relationship develops but most pairings last between six months to a year.

When will they meet?

Meetings will be arranged during the school day. If this is not the case, you will be informed via the peer mentoring co-ordinator.

How will they be matched with a peer mentor?

Matching can be done by interests, by experiences, by knowledge, by subject. Peer mentors have also been through the experiences of school and can empathise with the feelings and problems faced by younger pupils. Sometimes matching occurs naturally as a peer mentor and pupil feel they can work positively together.

How will the peer mentor benefit?

The peer mentor will be developing a range of skills that will help to equip them for later life. These skills may include:

- Communication
- Listening
- Negotiation
- Problem solving
- Experience of application and interview processes
- Mediation
- Self-awareness
- Decision making
- Action planning

Anything else?

Some schools successfully use experienced peer mentors to help in the recruitment and training phases of the programme and, as such, they develop further skills which look impressive on a C.V or UCAS application form.