

'Feeling Good, Feeling Safe': A whole school approach to keeping children safe

'Feeling Good, Feeling Safe' is a whole school approach to preventing violence and abuse which aims to support pupils from Reception to Year 6 to learn the skills to keep themselves feeling safe and to ensure they can get help if they need it.



It is based on Protective Behaviours, an evidence based programme and its two core themes:

"We all have the right to feel safe all the time"

"We can talk with someone about anything, even if it feels awful or small"

The resource when delivered will help schools to demonstrate how they meet the Ofsted requirements around **Keeping Children Safe**. This pack is not just focussed on those children who have already experienced abuse, but is for **all** children, as it teaches skills for life which can be used in everyday safety situations, as well as to address more serious problems. The Protective Behaviours lessons are intended to be delivered as part of a school's planned programme of PSHE education.

Structure of the Feeling Good, Feeling Safe pack:

1. Lesson plans and resource materials for each year group from Reception to year 6
2. Ideas for reinforcing the principles and language of Protective Behaviours across the whole school setting
3. involving parents and carers in reinforcing safety messages for children

The Four Lesson Plans for each year group

1. Feelings and Feeling Safe
2. Feeling Unsafe and Early Warning Signs
3. Body Awareness and Secrets
4. Support Networks and Telling

The lessons aim in an age appropriate way to:

- ✓ inform children of their right to feel safe
- ✓ develop children's, resilience, well-being and self-esteem
- ✓ build skills and tools for feeling and keeping safe
- ✓ develop an awareness of our bodies and how they can help us to stay safe
- ✓ learn the correct anatomical names for all of the parts of our bodies
- ✓ explore how our choices and behaviour can affect the feelings of others
- ✓ increase children's ability to assess risk, problem solve and plan for safety
- ✓ encourage children to seek support when needed and know who they can ask for help

*"The Protective Behaviour's approach has been extremely beneficial to our school. The training and planning booklets have enabled us to raise confidence within our staff team in talking to children about protecting themselves and recognising and understanding their feelings."
(Head teacher)*

Training and support for 'Feeling Good, Feeling Safe':

Training is provided prior to programme implementation to enable schools to effectively deliver the "Feeling Good, Feeling Safe" teaching resource. The pack and training is provided by Safety Net, a children's charity with 20 years' experience of delivering Protective Behaviours training to children and adults. Safety Net will also provide back-up support during programme implementation.

Training will enable schools to:

- Promote a culture of safety by applying the principles, language and framework of Protective Behaviours across all aspects of the school environment (Strengthening safeguarding practice, Ofsted School Inspection Handbook, 2014).
- Enhance the teaching input to children through developing a common language and set of tools that everyone understands and which can underpin the ethos and values of the school.
- Explore how school values, policies, rules and practice complement, reference and reinforce the programme.
- Help staff to feel safer and more confident in teaching the 'Feeling Good, Feeling Safe' lessons.
- Involve parents and carers in the programme, and support them in reinforcing the ideas at home.



The cost of the Feeling Good, Feeling Safe Resource

Whole school implementation of the programme costs £1,000 and includes:

Option 1: £1,000 includes:*

- ✓ Two copies of the Feeling Good, Feeling Safe programme pack
- ✓ Training sessions (up to 6 hours) for all school staff which can be delivered during an INSET day or 2 x after school sessions
- ✓ Support with delivery of an information session for parents – including power point and handout
- ✓ Follow up support by phone or meeting for staff during the delivery phase

Option 2: £500 includes:*

- ✓ 1 copy of the Feeling Good, Feeling Safe programme pack
- ✓ Up to 3 hours training for school staff delivered in one session
- ✓ Power point to support a parent meeting

You can also nominate key staff to attend a more intensive Protective Behaviours course at our training venue for an additional cost, please ring for further information and costs or to book

Tel: 01273 420973 training@safety-net.org.uk

*Please note that travel costs for our trainers may also apply