

# Peer Education

The Senior Section

Anglia

Peer Educators are 14 to 25 year olds who help Brownies, Guides and The Senior Section explore important topics. As young people, they use their own experience to bring the subject to life.

As a Peer Educator you will be in a unique position to inspire girls aged seven and up. You'll give them the space to explore important issues like mental well-being, body confidence, health and healthy relationships. You will be a role model, leading girls in exciting activities and using your own experiences to encourage discussion.

As a Peer Educator you will build an array of skills that will make any job, college or university application stand out. You will learn to:

- communicate effectively
- lead group discussions confidently
- draw out girls' own ideas and thoughts
- adapt sessions to suit different girls' needs and abilities
- project-manage your sessions to make sure girls have the best experience possible



## ? Find out about Peer Education

Interested in becoming a Peer Educator? Take a look at the Girlguiding website where you can find more information and stories from Peer Educators.

## Take part in required learning

Prior to attending any face-to-face training, you will be required to undertake further learning. This will be communicated to those attending the training weekend.

## Fill in the application form

Girlguiding ask that you complete a short application form to ensure that you have fulfilled certain elements prior to attending the training weekend.

## Attend a training event

Peer Educator Training events are held by Girlguiding and your local Country or Region. Girlguiding Anglia hold weekend events which will cover elements of how to deliver effective training as well as information about the subject you will be sharing with your peers.

You will then be put in touch with your 4 Coordinator and can begin to deliver your sessions.

To find out more about when and where these trainings are, visit our website.



Free Being Me is a body confidence programme for Brownies and Guides. Sessions help girls recognise myths about how girls and women 'should' look and be happy in their own skin.



Think Resilient is designed to build mental well-being and grow resilience in Brownies, Guides and members of The Senior Section. Resilience helps girls cope when they're faced with the stresses of everyday life.