

# Peer Mediation

## LEARNING TO ENGAGE POSITIVELY WITH CONFLICT

### WHAT IS PEER MEDIATION?

Peer Mediation is a school programme where children and young people help their peers sort out their disagreements.

It involves student mediators acting as neutral third parties and helping their peers resolve conflicts.

Peer mediators receive training to equip them with the knowledge, tools, and skills to be effective.

### WHY DO WE NEED IT?

The programme helps develop vital life and social skills that make communication better and healthier.

Conflict happens throughout life, at all ages, and Peer Mediation empowers young people to create positive changes in the lives of their peers.

Mediation training can have incredible ripple effects, in communities, and society.

### WHAT SKILLS DOES PEER MEDIATION HELP TO DEVELOP?

For student mediators, learning the mediation process helps develop:



Teamwork skills



Critical thinking



Negotiation skills



Emotional intelligence



Problem-solving skills



Leadership abilities

### HOW IS PEER MEDIATION IMPLEMENTED?

A selected Peer Mediation Coordinator at the school works with us, the training provider, to create a bespoke implementation and sustainability plan for the school. The plan considers:

- Engagement and training of teachers and school staff
- Recruitment, selection, and training of peer mediators
- The system for referring conflicts to trained peer mediators
- Publicity and promotion of the program with the school community
- Plans for ongoing support, administration, and evaluation of the program
- Integration into the curriculum, and relevant school policies and goals.

### WHAT IS THE EVIDENCE THAT PEER MEDIATION PROGRAMS WORK?



Peer Mediation programmes are successfully active at schools, colleges, and youth services in the UK and USA. We base our program on the approach taken by Scottish Mediation. A list of research is available on the peer mediation resources section of the Scottish Mediation Network at [www.scottishmediation.org.uk](http://www.scottishmediation.org.uk).