**Jigsaw Peer Education in Coláiste Choilm ERST**

During 2019/2020 four transition year students - Daragh O’Connor, Jamie Elworthy, Danial Grace, and Sam Boland - attended five training workshops given by North Fingal Jigsaw on promoting an awareness of mental health among the students. The four students subsequently presented a 40 minute class to all the junior and senior classes over the course of two months.

**What is Peer education?**

* Peers play an important role in the lives of young people
* Peer education workshops support young people to teach their peers about mental health
* Jigsaw’s “It’s Time to Start Talking” peer education programme improves young people’s intentions to seek help and their mental health knowledge.

**Peers play an important role in young people’s lives. Young people are most likely to seek support from their friends. Their behaviour is often heavily influenced by their peer group.**

Peer education is a health promotion approach that uses peer networks to deliver educational and skill-building material to promote health and wellbeing.

The Jigsaw peer education programmes which is delivered in Coláiste Choilm ERST is called

**It’s Time to Start Talking (ITTST) for adolescents in post-primary school**

**Benefits to the Peer Educators**

Training as a peer educator with Jigsaw also appears to benefit young people. After taking part, young people have better mental health knowledge, presentation skills and less self-stigma for seeking help. Peer educators also report they enjoy the training. They value having the chance to learn new skills while socialising and working with other students is of huge value to young people.