



WE DISCOVER, WE GROW

Girlguiding



4  
YOU

PEER EDUCATION



YM



think  
resilient

Tools to help build  
mental wellbeing

Young people can do anything if they're not held back by the stress and pressure of everyday life.

*Think Resilient* gives them tools to build their mental wellbeing.

For more information and to enquire about a session, visit [girlguiding.org.uk](https://www.girlguiding.org.uk) and search 'peer education'.



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Challenge gender  
stereotypes

Gender stereotypes make it harder for young people to reach their goals.

*Breaking Free* gives them the tools to challenge any stereotype that limits them.

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Actions to make  
the world safer

Young people face unsafe situations every day, and everyone experiences them differently.

*Safe the world* empowers young people to take action to make themselves and the world safer.

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