

## CASE STUDY: Settle Smart

*Centre for Multicultural Youth (CMY)*

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Settle Smart is a leadership project that connects and empowers young people who are newly arrived to Australia.

The project involves young people from refugee and migrant backgrounds being empowered as 'peer-educators' to share information with other newly-arrived young people. The content and activities of the Settle Smart information sessions have been designed by young people from migrant and refugee backgrounds based, on the question 'what would I have liked to have known when I first arrived in Australia?'. The session topics have been identified by the young peer-educators, and the sessions and resources have been developed alongside CMY staff.

Upon development of the content, young people (aged 18-25 years) who had come to Australia as a refugee or migrant were recruited by CMY as volunteers to deliver the information sessions. Volunteer peer educators undertook training in leadership, facilitation and presenting, before co-delivering information sessions to newly-arrived young people (who have been in Australia less than two years) aged 12-25.

Drawing on their own experiences of settlement, the young peer-educators introduce basic information valuable for life in Australia using an engaging combination of presentations, activities and workshops. Each workshop also includes resources and referral points for additional information relevant to the topic. The interactive information sessions are delivered for free and cover a range of topics on education pathways, employment rights, employment skills, cyber-safety, mental health, racism and discrimination, volunteering and sports.

The sessions are mostly delivered in schools (both mainstream schools and English Language schools) or to community groups across Melbourne and regional Victoria. The sessions are delivered in English. However translators for different languages could be arranged depending on the number of participants speaking that language. Each session runs for between 45 minutes to an hour.

The benefit of the peer-education model is that the information is relevant to young people as it has been developed by them, and the students can relate to the peer-educators who are of similar age and cultural backgrounds, leading to engaging discussions.

