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## 2023 Stress Lessons Peer-to-Peer Training Pilot Report

*“Peer support works. Peer support is effective.” -Mental Health Commission of Canada (2016)*

### Overview:

This report analyzes the results from the Stress Lessons Peer-to-Peer Training Survey that was distributed to students on November 22nd, 2023 during the pilot training at Gravenhurst Secondary School. The training was attended by 14 students from various grades. The survey aimed to assess the effectiveness and reception of the training program designed for youth stress management.

### Analysis of the Stress Lessons Peer-to-Peer Pilot Training Survey Results:

#### Training Demographics and Enjoyability

The Stress Lessons Peer-to-Peer Training was predominantly attended by students, mainly aged 16 (60%). The overall high enjoyability rating (4.4 out of 5) suggests that the training was well-received across the age spectrum, indicating that the content and delivery were engaging and relevant to the participants. Interactive discussions and activities were the most enjoyable aspect for these students (67%), highlighting the importance of engaging and participatory methods in training programs, especially for younger audiences.

#### Purpose and Impact of Training

Firstly, the almost even split in participants seeking support for themselves (44%) versus for a young person in their life (56%) illustrates the dual applicability of the training. It not only serves individuals dealing with their own stress but also equips them to assist others, showcasing its multifaceted utility. Secondly, participants highlighted 'understanding stress' and 'coping strategies' as the most important learnings (both at 43%), indicating these areas as key takeaways from the training. This emphasis on practical coping strategies is crucial for immediate application in daily life, which is especially beneficial for young individuals navigating the complexities of stress and mental health. Finally, the high percentage of participants who found the training very useful (57%) suggests the training was effective in its objectives and had an impact.

#### Conclusion

The idea that a Stress Lessons Peer Mentor training would be of direct benefit to students and young people stems from the training's focus on gaining knowledge about universal themes of stress, which is grounded in our evidence-based program, **Stress Lessons: Tools for Resiliency**. This universality, coupled with the peer-to-peer model, is likely to foster an environment of empathy and understanding, enhancing the learning experience. Overall, the survey results indicate that the Stress Lessons peer-to-peer Training is a valuable tool for both personal and peer support in young people stress management.

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## Testimonials:

### Educator Testimonials

“We have heard from students that the information they learned was valuable and helpful in their own personal lives and how to support their peers. While we have some direct mentorship opportunities planned for these mentors through our visits to the grade 8 classes, we also know and can infer that there have been positive impacts from the indirect mentorship that is happening peer-to-peer.” ~ Andrea D. Principle, Gravenhurst High School

### Student Testimonials

“I think the Stress Lessons Peer Mentor training would benefit other students because it shows that no matter what you are going through, there is someone to help you through it and be there for you.” – Thomas, Stress Lessons Peer Mentor, Grade 10

“I think peer mentoring Stress Lessons would help because students tend to learn better from other students because they feel more comfortable.” -Dakota, Stress Lessons Peer Mentor, Grade 12



*Students at Gravenhurst Secondary School receiving their Stress Lessons Peer Mentor certificates after completing the pilot training in November 2023.*

For more information about Strong Minds Strong Kids, Psychology Canada visit  
[www.strongmindsstrongkids.org](http://www.strongmindsstrongkids.org)

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