

CASE STUDY: APRO FORMAZIONE & GRUPPO NOI

THE SKY IS FULL OF STARS

A Model for Peer Education



In the darkness of adolescent distress, peers can become the guiding light.
This is the story of how a group of students moved from silence to song.

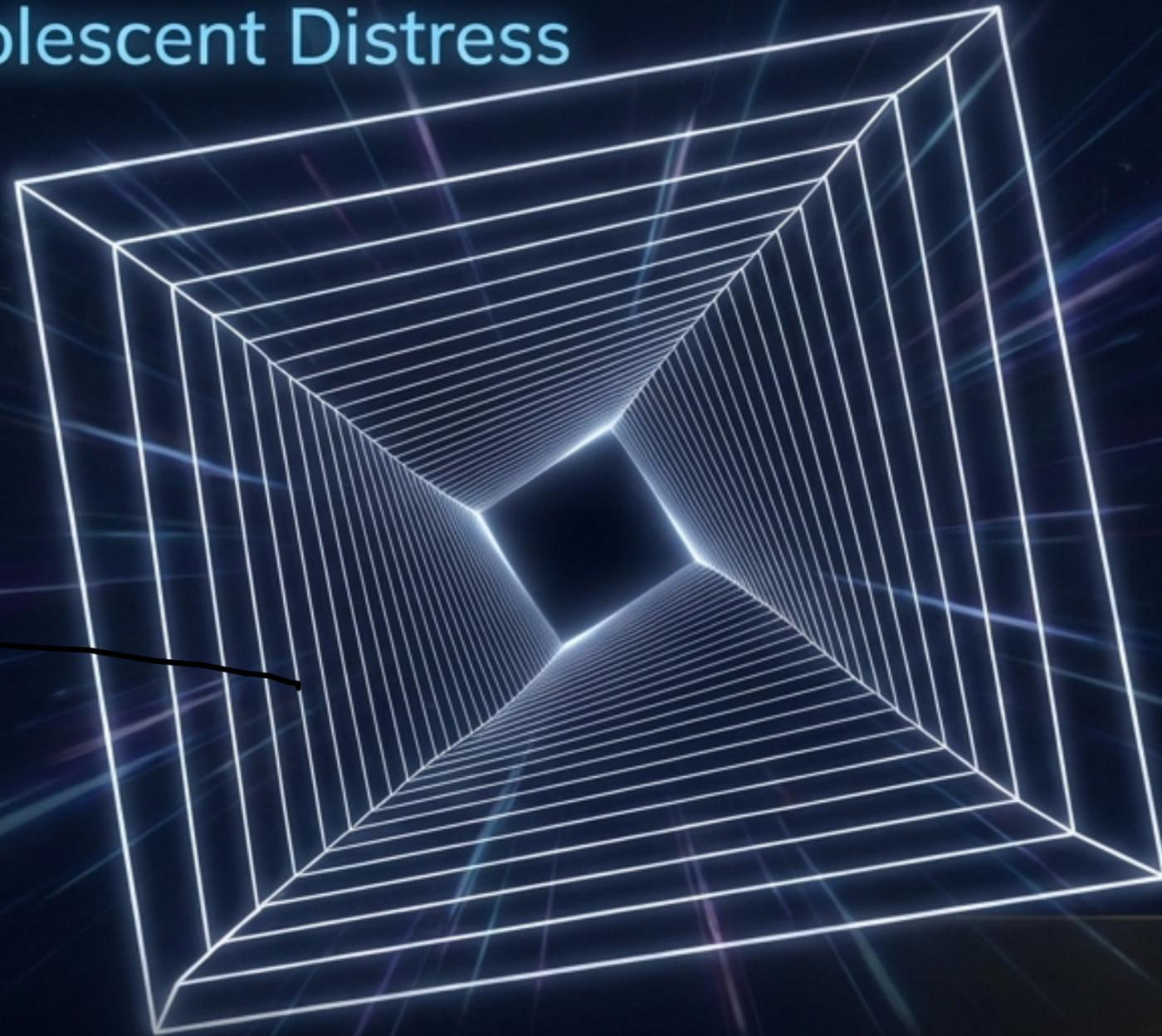
Based on the project Gruppo Noi - "Il cielo è pieno di stelle"

NAVIGATING THE TUNNEL

The Context of Adolescent Distress

The Reality

Conflict and isolation exist in the shadows long before they explode into bullying or viral social media incidents. The challenge is managing these conflicts where they start.



The Void

As described in the project lyrics, students often feel they are in a "void," feeling "observed" yet unseen, running toward a light that seems "unreachable."

