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.
Peer educators should facilitate trust, openness and safety. They should accept people as they are, listen, clarify and help people see alternatives. They should respect confidentiality and work in partnership with other group members. Realise that not all problems can be solved and that not all people want help.