

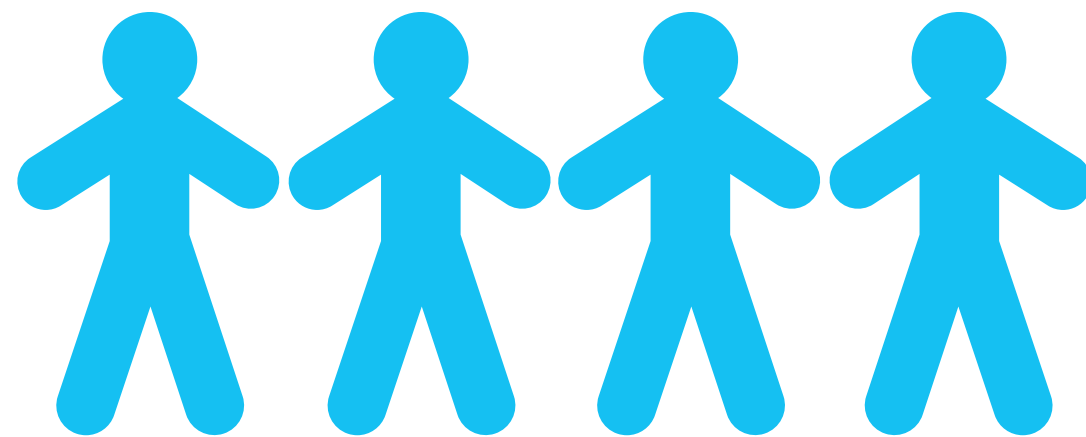
**Peer education approaches empower those in identified communities to educate their neighbours, friends and acquaintances about a topic or issue which is of interest or importance to them.**

**Peer education is useful because it brings together people of 'equal status' who are associated in some way. This often encourages more open and honest discussion, and interest around the focus topic.**

**Association with a peer encourages many individuals to have increased confidence and a belief in their ability to do similar activities.**



**Peer education and training is based on the principle that people (whatever their age) are the experts on their own lives**



**Peer education is about people who share something in common supporting and learning from each other**



**Facilitate trust,  
openness and safety**

**Accept people  
as they are**

**Respect  
confidentiality**

**Peer  
educators  
should**

**Work in  
partnership with other  
group members**

**Realise that not all  
problems can be solved  
and that not all people  
want help**

**Listen, clarify and help  
people see alternatives**