



Active Insight: Evidence in Action

Tip #1187



Structuring Leadership Peer Mentoring Opportunities

Overview

Leadership mentoring opportunities strengthen participation, confidence, wellbeing, and belonging through collaborative movement experiences supporting meaningful engagement and leadership development. Inclusive mentoring environments encourage communication, teamwork, and positive decision-making while strengthening participation pathways and social connection. Students benefit from supportive mentoring opportunities promoting motivation, active involvement, and lifelong physical activity participation across educational communities successfully together consistently.

Key Teaching Ideas

Mentoring leadership experiences strengthen engagement by encouraging communication, collaboration, and meaningful movement participation throughout recreational settings. Establish mentoring leadership opportunities supporting confidence, teamwork, and positive decision-making during activities. Encourage peer participation approaches, mentoring leadership strategies, and reflective discussions helping students strengthen relationships, maintain engagement, and develop sustainable physical activity habits supporting lifelong recreation involvement successfully across communities consistently.

Practical Application

- Establish mentoring leadership opportunities.
- Encourage peer participation approaches.
- Use peer mentoring strategies.
- Support reflective participation regularly.
- Evaluate mentoring engagement consistently.

Next Steps

Access Respectful Relationships resources supporting mentoring leadership and inclusive participation opportunities.

Respectful Relationships approach is informed by the Resilience, Rights and Respectful Relationships teaching and learning materials (Department of Education and Training Victoria, 2018), social and emotional learning frameworks (CASEL, 2020), and contemporary research in gender equality, consent, and respectful relationship education.

