

YOUTH REALITIES



VIRTUAL

PEER MENTORING TRAINING

FOR YOUNG WOMEN
AGED 16 - 25





What's on offer?



Your young women will gain:

CPD-CERTIFIED
CHILD
PROTECTION
TRAINING

PEER
MENTORING
CERTIFICATE

JOIN A
COMMUNITY OF
EMPOWERED
YOUNG WOMEN

What will they learn?

Learners will engage key topics, such as:

- Developing an understanding of self and others
- Safeguarding and Child Protection
 - Including healthy boundaries and confidentiality
- Developing and promoting good listening
- The importance of communication styles
 - Meeting visual, auditory and kinaesthetic needs
- Understanding and addressing bullying and the emotional impacts
- Building self-esteem, emotional wellbeing and empathy in self and others
- Confidence!



How will they learn?

- **9 VIRTUAL SESSIONS, TWICE A WEEK FOR 5 WEEKS**

Delivered via 'Google Hangouts' - an encrypted and safe virtual platform managed by Gmail. Learners will receive calendar invites and reminders directly to their accounts, ensuring access is simple and effortless.

- **8 HOURS OF INDEPENDENT LEARNING**

Set tasks are allocated after each session to encourage further learning and engagement. Each task is marked by a Course Leader and learners can receive extra support from Course Leaders if and when needed.

- **3 HOURS OF NSPCC ACCREDITED TRAINING**

Accessible and specialist CPD-certified training directly from the leading child protection charity in the UK.



Eligibility:

The course can facilitate up to 10 learners per group.

The target audience is young women aged between 16-25.

Learners must complete all training 9 sessions and task sheets in order to gain their Peer Mentoring certificate.

Learners must commit to delivering 15 1:1 mentoring sessions after completing the training (mentoring sessions are 45 - 60 mins each)



Keah Joseph,
Volunteer &
BSc Psychology

Course Leaders

Shanice Sewell,
Youth Support
Worker



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