

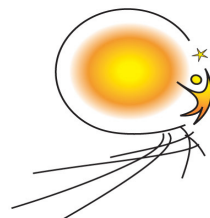
Protective Behaviours helps us to

- Understand what safety feels like
- Explore times when it's fun to feel scared
- Recognise our Early Warning Signs which tell us when we are not feeling safe
- Understand the difference between safe, risky and unsafe situations.
- Develop support networks.
- Practice problem –solving skills
- Understand the difference between public and private and have an awareness of our own personal space.

Training Options

Training is offered as a 2 day or 4 x 1/2 day sessions. Safety Net can also run introductory and bespoke training to suit your needs.

Please ring to discuss your needs



Safety Net : Working together to keep children and young people safe

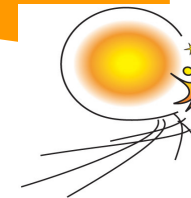
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Safety Net : Working together to keep children and young people safe



Protective Behaviours Safety Awareness Programme



Registered Charity No. 1108772

What is Protective Behaviours?

Protective Behaviours (PBs) is a safety awareness programme for children, young people and adults which aims to build self-esteem and an increased confidence and assertiveness relating to feeling and being safe.

It is a practical and down to earth approach to personal safety which starts from the belief that we cannot be scared into feeling safe. It therefore avoids a focus on scary scenarios and rigid sets of rules for how to deal with unsafe situations (which tend to induce fear and guilt). Instead, it teaches an ability to recognise when we are not feeling safe, and provides skills and tools to enable individuals to take action and get help when they need it.

Protective Behaviours also recognises that life is about taking risks and trying new things and that this is an important life skill.

The Two Protective Behaviours Themes:

Protective Behaviours is based on two key themes of messages which are used to teach and reinforce the basic concepts.

“We All have the right to feel safe all of the time”

“There is nothing so awful that we can’t talk with someone about it”



How has Protective Behaviours been used?

Protective Behaviours is a simple process and can be taught to groups or used one to one. People of all ages and in many different circumstances have found it a useful way to keep themselves safe.

The programme has been widely used in schools and has been developed for use with victims and perpetrators of bullying, in restorative justice, to address domestic violence issues, as a child abuse prevention programme as well as to look at issues around risk taking behaviour and peer pressure.

