Benefits for my child

All participating students benefit from the Peer Support Program by:
- identifying and using individual strengths
- enjoying life by engaging in activities
- practising positive self talk
- developing coping strategies
- demonstrating perseverance
- working towards their goals
- developing resilience
- demonstrating gratitude for all they have in their lives

The following model will be used by students to assist them in developing the skills of optimism:

I laugh...
activities I enjoy

I live...
my strengths

I love...
showing appreciation to others.

Questions & Answers

What is the Peer Support Program?
The Peer Support Program provides a fun and engaging environment for young people to address issues such as bullying, relationships, and self image. Modules are designed to equip young people with skills to deal proactively with life experiences, develop a sense of self worth and belonging, and to encourage taking responsibility for decisions and actions.

How does the Peer Support Program work?
Trained Peer leaders facilitate activities with small groups of younger students. A teacher supervises each group which includes: 2 Peer leaders and multi age groups of 8-10 younger students.

How can I support the Peer Support Program in my child's school?
Discuss with your child the activities, concepts and understandings they are developing each week. This helps to foster a positive connection between school and home.

For more information about your school’s Peer Support Program contact the Peer Support Coordinator at your school.

Living Positively

devlops the skills and knowledge for students to approach life with a positive attitude, use their strengths, engage in enjoyable activities and show gratitude to others.
Why Teach Optimism?

Thinking optimistically is a key protective factor which enhances student resilience and provides a buffer against challenging situations. Students who are capable of setting a single challenging event into a wider, more positive context tend to cope better with such challenges.

An optimistic outlook protects students from the dangers of depression and suicidal thoughts. It also provides a greater level of enjoyment in life.

Many students experience negative thoughts that rob them of the opportunity to participate in life as fully as they could. Such thoughts focus on what they cannot be or cannot do. The teaching of positive self talk helps students train themselves to identify the messages they send and to self correct ones which are not helpful. Over time, negative thought patterns can be replaced by positive thoughts which focus on what students can be and do. Such positive emotion enriches students’ lives as their participation rates increase and they experience more joy and greater success.

Like any habits, thought patterns are difficult to control and students need to develop strategies to help them become more aware of what they are saying to themselves and how to turn negative messages into positive messages. The greater their commitment, the more likely students are to make lasting changes.

Whilst optimistic thinkers are not always happy, they tend to have a better understanding of the range of experiences which increase feelings of happiness. As students look beyond themselves with an attitude of gratitude and service to others, so they experience more meaningful lives.

Definitions

The following definitions are used by Peer leaders throughout the module.

**Optimism** is when we think and act positively even when faced with difficult situations. When we use our strengths, try our best and are thankful to others, we are living positively.

Our **strengths** are qualities we can use to help us live positively.

**Perseverance** is trying to do the best we can at a task.

**Positive self talk** is when we speak kindly to ourselves, usually in our heads. Positive self talk helps us to cope with what is happening and stay optimistic.

**Gratitude** is when we are thankful for the people who help us. It is also when we appreciate everything we have in our lives.

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**About Living Positively**

This module will support students to develop the skills, knowledge and attitudes necessary to identify their individual strengths and maintain a positive outlook on life.

*Living Positively* is based on the belief students can become more optimistic by monitoring their internal messages and living in harmony with their particular strengths.

*Living Positively* seeks to provide opportunities for students to identify which areas of life represent personal strengths and how they can feel happier and more fulfilled by taking advantage of these strengths.

Parents can assist their children by encouraging them to tell themselves positive, encouraging messages and displaying a positive attitude themselves. They can encourage their children to pursue pleasurable activities and spend time with optimistic people. Parents can play a key role in assisting their children to identify and use their personal strengths. These may include:

+ curiosity,
+ kindness and
+ teamwork.

“It is hardly surprising that most of our happiness arises in the context of our relationships with others.” Dalai Lama