



Peer Support in Action: From Bystanding to Standing By

Helen Cowie, Patti Wallace

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'It would be of use to adults and teachers who are starting to research peer support and the logistics of adopting such a scheme in their school. It would also be of use to staff who are currently operating a peer support scheme. I personally will use this book and keep a copy in the counselling service library, recommending it to counsellors/trainers and teachers interested or already facilitating peer support in their schools' - *British Journal of Guidance and Counselling*

'It is to read, comprehensive in its structure and advice and through examples of first-hand experiences, makes the reader feel enthusiastic about trying out different ideas.... An excellent handbook for the manager of a peer support system for any organization' - *Anne Woodhouse, Clinical Child Psychology and Psychiatry*

Peer support systems are increasingly being used in schools and other youth settings to tackle problems such as bullying, rejection, social exclusion, sexual identity, self-esteem and loneliness. **Peer Support in Action** is a practical guide which gives adults who work with children and young people the knowledge, understanding and practical tools to provide effective and appropriate systems of peer support.

Helen Cowie and Patti Wallace combine insights drawn from practice with up-to-date research findings, to give a sound basis for peer-based interventions. They encourage readers to build on the potential for offering help which many young people have and give practical guidance on how to train, guide and supervise them in supporting their peers.

Peer Support in Action is for teachers, educational psychologists, social workers, education welfare officers, counsellors and counselling psychologists and all professionals involved in the pastoral care and guidance of children and young people.



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