CONTEXTUAL DATA

Regione Piemonte Initiative: 72 Schools Involved

APRO Formazione: One of the few Vocational Centers participating.

#UNPOSTOPERPARLARE

Creating Space for Dialogue



2019: THE LISTENING DESK

 **Service:** Sportello di ascolto

 **Activity:** Individual welcoming and support

 **Metric:** 60+ interviews annually

2021: THE EVOLUTION

 **Project:** Mind the Gap

 **Outcome:** Formation of Gruppo Noi

 **Goal:** Moving from individual counseling to collective peer responsibility

THE ROLE OF THE PEER

Sentinels, Not Psychologists

WHAT THEY ARE NOT

Therapists

Diagnosticians

Crisis Managers

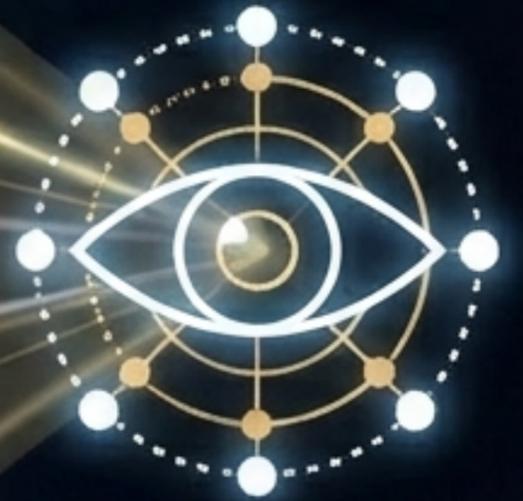
WHAT THEY ARE: SENTINELS

Observers: Spotting “suspected distress” adults might miss.

Sensors: Using proximity to detect shifts in behavior.

Bridges: Connecting struggling peers to resources.

Culture Builders: Promoting the motto “Noi ci siamo” (We are here).



THE ARCHITECT OF THE GROUP

Professional Containment & Guidance



Peer education requires professional safety rails. The **students are the stars**, but they need an astronomer to map the sky.

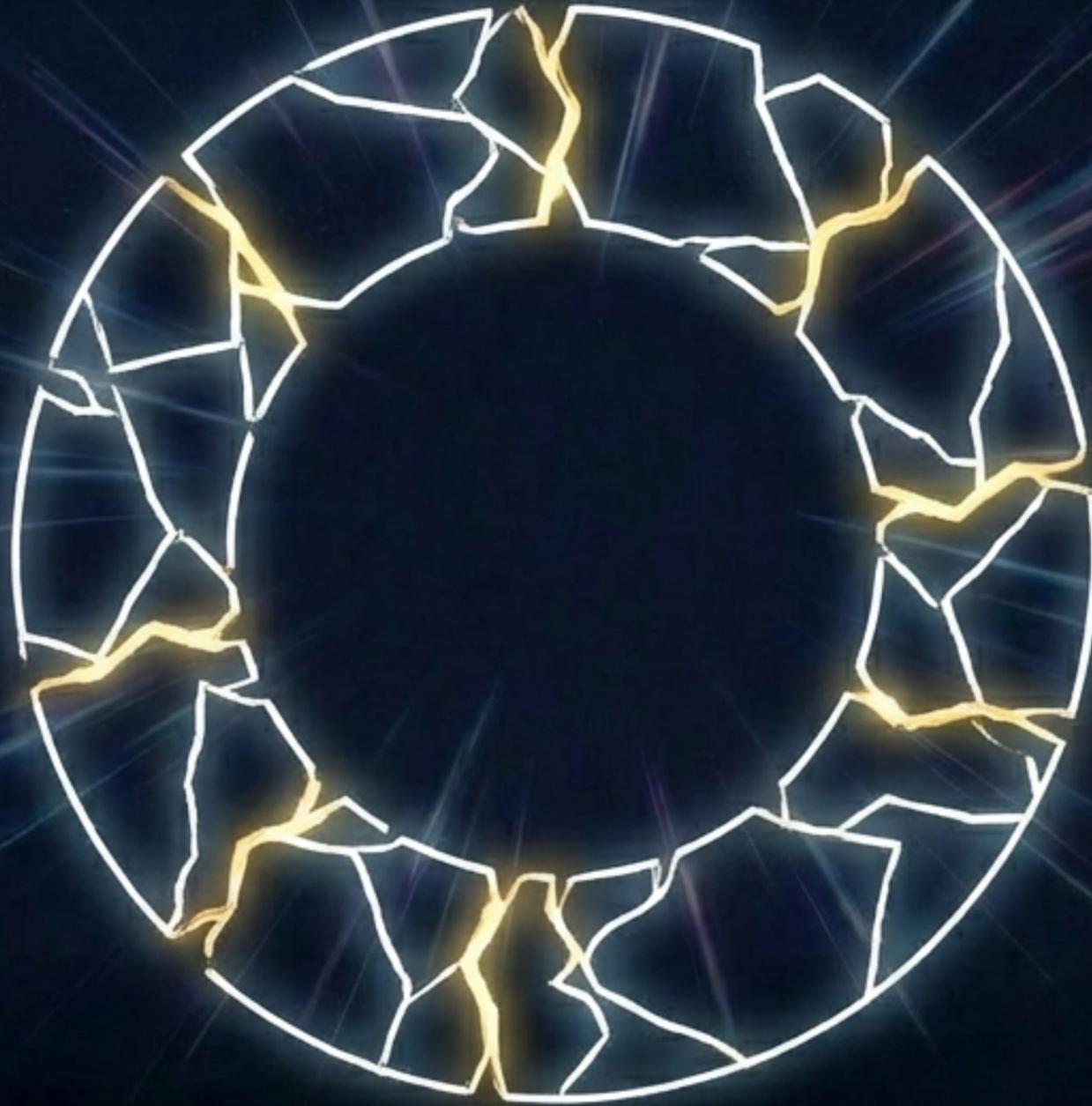
- ★ **Containment:** Ensuring ‘Sentinels’ are not overwhelmed by the emotional weight of peers’ stories.
- ★ **Training:** Teaching conflict dynamics and relationship management.
- ★ **Structure:** Organizing weekly meetings to maintain cohesion.

