7. Training peer supporters.

This section supports LDATs to deliver training to young peer supporters at the beginning of a peer support program.

The objective of the training is to help young people develop the knowledge, skills and attitudes needed to support their peers and help prevent and minimise AOD harms.

Resources

✔ Training session plan

✔ Training session PowerPoint slide deck

A training session plan with PowerPoint slides is provided. They have been developed based on current research and evidence. These resources can be adapted by your LDAT to reflect the scope of your individual program.

Questions to consider

Questions to consider when planning your training session:

- Will the training session be delivered in-person (face-to-face) or virtually, or using a combination of the two?

- How long will the training go for? The session plan is based on a duration of 3.5 – 4.5 hours, suggested times for each item are provided. Breaks are recommended, particularly for online/virtual sessions.

- Will the training be delivered in one session or across a number of shorter sessions?

- Who will deliver the orientation session? For example: LDAT staff, Peer Support Program Coordinator.

- Will former peer supporters/leaders be invited to present their experiences of the program?

- How will peer supporters be involved in co-designing and delivering the peer support training?

- How will parents/carers be encouraged to participate? For example, program communication, feedback and celebration.

- Will the session plan and/or PowerPoint slides be adapted to reflect local context and/or needs? Are there any gaps in content that need to be addressed? Organisational logos to add?

- Will the session incorporate a variety of activities to ensure it is engaging and suits a range of different people and their learning styles? Consider activities including:
  - role plays
  - case studies using real world examples of situations parents might face
  - handouts and worksheets
  - videos and vox pops
  - infographics
  - group discussions
  - specialist guest speakers.

- Will you conduct a quick pre-training quiz to assess people's knowledge base so that you can aim your content at the right level? Will you follow up and administer a post-training quiz at the end of the training to provide you with feedback and evaluation data?

Training Peer Program Training Session Plan

This session plan provides an outline of the key areas to cover in a peer support program training session.

As outlined in the table below, each item in the session is linked to specific content, PowerPoint (PPT) slides and session resources.

- PPT slides – a PowerPoint slide deck is provided. The slide deck contains speaker notes.
- Session resources –links are provided to related content in the guide and extra resources to support you to plan and deliver the session. You may wish to review the resources prior to the session, and where relevant, share copies with participants. Simply click on the links in the table below to access.

Note: LDATs can adapt this session plan to reflect the scope and needs of their program.

No.	Time	Item	Content	PPT slides	Resources
1	20 mins	Introductions and welcome	• Acknowledgement of Country • Introductions • Session overview	1-3	Resources: • Pre-training quiz • Activity: Ice-breaker Activity Introductions
2	40 mins	AOD harm prevention	Important concepts in the AOD field.	4-9	Guide content: • Section 2: Background information Resources: • Diagrams: Drug use stages and drug triangle • Infographic: Prevention of alcohol and drug harms • Fact sheet: Avoiding Stigmatising Language
3	20 mins	Young people	The developmental stages of youth, and why younger people are particularly vulnerable to alcohol-related harms.	10-14	Resources: • Fact sheet: Developmental stages of youth
4	15-30 mins	Peer support	• Definition of peer support and the range of different approaches • Benefits of peer support programs • Effective peer support programs	15-20	Guide content: • Section 3: Introduction to Peer Support • Section 4b: Incorporate good practice principles Resources: • Infographic: Peer support explainer and approaches • Handout: Benefits of peer support programs

No.	Time	Item	Content	PPT slides	Resources
5	60 mins	Peer Support Program overview	Peer support program overview, including: • Vision, Mission, Values and Scope (e.g. target audience, timeframe) • Roles and responsibilities • Policies and procedures.	21-29	*Note: Please insert details relating to the scope of your peer support program on Slide 24.* Guide content: • Section 4a: Define the scope of the peer support program • Section 5a: Role of peer supporters • Section 4e: Program management and the role of LDATs • Section 7: Supervision for peer supporters • Section 9: Policies and Procedures Resources: • Sample Peer Supporter Role Description • Statement of skills achieved • Code of Conduct • Policy and procedures • Sample peer session record

No.	Time	Item	Content	PPT slides	Resources
6	60-90 mins	Effective peer supporters	• Communication and conflict management • Confidentiality and risk management • Planning and co-design of peer support activities	30-36	Resources: Communication skills and conflict management: • animation • fact sheet • scenario cards Confidentiality and risk management: • infographic • fact sheet • scenario cards List of sample peer activities
Close				37	Resources: Post-training evaluation quiz