



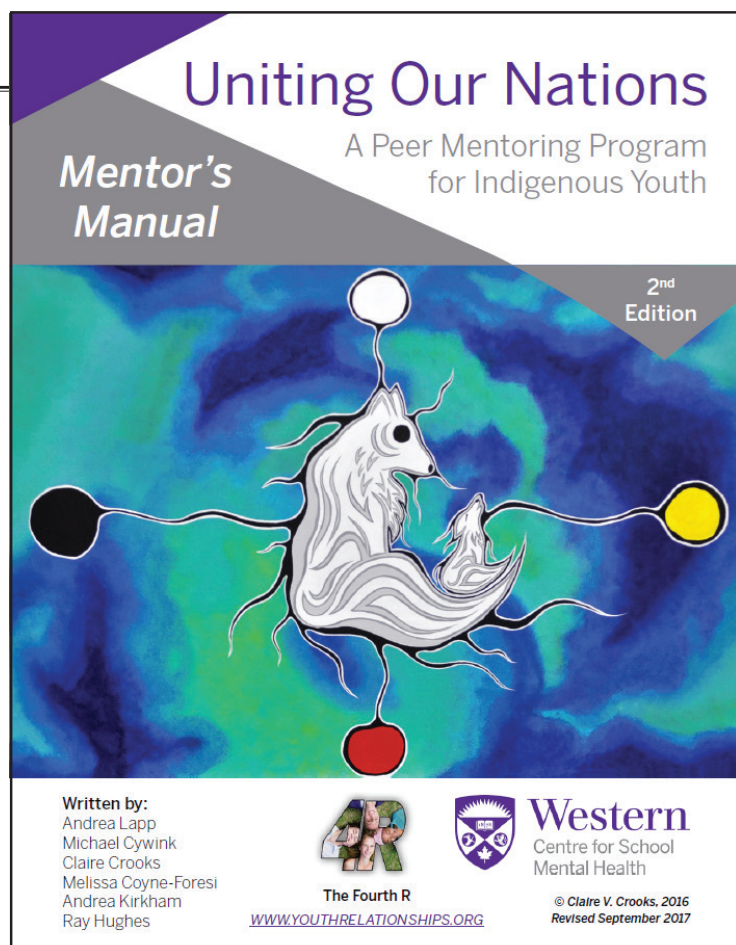
# THE FOURTH R

## Uniting Our Nations - Peer Mentoring Program for Indigenous Youth

The Uniting Our Nations Peer Mentoring Program for Indigenous Youth connects secondary school students to meet weekly with the primary goal of developing a positive relationship in a culturally safe and relevant environment. The program includes activities with peer mentors and mentees only, small groups, or as part of the larger group. Students engage in a range of activities together, sometimes with a cultural focus, and other times with general activities enjoyed by youth in this age group.

### Program Highlights

- Supports the development of healthy and positive relationships between younger secondary students and peer mentors from older grades
- Engages with relevant Indigenous topics in the school setting
- Helps smooth the transition from elementary school to secondary school for the younger students
- Connects two people with similar interests and backgrounds
- Some sessions include Medicine Wheel teachings of wellness and mental health



16 weekly sessions designed to meet the unique strengths and needs of Indigenous students

Program developed in collaboration with Indigenous educators and community members

Sessions are linked to the Seven Grandfather teachings

Workbooks included where students have record of their involvement



THEFOURTHR@UWO.CA



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519-858-5154