

# WHEN THE GOING GETS TOUGH



*A Peer Support Programme For Youth*

# EARS

Education and Resources by Students



Hare Krishna, Hare Krishna  
Krishna Krishna, Hare Hare  
Hare Rama, Hare Rama  
Rama Rama, Hare Hare



# YOUR PRESENTORS

KANE LOWRIE  
IWI HEALTH PROMOTOR – SEXUAL HEALTH  
TE KOROWAI HAUORA O HAURAKI



HAMISH RODGERS  
EARS REPRESENTATIVE  
THAMES HIGH SCHOOL



# WORKSHOP OVERVIEW

- **“WHAT’S ON TOP”**
- **WHAT IS E.A.R.S**
- **E.A.R.S HISTORY**
- **STUDENT SELECTION PROCESS**
- **TRAINING & SUPERVISION**
- **STATISTICS & EVALUATION**
- **STAKEHOLDERS**

# “What's On Top”

- Introduce yourself to the person next to you -let them know who you are where you have come from.
- Let them know “**what's on top**” for you.(what is happening for you at the moment)
- How did that feel? Telling a stranger what was happening for you, was it comfortable.

# EDUCATION AND RESOURCES BY STUDENTS

# BACKGROUND/HISTORY

1997

Needs  
assessment  
and  
development

1998

Programme  
implemented

2002

External  
evaluation

2008

5 year plan

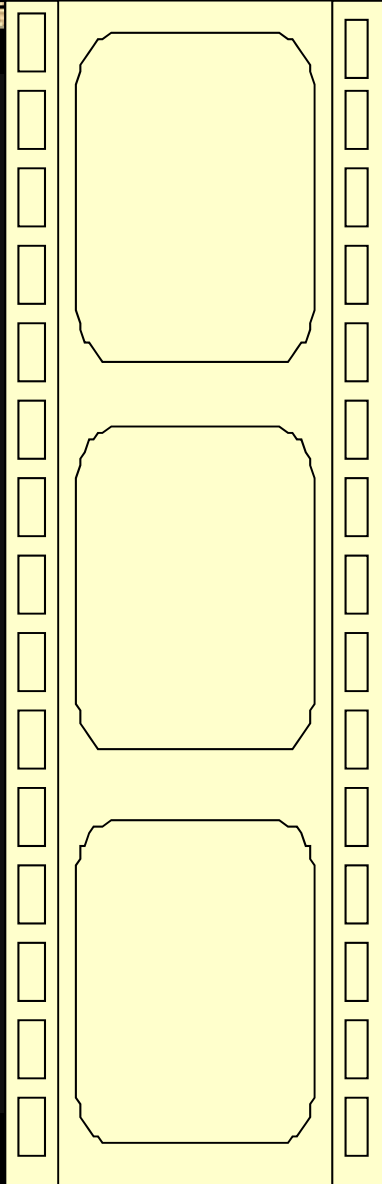
2012

Currently....



**Kathy Archibald**

**Health Promoter-Waikato DHB**







# INTERVIEW QUESTIONS

- **What do you know about this peer support programme?**
- **Why do you want to be in the programme?**
- **Why do you think that confidentiality is important?**
- **What other sporting, work commitments do you have?**
- **When you spoke to your parents about being a part of the programme how did the conversation go?**
- **What are your thoughts on teenage pregnancy and how would you support someone if they asked for help around this?**

# INTERVIEW RUBRIC TEMPLATE

**Rating**

**Explanation (how you will determine merit)**

1

Didn't answer the question and was hesitant

2

Didn't quite answer the question and seemed hesitant

3

Answered the question but was hesitant

4

Answered the question and was confident

5

Fully answered the question and was confident

# WANANGA- BUILDING WHANAU

A vertical yellow column containing three large, rounded rectangular boxes stacked vertically. On either side of these boxes are two columns of smaller, vertically oriented rectangular boxes, each containing 12 boxes. This structure is likely intended for a family tree or genealogical information.

# STUDENT LEARNING

Wake-up, Karakia

Wake-up, Karakia

0645

Physical Activity



A vast array of topics are covered in a relaxed

Where to from here?

