

Let Them Lead!

Strategies for Developing or Enhancing your Peer Leadership Groups

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Purpose & Benefits of Peer Groups



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1. Develop and practice leadership skills.

2. Experience what it's like to exercise power and effect change.

3. A place to feel safe and discuss issues that are important to them.

4. Use positive peer influence to promote responsibility and respect.

5. Improve self—esteem and develop problem-solving skills.

What You Need to Get Started



- 1. Be Clear On Your Purpose & Goals Is it for support? project-based? personal goal?
- 2. Support from the larger agency community consistent, committed adult leadership
- **3.** Who Is This Group For? Be specific Open/closed participation? Are there any requirements?
- **4. What is the meeting format and protocol?** What time? How often? Where? Who is going to set the agenda and take notes? Is the a cap on the # of participants?
- 5. Create a safe, trusting environment set group promises and decide how this will be maintained; Allow room for mistakes, risks, reflection and feedback
- 6. Identify a leader

Qualities of a Leader



- Ability to influence others
- Ability to encourage others and establish goals
- Can demonstrate empathy and understanding of others
- Comfortable taking calculated risks
- Basic organizational skills
- Accepts criticism and feedback; Can listen to other opinions

Peer Group Best Practices



- Allow the Youth Leader a chance to shadow and co-facilitate before having them facilitate on their own
- Be clear with the Youth Leader around what their role is IN the meeting and OUTSIDE of the meeting
- Can demonstrate empathy and understanding of others
- Comfortable taking calculated risks
- Basic organizational skills
- Accepts criticism and feedback; Can listen to other opinions