

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Introduction to Peer Support Skills

Unit Reference Number: F/615/6701

Level: Level One (1)

Credit Value: Two (2)

Minimum Guided Learning Hours: 18

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the role of the peer supporter	1.1 Outline the role of a peer supporter
	1.2 Give examples of how peer support can help other people
	1.3 Name three peer support roles within own context
	1.4 Identify two sources of support for the peer supporter
2. Understand the skills and qualities required to be an effective peer supporter	2.1 Identify the skills and qualities required to be an effective peer supporter
	2.2 List own relevant skills and areas for development
3. Understand the importance of listening	3.1 Identify two essential elements of active listening
	3.2 Identify three barriers to listening