

Peer Education System for students with staff support

Peer to peer learning of Life Skills applied in sexuality, self -esteem, safety and relationships is offered at **Christ University, Bangalore and Initiated at Martin Luther Christian University, Shillong**

It is open to students of the university.

This is a novel approach for young people to learn about Sexual and Reproductive Health with their group's support. This system facilitates more acceptance of the desired change in attitude and behaviour regarding sexual rights and responsibilities.

The Peer Educators initiate, design, implement the group learning process. The Peer Educators receive 50 hours of training and mentoring in facilitation skills, relevant life skills, sexuality and reproductive health. They are the change-catalyst of the group. They lead semi-formal discussion sessions for their peer group in the above-mentioned topics. The group discusses what works, what does not, and which behaviours may be problematic in a relationship. Informed, scientific inputs and sharing of anecdotes by the Peer Educator in such a setting could bring about a shift in attitude and behaviour of individuals in the group.

The value

Since Peer Education is facilitated and supported by the group, and not directed by adults, the 'buy in' of healthy practices in gender interaction and personal safety is far greater.