



Uniting Our Nations - Peer Mentoring Program for Indigenous Youth

Program Overview

The Uniting Our Nations Peer Mentoring Program connects secondary school students to meet weekly with the primary goal of developing a positive relationship in a culturally safe and relevant environment. Sessions can be one on one with peer mentors and mentees, in small groups or as part of the larger group. Other sessions may include an adult Community Mentor.

This program 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 younger students, connects two people with similar interests and backgrounds, and includes sessions on 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

Session Topics Include:

- Session #1 - Getting to Know Each Other
- Session #2 - Harmony and Diversity - *Respect*
- Session #3 - School Experiences - *Honesty*
- Session #4 - Relationships - *Love*
- Session #5 - Interests, Hobbies, and Future Goals - *Wisdom*
- Session #6 - Skills for Effective Relationships - *Bravery*
- Session #7 - Help-Seeking - *Humility*
- Session #8 - Celebration - *Truth*
- Session #9 - Building Relationships - *Humility*
- Session #10 - Accepting Ourselves/Accepting Each Other - *Honesty*
- Session #11 - Skills for Effective Relationships II - *Respect*
- Session #12 - Help-Seeking Part II - *Courage*
- Session #13 - Where I've Been, Where I'm Going - *Wisdom*
- Session #14 - Future Goals - *Truth*
- Session #15 - Group Project - *Love*
- Session #16 - Goodbye

