

T.O.R.E.

PEER SUPPORT STUDENTS
of ESTONIA

2016



What we do

Personality and self analyses, practical EQ, communication and team trainings for peer students.

It enables students to

- cope better with themselves
- make better contacts and friends with fellow students
- be active in peer support students' circle
- arrange anti-bullying and general good-will activities at school as bullying prevention
- dare to intervene by a) supporting bullied peer students
b) standing up against the aggressor c) informing adults

History of peer support movement

- the idea came from Finland in mid-90-s
- 1996 - the Estonian project was initiated by social pedagog Aili Praks (1947-2002)
- 1997 - first group of children and their tutors finished the training (7 schools). Trainers were Aili Praks and psychiatrist Ellu Eik. By 2000 already 32 schools were involved.
- 1999 - the first trainers group was formed. Their trainers were Aili Praks, Ellu Eik and team trainer Ülo Vihma
- 2000 - the NGO was established
- 2002 - the second group of trainers was formed
- 2014 - the third group of trainers was formed

Today

- peer students are active in about 40 schools (~10% of primary schools)
- there are about 500 peer students and 50 tutors

Why about?

Because circles life depends on having active tutor/coordinator and trained students. Our official statistics is based on paid fees and annual conference participation. Usually the real numbers are bigger.

Sometimes the activity fades and starts again after a while, mostly through new basic training. Sometimes new tutor/coordinator makes the circle active again.

Basic Training

- Group of 20-25: 3 students and 1-2 tutors from one school
- Students mainly from 6.-8. grades, tutors either teachers, school psychologist, social pedagogs or leaders of extra class activities
- 3 x 3 days = 72 h
- In-between seminars (1- 2 months) practice at school, finally training other students for expanding the circle (see Expansion Training).
- **Training themes:** self awareness, friendship, tolerance, empathy, contact and borders, assertive behaviour, problemsolving, focusing, intervention
- **Goal** - acquiring knowledge and skills for coping with oneself and others, building trust, creating tolerance and positive value system, learning teamwork.

<http://www.tore.ee/index.php?id=254>

Expansion training

- Carried out by the school circle itself with the help of the handbook. 40 contact h + 20 h homework + 4 h group supervision + 1 day sharing experience and finishing training cycle
- **Aim** - to enlarge the circle, spread mind-set and influence
- **Themes** - noticing, trust, responsibility, respect, problemsolving, teamwork etc.
- **Activities:** individual contacts, talking in (younger) classes, games, all-school events, cooperation with staff and parents, cooperation with circles from other schools, promoting the organization, peer-support philosophy and practice
- Most of the training is carried out by students, either alone or in pairs. Students prefer to work in pairs as this helps them a) better prepare b) overcome stage fright c) share responsibility and work load

Training/supervision for tutors

- 2 day training in autumn (october break)

Themes: coping with the group; training and facilitation methods and practical toolbox; cooperation with school stuff - teachers and management; cooperation with other circles; handling cases and conflicts

- 2 supervisions per 2 day - in autumn (last years united with training) and in spring

Theme: self-analyses and coping with all kind of critical situations that have emerged in practice.

Main events of the year

- Annual meeting and conference in January in various schools all over Estonia
 - Confirmation of the board action and financial report
 - Overview of the plans for the forthcoming year
 - Additional ideas for the plans
 - Election of the nre board after every 3 years
 - Workshops and common activities
- Summer school/camp, 3 days in August
 - Workshops, guests, common actions, making friends, party

Cooperation with

- Ministry of Science and Education
- Underaged commissions by local authorities
- Local authorities
- Estonian Police
- Eesti Lastekaitse Liit (Estonian Union for Child Welfare)
- Mannerheimin Lastensuojeluliitto
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