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Knowledge



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1.
What is the difference
between giving advice
and engaging in a helpful
conversation based on
similar experience?



2.
Non-verbal
communication is no less
important than verbal.
How can we show
respect, curiosity and
openness through non-
verbal communication?



3.
In a peer support relationship,
what should be avoided in the
conversation?
Choose from the list below:

1. refusing
2. instructing
3. telling the interlocutor not to worry
4. firmness
5. assigning mentally the interlocutor to a category
6. making sure what the other person wants to communicate
7. eye contact



4.
Assertiveness is
self-confidence based
on a belief that can be
summarized in the words:
"I'm OK - I have the right to
be myself."
True or false?





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5.
What can you do to stay
serene on a daily basis?
Mention at least
two things.



6.
Balance in life is about
giving equal attention
to the different
aspects of your life.
True or false?



7.
Being present is keeping a
mindful eye on our own
affairs. True or false?



8.
Does well-being of a
person mean feeling
good, satisfied with
meeting one's needs?





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9.
Homeless is a person
that...



10.
Can you identify two of
the forms a Peer Support
Network can take?



11.
To create a network
requires commitment
and time. Please provide
at least three answers on
what creating a network
may mean...



12.
How homelessness is
perceived at the EU level?





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13.

Fill the gaps.

I can support a homeless person by developing (1) _____ towards the existing services I may be aware of, (2) _____ their wish and pace (because the recovery journey has different moments and we are all (3) _____ in our ways to cope with it. I can also share what I already know in a way that does not (4) _____ .



14.

How many people are affected by homelessness?



15.

What are the aims of a Network led by Peer Supporters?
Please provide at least three answers.



16.

Can you refer to at least two basic documents protecting the rights of a homeless person?





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17.
What is trauma?



18.
What is second type
trauma?



19.
What kind of symptoms
trauma can cause?
Mention a few of them.



20.
Trauma and
homelessness are
interlinked in many ways.
Mention at least one.





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21.
The professional expects
the peer supporter to
have fully recovered and
put all the difficulties in
their life behind them.
True or false?



22.
Professionals decide
work tasks for the
peer supporter.
True or false?



23.
What are the
conditions for successful
cooperation between
professionals and peer
supporters? Mention a
few of them.



24.
What challenges can you
face if you work as a peer
supporter? Mention
a few of them.





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25.
Fill the gap.
Something is more essential than “doing for” when it comes to supporting our peers to make changes, and that is “_____”.



26.
Challenges and setbacks aren't good learning material.
True or false?



27.
Peer supporters are allowed to exercise power over those they support.
True or false?



28.
Choose the right option.
Taking risks, trying new things and moving beyond our comfort zone are _____ to personal growth and change.

1. useless
2. important
3. dangerous





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29.

Choose the right option. A good way to connect with our peers is to:

1. draw a morality out of our personal experience
2. ask many questions about our peer's story
3. simply share our personal experience and listen



30.

Personal experiences that we share should not necessarily have something to do with the topic of homelessness. True or false?



31.

Your recovery experience and things that helped you will also be helpful to all those currently in recovery. True or false?



32.

It is recommended to add some action and romanticism into your personal experiences in order to sustain the attention of your peer. True or false?





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33.
Who is a role
model?



34.
Why is confidentiality
important in the
context of
peer support?



35.
What's the main role of a
peer supporter?



36.
Select the four principles that
shall guide you as a peer
supporter:

1. Respect the individual needs of your peer.
2. Only focus on the needs of your peer and not your own.
3. Respect your peer's own unique journey towards recovery.
4. Don't establish boundaries in the peer support relationship.
5. Promote the empowerment of your peer to take an active role in their recovery journey.
6. Be collaborative with stakeholders and connect your peer with service provider





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37.
Which are the values of
Restorative Justice?



38.
What is
mediation?



39.
Which are the five
questions that must be
addressed in a
Restorative Mediation?



40.
Fill the gaps. Which are the five
steps that a mediator should
follow in a restorative
intervention?

1. Listen
2. Define the key areas of the _____
3. Focus on _____, instead of _____
4. Create options for _____
5. Draw up a physical agreement





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41.

The prevalence of mental health problems among the homeless population, compared to the general population, is...

1. 15 times more frequent
2. Twice more frequent
3. Equal



42.

When may a Post-Traumatic Stress Disorder (PTSD) occur?



43.

Awareness – realising that all is not lost and that a full life is attainable – is one of the five stages of the Recovery Process. True or false?



44.

A loss of interest or pleasure in activities that the person used to enjoy before may be a symptom of which mental disorder?





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45.
What does it mean
empowerment in a
peer relationship?



46.
Which is the difference
between a helper type
relationship and an
empowering peer
relationship?



47.
Briefly describe the
three roles of the
Drama Triangle



48.
Mention at least three
techniques to maintain
boundaries in a peer
relationship.