METHODOLOGY: IL CERCHIO DELLE STORIE

The Circle of Stories

THE ACTION

- Students offer “fragments of personal history” as a gift to the group.
- Sharing intense moods and experiences of exclusion.



THE OUTCOME

- Breaks down walls of personal defense.
- Transforms a collection of individuals into a cohesive “network of help”.

PROTECTED AND PROTECTING

The Dual Nature of Support

THE ROOF (Shelter)

- ★ A refuge against the 'cold' of isolation.
- ★ The student is PROTECTED by the group.



THE STAR (Light)

- ★ A beacon of hope in dark moments.
- ★ The student is PROTECTING vulnerable peers.

Reciprocity is the engine of resilience.

FROM SILENCE TO SOUND

The Comete Project

Artifact: A rap song written and performed by student Ammit AB & Gruppo Noi.

Title: 'Comete'

**“Do not remain in silence.
Challenge the darkness.”**

The song is a communication tool. Help often comes from where we least expect it—a peer, not an authority figure.

INSIDE THE LYRICS: THE VOID

“Where am I? You can’t see anything, it’s cold.”

“Perhaps I’m in a tunnel... there’s a glimmer of light, I start running.”

“The total void, it’s hot, so hot, too hot.”

“Zoppico... mi sento osservato.”
(I limp... I feel observed)

The lyrics describe a visceral physical reaction to distress—temperature changes, pain, and the paradox of feeling observed yet completely alone.

RECOGNIZING THE PAIN

Real Stories, Real Struggles



ABUSE

“He made me work
That jerk of my
father... Forced to feel
bad until I was 13.”



CONFUSION

“There is a girl, she
doesn’t understand
what to do/
Whether to suffer or
start over and report it.”



ANXIETY

“Vines choking the
throat
Of insecurity under
the sheets.”

Validating the heavy themes the peer group processes together.



THE SKY IS FULL OF STARS

THERE IS ONE FOR YOU TOO.

The Chorus: A Promise of Presence.

The Voice is the act of asking for help.

The Star is the peer.

THE GOAL: 'IRREVERSIBLE' PREVENTION

“Before the opposite happens
Then it’s irreversible.”

Intervene before conflicts
hit social media.

Tragedy. Withdrawal.
Permanent Harm.

Intervene while there is still
a “glimmer of light”.

Transforming feelings of abandonment into courage and trust.

THE CONSTELLATION OF SUPPORT



“Loss and confusion can leave space for courage and trust.”

LISTEN TO THE STORY

Institution: APRO Formazione
Coordination: Chiara Camia (Counsellor)
Music & Lyrics: Ammit AB & Gruppo Noi

[Link: Mind the Gap Project](#)

[Link: Stream 'Comete'](#)

The sky is full of stars, there is one for you too.