



Peer Support

Peer Support refers to the different friendships and bonds that students have. This support system helps students improve their interpersonal skills, sensitivity, and understanding. Peer support greatly affects students' cognitive and social development and psychological adjustment.

For the item, "I have a friend my age who really cares about me," students' responses were:
Not at all true: 6% A little true: 15% Pretty much true: 31% Very much true: 48%

Advisory Programs

Set up weekly or monthly student advisory groups with members from different grade levels, and encourage teachers to serve as group advisors. Weekly or monthly meeting topics can range from homework discussions, school clubs and activities, to academic and family difficulties. Advisory groups can serve as a student's family in school.

Peer Tutoring

Promote student-student connectedness by establishing a peer-mentoring program.

Peer Mentoring

Pair junior and senior mentors with freshmen and sophomore mentees. Begin with formal mentoring sessions, study skills workshops, and social bonding activities. Let this lead into informal sessions where students select what topics to discuss or what to do.

For more information about the Social Emotional Health Survey, see: www.project-covitality.info



Why is peer support important?

Studies have shown that peer support is associated with many positive outcomes:

- Increased school engagement.
- Improvement of overall school climate.
- Higher self-esteem.
- Fewer emotional problems.
- Fewer psychosomatic complaints (i.e., headaches, stomachaches).
- Lower rates of depression.

Resources

- You've Got a Friend: Inclusive Schools Network
- A Little Help from my Friends: NASP Communiqué
- No Name Calling Week: Gay, Lesbian & Straight Education Network