### Protective Behaviours

**A One Day Introduction**

**For what age?**
- All ages

**At what level?**
- 1:1, groupwork, whole school and community and for the adults working with children.

**How do we know it works?**
Protective Behaviours has been used successfully in Northamptonshire schools since the mid-1990s. It has been used in transition work from primary to secondary school and in groupwork for young people who struggle with school life. (Documented in the Young Minds magazine 1996.) More recently it has been used in over 100 schools in the county in combination with CSE Awareness. Numerous referrals have been made, asking for P Bs for individual children and young people, where they have been exhibiting ‘unsafe behaviours’ and have also experienced a range of Adverse Childhood Experiences. It is one of the Foundation Level Building Blocks of a Mentally Healthy School.

### What is Protective Behaviours?
Protective Behaviours is a practical down to earth approach to working with children regardless of their ability. It has been used in different areas of life including; safeguarding, restorative justice, PSHE, anxiety management, deliberate self-harm, various mental health and emotional issues and as an empowering process for adults and children.

More information about PBs can be found on [www.pbpeople.org](http://www.pbpeople.org).

### Course Objectives
- For all participants to identify ‘feeling safe,’ for themselves.
- For all participants to know how the body reacts when not feeling safe.
- For all participants to know what to do when they don’t feel safe.
- To remember and understand the 2 themes of Protective Behaviours.
- Identification of a personal network and how to teach that to children.
- For all participants to be able to become aware of how PBs can be used with children in their setting.

### How can I access training?
To access centralised training for this course, including the TaMHS Conference if appropriate, please visit: [www.northamptonshire.gov.uk/TaMHS](http://www.northamptonshire.gov.uk/TaMHS)

Training at your school, or within clusters, for your staff can be commissioned from the Educational Psychology Service by contacting the TaMHS Administrator:
[tamhs@childrenfirstnorthamptonshire.co.uk](mailto:tamhs@childrenfirstnorthamptonshire.co.uk)