



## Foundation level Protective Behaviours (PB) 2 Day course

Protective Behaviours is a safety awareness and life skills programme which builds confidence and resilience by exploring our right to feel safe. It starts from the belief that we cannot be scared into feeling safe and therefore it avoids a focus on scary scenarios and rigid sets of rules for how to deal with unsafe situations. 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.

**Day 1: Aim** To present the main principles and framework, of the Protective Behaviours Programme.

The day will cover the two main themes of Protective Behaviours;

“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”

And explore the following:

- Developing Safety Awareness for ourselves and people that we work with
- What gets in the way of people acting for their own safety?
- Making Safe Choices - exploring thoughts, feelings and behaviour
- Developing Networks of Support

**Day 2: Aim** To cover the 7 Protective Behaviours Strategies and to explore techniques and tools to demonstrate how Protective Behaviours can be used in Practice.

We will explore:

- Creating a Safe Environment
- Using Safe Language
- General Tools and Techniques for putting Protective Behaviours into practice
- Problem-solving: Using Protective Behaviours in Particular safety situations
- Making a Safety Plan
- Application to safety situations

## **By the end of this course you will be able to:**

- Understand the framework of Protective Behaviours based around its two key themes: “We All have the Right to Feel Safe” and “nothing is so awful that we can’t talk with someone about it”
- Identify and understand our own intuitive feelings (early warning signs) and what safety feels like.
- Understand the difference between safe, adventurous and unsafe situations and how risk taking fits within this model.
- Explore what barriers get in the way of keeping ourselves safe and identify how to make safer choices.
- Explore a range of tools and strategies that can be used when working on keeping safe issues with children, young people and parents.
- Demonstrate improved knowledge and skills in working with children, young people and parents to help them develop their safety awareness and self-protection skills.

## **Who should attend?**

This training is suitable for CYPT and CVS practitioners who undertake direct work with children and families and are keen to develop their practice skills in this area.