Supervision, Stats, Self-care and Packs

whanau building environment at a local Marae

1200 Warm Fuzzes

# TE WHARE TAPA WHA



**Karanga**

## EARS 2010 Wananga



**Tene doing haka for Whanau evening**



**Four tene performing a song about EARS they made up.**



**Physical Activity**



**Lads out at hot pools**

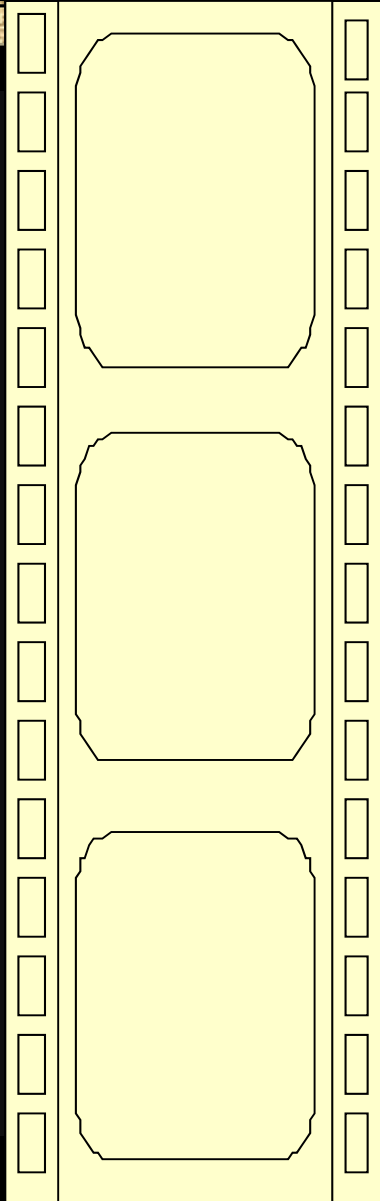


**Eating morning tea as a team**

# CONTINUUM



# TRAINING AND SUPERVISION



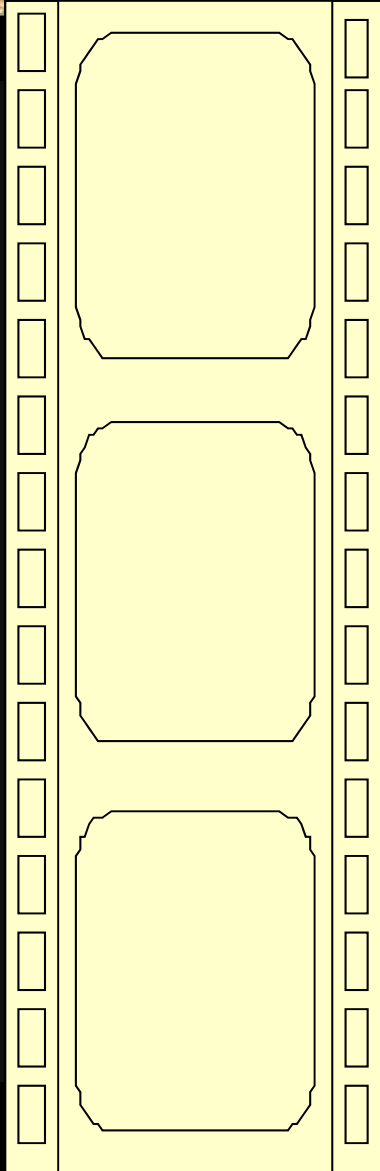




Reason	2006	2007	2008	2011	TOTAL
<b>STATISTICS &amp; EVALUATION</b>					
<b>Reason For Support</b>					
<b>Year:</b>	<b>Total Number Visits:</b>	<b>Total Active EARS Students:</b>	<b>Average Visits per EARS Student</b>		
2006	23	23	5.6		
2007	170	25	6.7		
2008	213	27	7.9		
2009	170	27	6.3		
<b>TOTAL</b>	<b>684</b>				
EARS	0	4	0	3	7
Drugs / Alcohol & Smoking	3	9	1	12	25

**LOUISE WEST**

**THAMES HIGH SCHOOL BOARD TRUSTEE**



**SCOTT RODGER**  
**EARS PROGRAMME CO-ORDINATOR**



# DEBBIE PETERSEN

GENERAL MANAGER SERVICE INTEGRATION  
TE KOROWAI HAUORA O HAURAKI



# PROGRAMME BENEFITS

- Increased access to community services e.g. medical centers, mental health services, relationship services.
- For youth by youth services
- Availability of support from someone of the same age
- Develops mentoring and leadership skills
- Increase of youth with higher self-esteem
- Provides young people with an avenue to work with school faculty on issues in the school e.g. bullying
- Increased life skills

## SCHOOL

## YOUNG PEOPLE

- Increased access to health services for youth
- Leadership and mentoring skills can positively impact on younger siblings
- School is providing a safe and healthy environment for students.

## WHANAU

- Enhanced positive youth culture within the school
- Builds strong positive leadership roles
- Provides teachers with support and relief with students whom are in need of support e.g. bullying, moral support.

## COMMUNITY / AGENCIES

- Voice for youth
- Positive leadership
- Positive youth engagement
- Youth being more involved in community events
- Work collaboratively
- Positive community development

