



Peer Education Session Report

Date : 1 September 2020
Day : Tuesday
Time : 12:45 pm to 2:00 pm
Organised by : Class XII
Attended by : Class X

Peers and peer education are an important influence and approach in constructing resilient behaviours, hence peer education can act as an essential medium for seeking guidance benefiting both the organizers as well as the attendees by gaining experiential insights.

These unprecedented times call for immense mutual cooperation and assistance. Amalgamated advice, resulted out of effective open discussions can be of great help to everyone.

Keeping that in mind, class XII students of ITL Public School organised the first session of the Peer Education Programme, Y.A.Y. that stands for You Are Yourself for their juniors studying in class X. Students as peer educators, with this interaction, widened the horizons of underlying understanding of self awareness. This notion didn't only include the dimensions of self acceptance and care, but also learning important life skills, building resilience, managing motivation levels, and setting goals.

The session began with an engaging ice breaker where everyone was asked to describe themselves in 3 words. The module included a ppt, an activity book, a video and a question answer round too. Interactive questions encouraged the students to put forward their concerns and queries that they wanted their seniors to answer. This extremely fruitful and erudite session made students feel motivated and confident, helping them to carve out their path to success.



EVERYTHING IS
A STORY...

YOUR CHARACTER
HAS INFLUENCE
ON THE PLOT.

HOW WE FRAME
THINGS MAKES A
BIG DIFFERENCE



SUFFERING
CEASES
WHEN IT FINDS
MEANING



THE ONE THING YOU
CAN CHOOSE IS YOUR
ATTITUDE

RESILIENCE
DOESN'T LAST
A CERTAIN
... IT'S MESSY

THROUGH
BREAK DOWN

VIRTUAL GRAPHIC RECORDING by JESSAMY GEE

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