

# The Proactive Education Group

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ropkids

Rape Wise  
are you rape wise?

rop teens

## Peer Counselling workshop

*For young leaders in the high school environment*

*Intervention strategies to assist volatile, impulsive and aggressive peers*



### **Background**

Every school identifies learners who have leadership qualities and by giving them certain authority and responsibility, they form the base of the schools disciplinary code.

Many learners are overlooked for this role because of their quite personalities, yet they often have the potential to be outstanding peer counsellors – empathy is the key ingredient!

The media has over the last few weeks, depicted South African learners as violent thugs who often threaten the education establishment that they are part of.

### **The Challenge**

Hidden in every classroom, amongst familiar faces and personalities, sits a child engulfed by hidden rage.

These children could be pushed over the edge of sanity by a variety of circumstances, perhaps the breakdown of family relationships, poverty, stress or unfair treatment at school, bullying or often just a pile up of several different problems

Stress generates rage and rage generates violence. Pushed beyond breaking point, the learner sometimes lashes out randomly at whoever happens to be at hand, perhaps an educator or group of learners. This is where a trained peer counsellor could have intervened at ground level; become a mentor and even alleviated a violent incident.

## **Peer Counselling workshop**

### **Module 1**

- Understanding the factors that most influence aggressive behaviour
- Developing a strategic intervention model when dealing with an angry peer
- Identify the signs of rage on the playground or in the classroom
- Approaching a learner with anger issues (Anger management)
- Prevention and intervention techniques that are effective in different setting
- Learn to redirect behaviour that can threaten the safety of an angry peer or others

### **Module 2**

- Learn to develop an anti bully campaign
- Understanding the basics of trauma
- Peer counselling model – dealing with sexual assault, threats of a teen suicide, cyber bullying, self –mutilation and alcohol or drug abuse
- Interactive behaviour verses reactive behaviour
- Working with your educators and learner support staff when reporting a potential threat
- Looking after my own psychological needs – an effective de briefing model

### **Workshop requirements:**

**Duration:     4 hours**

**Cost:         R120.00 per delegate**

**Minimum of 30 delegates**

**Venue : Your school**

### **Includes:**

- Facilitation
- Certificate (Portfolio)
- Peer counselling support Manual

## Peer Counselling workshop

### Booking form

Name of school: \_\_\_\_\_

Contact person: \_\_\_\_\_

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_

Cell: \_\_\_\_\_ Email: \_\_\_\_\_

Physical  
address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

No of peer counsellors: \_\_\_\_\_ @ R 120.00 each Total: \_\_\_\_\_

Please note that a list of the students' names will be required to be sent our offices for certificate purposes.

#### Terms and conditions:

- Please contact our offices to book your date
- Once booking has been confirmed a deposit of **R 1 500.00** will be required to secure your place
- Schools are welcome to invite other learners in their area
- Afternoon workshops may also be arranged

#### Payment:

All deposits are to be paid in **advance** to secure your booking/please use your schools name as reference and full payment will be required one week before your workshop

**Fax/e-mail** this booking form and payment advice to:  
**086 6967807 /031 5726081 /admin@rapewise.co.za**

***For more details please contact 031 5726690/083 3308535***

<b>Payment can be made via EFT to:</b>
<b>Name: Rape Wise      Bank: ABSA</b>
<b>Branch code: 632005 - Account number: 9116055338</b>