

Protective Behaviours Information for Parents/ Carers

We are excited to be relaunch this programme of work with our children throughout this term in school. We have put together this overview as a guide for parents and carers.

Protective Behaviours is based on two universal themes:

**“We all have the right to feel safe all of the time”
and
“We can talk with someone about anything, even if it feels awful or small”**

The benefits of the Protective Behaviours approach include:

- To develop self-esteem and resilience
- Empowering people to make their own decisions rather than having others tell them what to do
- Promoting and understanding rights and responsibilities
- Helping to develop a sense of moral and social responsibility
- Develops life-long skills of assertiveness, self-confidence, problem solving and communication
- Encourages open, honest, non-judgemental discussion between children, parents, other adults, staff, families and friends
- Is inclusive regardless of race, age, ability, religion, sexual orientation, culture and gender
- Promotes happy, healthy, adventurous and life-enhancing activities, all within a framework of safety

Over the coming weeks your children will complete the following activities:

***Completing their personal network drawing so they know adults they can trust and talk to.**

***Identifying 'Early Warning Signs' of how they feel when they don't feel safe.**

These activities will support your children with being able to identify their “**Early Warning Signs**” when they feel nervous, uncomfortable or situations do not feel safe to them. They will also complete a “**Hand Network**” of adults or people that they can talk to if they do not feel safe. It is very likely that as their parent/carer you will be on their hand network which is why it is important for you to recognise the above language used so that you can support them at home.

If you wish to ask any questions about the above information, then please feel free to speak to Mr Darling, Miss Cooper, Michelle or Rebecca on the school office number.