



# LAW PALS

Peer Assisted  
Learning Support

# Handbook

How to Work Together Safely



# Table of Contents

<b>01</b>	<b>Introduction</b>	01
<b>02</b>	<b><u>What We Expect From You</u></b>	02
<b>03</b>	<b><u>How to Work Together Safely And Respectfully</u></b>	04
<b>04</b>	<b><u>What to do if you need support?</u></b>	05

# 01. What the Programme Is For

The Law Peer Assisted Learning (PALS) programme gives Law students a supportive space to learn alongside peers and develop stronger academic skills. The programme is based on the principle of **body doubling**, where students work either independently or in small groups within a shared space to improve focus, motivation, and accountability. Its purpose is to help you feel more confident in your studies by connecting you with others who can offer different perspectives, explain ideas in new ways, and work through challenging material together.



Sessions take place in a group setting, and students may be matched based on **course, study preferences, or cohort where possible**. The programme runs in person at the London, Manchester, Leeds, and Bristol campuses as well as online through facilitated sessions and breakout rooms. All sessions are supervised by a member of the Wellbeing Team or designated staff.

## By working as a group we hope you:

- ◊ **Develop Study Skills**
- ◊ **Share revision strategies**
- ◊ **Enhance understanding of course materials**
- ◊ **Build academic networks**

# 02. What We Expect From You

We want the Law PALS to feel positive, welcoming, and academically productive for everyone involved. To help create this environment, we ask that you take an active, open, and respectful approach to your study sessions. Being part of the programme means contributing to a study partnership that works well for both you and your peers.

## Reliability

A key part of this is reliability. Attending sessions you've agreed to, communicating clearly if something changes, and preparing in a way that supports your shared goals all help to build trust and make your study time more effective. You also play an important role in keeping sessions collaborative and academically focused. Engaging with the material, listening to each other, and sharing ideas helps build confidence on both sides. To guide your participation, we ask you to:

- **Contribute**      Contribute positively to discussions and shared study goals
- **Communicate**      Communicate openly, kindly, and respectfully
- **Listen**      It is a valuable resource to help you navigate any questions or concerns during your employment.

## Boundaries

Respecting boundaries is essential. PALS sessions are a space to focus on your course, not to discuss highly personal or sensitive issues. Keeping conversations, academic helps ensure that sessions remain comfortable and appropriate for everyone.

If personal or emotional concerns arise, the most supportive thing you can do is pause the conversation and signpost the person to the appropriate support.

The Mental Health & Wellbeing Team is available for anyone who needs personal or emotional support, and more information can be found here:

- <https://www.bppstudents.com/support/mentalhealthandwellbeing/>

## Confidentiality & Privacy

Confidentiality is part of maintaining a respectful study environment. If someone shares something that raises concerns about their wellbeing, safety, or welfare, a member of staff may need to be informed so the right support can be provided. This reflects the University's safeguarding and wellbeing responsibilities.

Your own information is also handled with care. Details collected for matching, such as your SRN, email, or cohort, are used solely for the Study Buddy Programme and processed according to the University's policies and procedures.

Finally, taking part in the programme means committing to the standards set out in the University's policies (including the Student Conduct Policy, Harassment & Sexual Misconduct Policy, and Wellbeing & Mental Health Policy) which help safeguard a respectful and inclusive learning environment for everyone.

# 03. How to Work Together Safely and Respectfully

A positive study environment is built on respect, kindness, and clarity about boundaries. Appropriate behaviour includes being courteous, using inclusive language, staying focused on study topics, and meeting in supervised or approved BPP spaces. Keeping communication respectful helps everyone feel confident and relaxed during sessions.

## What the Role Is:



*Talking about academic work*



*Sharing study techniques*



*Asking questions about your modules*



*Encouraging one another*



*Using BPP's approved learning spaces or online platforms*



*Respecting others' boundaries*

## Where the Role Ends

*Harassment, bullying, discrimination, or targeting others*

*Rude, aggressive, or sexualised language*

*Sharing very personal, upsetting or sensitive information*

*Giving or seeking mental health advice (use the Wellbeing Team instead)*

*Private or unsafe meet-ups*

*Recording sessions without permission*

*Sharing personal data (email/SRN/contact info) unnecessarily*

*Any behaviour that makes others uncomfortable or unsafe*

# 04. What to do if you need support

Staff and facilitators are always available to support you, so you should never hesitate to reach out if something doesn't feel right. If you experience or witness behaviour that worries you, if something happens during a session that leaves you feeling uncomfortable, or if you need urgent help at any point you can speak with the Safeguarding Team.

## Safeguarding

**Phone** 07464 542 636

**Email** [safeguarding@bpp.com](mailto:safeguarding@bpp.com)

## Mental Health + Wellbeing

**Email** [Wellbeing@bpp.com](mailto:Wellbeing@bpp.com)

## Learning Support

**Email** [LearningSupport@bpp.com](mailto:LearningSupport@bpp.com)



## Links to Key Policies:

**[BPP University's Policies & Procedures](#)** 

This includes:

Student Conduct Policy

Harassment & Sexual Misconduct Policy

Wellbeing & Mental Health Policy

Learning Support Policy

Disability Disclosure Policy