



Some basic facts about Apause peer education

The peer programme is about helping young people to:

- understand some of the pressures, and consequences, of early sexual involvement;
- understand that most teenagers have not had sex by sixteen;
- feel good enough about themselves to be able to choose when they start to have sex;
- have the confidence and skills to say "No" to unwanted pressure.

Comparing non-Apouse schools to the Apause schools (where a third or more students remembered having had peers) students were significantly:

- less likely to have had sex by sixteen;
- more likely to have safe sex on the first occasion;
- more likely to have safe sex on the last occasion;
- less likely to believe that other teenagers are having sex at 16.
- more likely to find their SRE satisfactory;
- more likely to report learning about relationships;
- more likely to report discussing contraception;
- more likely to report having learned how to manage intimacy.

Students were also significantly more knowledgeable about STIs and contraception.

It takes one day to train a set of peer educators. Peers learn to deliver scripted sessions which they do not have to memorise.

Each peer is encouraged to find their own individual style of delivery and feel comfortable enough to use their own words and develop spontaneous interactions with their classes.

All peer sessions are fully resourced with pre-packed class envelopes and overhead slides (in digital or transparency format).

Peer educators and teachers involved report a wide range of benefits to the peers and the school including:

- greater knowledge and understanding about relationships and sexual health,
- greatly improved communication and relationship skills,
- enhanced self-esteem and self-efficacy,
- increased sense of self worth and social responsibility,
- improved chances in job applications, interviews and higher education entry,
- major contribution to the school ethos and sense of community.

Evaluation of the peer programme and end of Key Stage 3 PSHE can be done as a paper questionnaire or online.

For more information visit our website at: www.apause.com or call us on **01392 403146**