

## Peer Mediation Quick Fact Sheet

### What is Peer Mediation?

- Mediation is a way of communicating where students in disagreement talk to each other, with the support and facilitation of peer mediators.
- Peer mediators use their skills to help these students find a way of working out their difficulties.
- Peer mediators do not give advice or offer solutions but allow students to find their own answers to their problems.
- It provides a safe opportunity for both students to tell their side of the story and be taken seriously.

### What are the principles of mediation?

- VOLUNTARY - students choose to take part
- CONFIDENTIAL - mediators do not gossip
- IMPARTIAL - mediators do not take sides
- NON JUDGEMENTAL - mediators do not give their opinions
- INDEPENDENT - mediators should not be connected to the dispute

### What are the effects of mediation?

- Create a calmer, healthier school environment.
- Help to combat bullying and racial harassment.
- Help young people deal with stresses at home and school.
- Help with problems young people may be having with friendships and relationships.

... and even to help to reduce violence in society as young people learn how to resolve their conflicts positively.

- NON-VIOLENT approaches to resolving conflict.
- More learning time and enhanced learning
- More friendships across groups, years and cliques.

### What do mediators gain?

#### SKILLS FOR LIFE!

For example:

- COMMUNICATION
- NEGOTIATION
- UNDERSTANDING
- PROBLEM-SOLVING
- CO-OPERATION

- LEADERSHIP
- PERSPECTIVE-TAKING
- LANGUAGE
- COGNITIVE ABILITIES

**ALSO:**

- CONFIDENCE
- TOLERANCE
- TRUST
- EMPATHY
- RESPECT