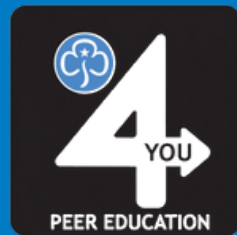


# Become a peer educator



## What is peer education?

Peer educators, aged 14 – 25, are trained to deliver interactive sessions on topics that matter to girls today. Peer educators draw on their own experiences allowing girls to fully engage and relate. Peer education sessions are available for Brownie, Guide and Ranger units.

## What do peer educators do?

They empower girls to combat issues they may face in life, inspiring and equipping them with life-long skills. All the resources are formulated by experts; Safe the World (personal safety awareness), Breaking Free (gender stereotypes) and Think Resilient (mental resilience).

## Support and recognition

- Build confidence by running sessions with other peer educators
- Receive support from your county and region coordinators
- Earn metal pin badges for delivering 4, 25 and 50 sessions!
- Obtain an exclusive peer education t-shirt

## I'm interested – what are the next steps?

- Try the peer education e-learning on the Girlguiding website to find out more and see if peer education is for you
- Scan the QR code to register your interest and hear directly about upcoming basic training weekends you can attend to become a qualified peer educator



## Have a question?

Get in touch with your county peer education coordinator or email the region coordinator:  
[peereducation@girlguidinglaser.org.uk](mailto:peereducation@girlguidinglaser.org.uk)



**Find out more about peer education:**  
[www.girlguidinglaser.org.uk/peer-education](http://www.girlguidinglaser.org.uk/peer-education)

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**Invite a peer educator to visit your Brownie, Guide or Ranger unit**



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## Safe the world

Did you know, “80% of girls and young women aged 13 to 18 don’t feel safe outdoors?” (Girls’ Attitudes Survey, 2021). This topic tackles safety by looking at how everyone experiences safety differently, how we can spot and deal with unsafe behaviours, and how we can empower everyone to become upstanders and campaign for a safer world for all.



## Breaking Free

This topic helps girls to identify and challenge gender stereotypes so they feel empowered to enjoy their hobbies, gain skills and bust the restrictions that so-called ‘stereotypes’ could place on their lives. “55% of girls aged 7–21 say gender stereotypes affect their ability to say what they think.” (Girls’ Attitudes Survey, 2017)



## Think Resilient

This resource, created in partnership with Young Minds, addresses the issue of mental health, equipping girls with techniques to boost resilience and deal with challenging situations they may face in life. “62% of girls aged 11 to 21 know a girl their age who has experienced a mental health problem.” (Girls’ Attitudes Survey, 2015)



**Find out more about peer education:**

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