

Little Hadham Primary School

'Believing and Achieving'

Protective Behaviours for Parents

September 2015



What is Protective Behaviours?

PBs is a practical approach to personal safety.

It is aimed at empowering the person to positively manage their behaviour.

It provides a range of strategies for self-protection.

It is based on 2 main themes.

It is based on the link between Feelings, Thoughts and Behaviours.



Feelings, Thoughts and Behaviours

- The key principle behind PBs is...

Feelings are feelings- we all have them and that is fine...

Thoughts – if we can help people recognise their feelings and understand them better then...

Behaviours - They can then begin to make the right choices.

Protective Behaviours offers them different strategies to help.



Early Warning Signs

To help them recognise their feelings more, we help the children to be aware of their Early Warning Signs.

Everyone feels things differently but it may be...

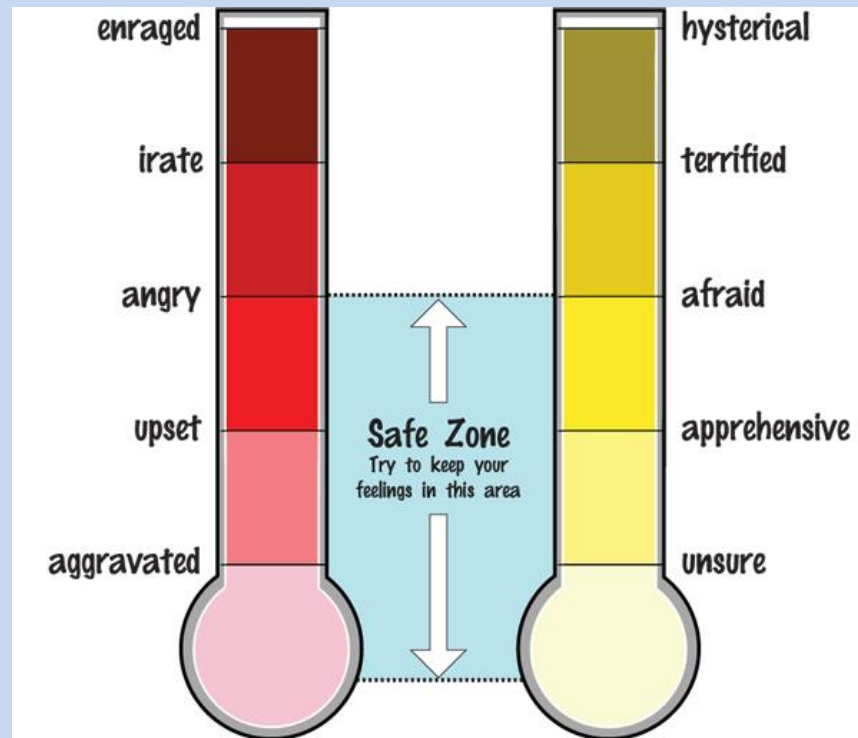
Sweaty palms, headache, racing heartbeat, tummy butterflies, feeling sick, tight throat, wobbly legs, biting nails, chewing fingers etc...

If we can recognise these things happening, then we may be able to do something about it.



Feelings Thermometer

- We often use the analogy of having an inner thermometer to help 'measure' our feelings



Strategies to help manage feelings

If your thermometer is rising up, for whatever reason...

- Find someone on your Personal Network – Network Hand – in school or at home- and share your feelings
- Count to twenty or any other distraction that helps
- Find a safe place away from others where you can re-focus
- Imagine a safe place in your mind- somewhere that makes you feel good inside to help you descalate.



2 Main Themes

Theme 1

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

Theme 2

Nothing is so awful that you can't talk about it.



Personal Network Hand

- To support Theme 2, every child is encouraged to make a Personal Network Hand.
- On this hand, the thumb has a family member that they feel they can talk to.
- On the four fingers, they choose four adults in school that they feel they can talk to.
- On the palm, they choose something they feel they can talk to that does not talk back. E.g. pet, photo or cuddly
- On the heel of the hand, they record the Childline Number – 08001111 or website address, as an additional option.
- We also encourage them to have a ‘Holiday Hand’ for use at home.
- However, they must never ask their network to keep secrets.



P.Bs.Language

- To avoid confrontation, we try to use..
- **'I need you to...'** rather than give an imperative. This brings the onus back on the adult rather than the child.
- To get children to self reflect, we try to use **'Could you have...'** rather than 'You should have' or 'You ought to have'.



Protective Behaviours

- If you would like to know more about Protective Behaviours...
- Our school website - Powerpoint
- Parent PBs course – Aspects- 9th October at Baptist Church – consecutive Friday mornings
- www.protectivebehavioursconsortium.co.uk
- Contact Mrs Stockley – a PB Champion.



**It would be great if parents could
adopt some of these ideas at home?**



Thank you