

Peer Education Session

The Peer Educators of Class XII conducted a session for the students of Class IX on 'Responsible Decision Making- Say Yes to Life and No to Substances' on Thursday, 18th July'24 during the enrichment slot.

The session highlighted the dangers of substance use and led to an insightful conversation about responsible decision making and learning to say NO effectively. The session's purpose was to stir a conversation on topics such as the causes and consequences of substance use, the prevalence of peer pressure and dealing with it through assertiveness skills in relation to saying 'no' to substances. The peer educators started the session with an icebreaking activity along with a general discussion to build rapport and get the Grade IX students involved in the discussion.

The peer educators engaged the students through reflective questions and probed them to think of the risk factors that may drive students to try undesirable substances. The peer educators used group discussions, relevant examples, and case studies to reach out to the students and spoke about the short and long-term side-effects of substance use on physical and mental health and wellbeing. The session included interactive discussions on the detrimental effects of substance abuse, prevention from the use of substances and the significance of raising their voices in any uncomfortable situations.

Overall, the peer education session was instrumental in fostering a proactive dialogue among students about responsible decision making and avoiding substance abuse, highlighting its significance in their academic and personal lives. The activities conducted were interactive and engaging and the students participated with enthusiasm.



