

Peer Support Program

at Mullauna Secondary College

The Peer Support Program at Mullauna aims to support year 7 students with their transition not only into high school, but into the learning community of Mullauna. Year 7 students are placed in small groups and paired with 2-3 year 10 students who act as mentors providing a friendly face and additional point of resource for our year 7 students.

The program runs throughout term 1, beginning with a trip to the year 7 camp to run activities and build connection in a fun relaxed space. Following camp, the year 7 students meet with their Peer Support Leaders once a fortnight where leaders take them through fun activities and games that are aimed at supporting their transition to high school, as well as building connection.

Our Peer Support Leaders are volunteers from our Year 10 cohort, with all leaders going through a day of training with Erin Briedis, Wellbeing Coordinator. The training supports the year 10 leaders with their leadership development, and ensures they are equipped to respond to transitional issues that may present in their groups. Our Year 10 leaders understand the importance of their role and ensure the safety and wellbeing of the year 7 students in their group.

Throughout Term 1 the Peer Support Leaders take the year 7 students through a number of planned activities. Some of the activities include:

- ◆ Friendships and communication
- ◆ Organisation and planning
- ◆ Managing stress and coping

The program in essence is one of connection and fostering a sense of belonging. By connecting the new cohort of Mullauna students to our existing community we aim for the new cohort to feel secure and safe in their new learning environment, especially when they have a few friendly faces in the older year levels to connect with.

