

Report - Peer Education Session

‘Interpersonal Skills – The Key to Friendship’

“Interpersonal relationships are built not on similarities but on the respect for differences”

On Wednesday, 11 December 2024, the Peer Educators of Class IX conducted a session for the students of Classes V and VI on the topic ‘Interpersonal Skills: The Key to Friendship.’ The objective of the session was to help students understand the importance of interpersonal skills and their role in fostering meaningful and healthy friendships.

The session began with a brief introduction to interpersonal skills, highlighting the importance of building trust and mutual respect. Through interactive activities and discussions, students were guided to explore key aspects of interpersonal skills such as active listening, non-verbal communication, and conflict resolution. These activities encouraged the participants to reflect on their interactions and understand how thoughtful engagement can strengthen relationships.

The session highlighted strategies to improve communication, emphasising the value of attentiveness and understanding non-verbal cues like facial expressions and tone. Peer educators used practical examples and personal anecdotes to help students recognise how these skills can be applied in everyday situations to improve their connections with peers.

Conflict resolution was another important component of the session. Peer educators discussed ways to approach disagreements constructively with the understanding that empathy, patience, and collaboration can help resolve conflicts.

The session concluded with a reflective exercise, where students pledged to implement positive behaviours in their interactions with peers. This activity reinforced a sense of accountability and encouraged them to actively practice the skills discussed.

The Peer Educators successfully created an engaging and supportive environment where students felt encouraged to share their experiences and learn from one another. The session was well-received, leaving students with valuable tools towards enhancing interpersonal



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