

## **Objectives:-**

1. To provide a safe space and learning environment for young people without fear of judgment, misunderstanding, harassment or abuse.
2. To increase social connectedness and create a sense of belonging within supportive peer networks.
3. To provide positive role models, positive peer influences and opportunities which help young people to develop a positive self concept, self acceptance and high self esteem.
4. To prevent the onset or further development of mental health problems including depression, anxiety, self harm and suicidal ideation.
5. To increase confidence and to develop and enhance communication and social skills.
6. To empower young people to build personal resilience and improved help-seeking behaviour through increased knowledge of available support, reduced stigma associated with mental health difficulties and help-seeking, the development of positive coping strategies and the development of skills needed to access help.
7. To foster future thinking and optimism and to widen young people's understanding and beliefs of the opportunities available to them.

## **Significance of Results:-**

- Students receive more time for individualized learning.
- Direct interaction between students promotes active learning.
- Peer teachers reinforce their own learning by instructing others.
- Students feel more comfortable and open when interacting with a peer.
- Peers and students share a similar discourse, allowing for greater understanding.
- Teachers receive more time to focus on the next lesson.

