



DELHI PUBLIC SCHOOL, SEC 45, GURGAON

Adolescent Peer Educators Leadership in Life Skills, Health and Wellbeing Programme

Delhi Public School Sec-45, Gurgaon, embarked upon the Peer Education Programme in 2005 and it has grown in strength with each passing year. The objective of the programme is to empower students in knowledge, attitude and skills and thus strengthen the school environment for psychosocial wellbeing of the students.

As an integral part of the school curriculum, it is another successful endeavor towards reiterating the school motto, 'Service before Self.' In order to maintain the required impetus behind this important initiative, the school has **one of the largest peer educator group comprising of 100+ students from classes IX to XII**. The peer educators establish meaningful contact with over 3500 fellow students of classes IV to XI with a definite purpose of directing their thought process towards leading a disciplined life, strengthening their value system and making informed choices. **Interactive sessions on Life Skills, Discipline, Responsibility, Anti-Bullying, Anger Management, Decision Making, Peer Pressure, Study Skills, Media Literacy and many more are conducted for students of various classes. Spreading awareness on ill effects of Substance Abuse has been taken up as a key focus area for senior classes.** All sessions, complete with visual aids, brainstorming and role plays among other activities help peers develop insight into risk factors as well as develop assertive skills. The programme is extended to Shiksha Kendra-a school for remedial teaching run by Delhi Public School, Gurgaon for students from the underprivileged section of society.

2020 has been a year which brought about unprecedented and transformational changes in the way we teach and learn. Adapting quickly, virtual peer education sessions are hence being conducted as per the reimaged school calendar. Under the guidance of the Director Principal, Ms. Aditi Misra and the School Counsellors, peer educators are involved in a series of **Wellness Webinars** and **Let's Chat-the student helpline set up for grief counselling**. They have also been creating motivating videos and podcasts to spread positivity in the wake of pandemic among the students.

