

HOW CAN PEER LEADERS HELP YOU?



- ❖ **PEER MEDIATION**-Peer Mediation is a program where two Peer Leaders help you and another student resolve a conflict, problem, or misunderstanding. They use a process that helps you both come to a fair “win-win” solution. After an agreement is reached, the Mediators will help you create a contract and check back with you in a few days to make sure the solution worked. Confidentiality is a strict rule with Peer Leaders which means they won’t talk about your business outside of the mediation.
- ❖ **INSIGHT**-Peer Leaders help teach INSIGHT classes where you can learn about your personality, communication skills, relationships, problem solving and how to be your personal best. INSIGHT is an hour long after school and usually meets 2 days a week for about 5 weeks. INSIGHT is also highly recommended if you would like to be a Peer Leader someday.
- ❖ **SUPPORT GROUPS**-Peer Leaders also help run student support groups. Support groups are a chance for students to get together with their peers and talk about common issues in their lives and their school. It is also a chance to apply what they learned in INSIGHT.
- ❖ **PEER MENTORING**-Peer Leaders are here for you if you need help with school/tutoring, personal problems, or just need someone to talk to one on one. They can help you get involved with clubs, sports, and the many services that are offered at El Capitan that you might not know about. And, if a Peer Leader can’t help you, they will take you to someone who can.

**IF YOU WOULD EVER LIKE TO MEET WITH A PEER LEADER
OR HAVE ANY QUESTIONS,
PLEASE COME TO THE COUNSELING OFFICE.**

