

Appendix 2: Protective Behaviours

Protective Behaviours (PB's) is a safety awareness programme which helps children and adults to recognise any situation where they feel worried or unsafe, such as feeling stressed, bullied or threatened and explores practical ways to keep safe. Protective Behaviours also looks at identifying support networks for times when we need someone to listen and help.

The programme aims for children to build self-esteem and an increased confidence and assertiveness relating to feeling and being safe.

Protective Behaviours is based on two key messages:

- *We All have the Right to Feel Safe all of the Time*
- *We can talk with Someone about Anything, no matter how awful*

The programme can be used in a wide range of settings by teachers, parents, women's refuge workers, the police, social workers, youth workers, health visitors and community workers. The approach therefore also provides a useful framework for working together to keep children safe.

Protective Behaviours is taught through the PSHE curriculum and is the pupils at Laurance Haines School are encouraged to use the skills they are taught.

The children are taught 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 (*Uh oh feeling*).
- 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.
- Recognise the need to be persistent in telling someone when we have the *Uh oh feelin*.