

## **PROTECTIVE BEHAVIOURS Workshop.**

**Date: Thursday 30<sup>th</sup> June 2022**

**Time: 9.30am- 12.30pm**

**Online via Zoom**

Through the Wellbeing For Education Grant Allocation, HCC is pleased to be able to offer a range of support for schools, settings, staff, parents and CYP. As part of this offer, each DSPL area has been allocated a follow up Protective Behaviours workshop designed to review the elements of PB's and enhance staff skills around anxiety and wellbeing.

**This is suitable for settings where colleague(s) have completed PB level 1 or level 2 training and where Protective behaviours is being used as a whole school or individual intervention.**

- The workshop is fully funded by the Wellbeing for Education Grant Allocation
- The workshop will be delivered online by Families Feeling Safe Protective Behaviours Services
- Places are limited to 16 attendees and will be allocated on 1<sup>st</sup> come 1<sup>st</sup> served basis (max 2 per setting)

Learning outcomes :

- To recognise how the key elements of the Protective Behaviours Process relate to anxiety
- To understand how the Protective Behaviours Process can be helpful in recognising and responding to anxiety
- To have more ideas and tools to respond to those experiencing anxiety

Families Feeling Safe, Protective Behaviours Services provide Protective Behaviours (PBs) training courses, PBs programmes and workshops for professionals and families. We work in partnership with a range of organisations to build capacity and the sustainability of Protective Behaviours practice. As an early intervention approach, Protective Behaviours can improve the emotional wellbeing of children, families and individuals of all ages and help them build the skills they need to keep themselves and others feeling safe while reducing the need for more specialist help. This course is also intended to support staff by enhancing their own emotional wellbeing, with skills and strategies to keep themselves feeling safe and with increased tools and ideas to use in their practice.

### **About Protective Behaviours**

Protective Behaviours (PBs) is a practical and down to earth approach to personal safety, resilience and wellbeing that encourages self-empowerment and brings with it the skills to avoid becoming victimised. This is achieved by helping people recognise and trust their feelings (Early Warning Signs), build safe networks of support, develop strategies for problem-solving, recognise the influence of Unwritten Rules and beliefs, improve resilience and have increased awareness of how language can enhance communication and relationships to enable children, young people and adults to feel safe. The Protective Behaviours Process encourages an adventurous approach to life which satisfies the need for fun and excitement without violence and fear and is relevant to people of all ages and abilities including staff.

## PROTECTIVE BEHAVIOURS Follow up Workshop – Booking Form



**This workshop is open only to colleagues who have completed level 1 and or level 2 Protective Behaviours Training.**

Please provide your details below and return to [admin@dsplarea9.org.uk](mailto:admin@dsplarea9.org.uk)

	<b>Delegate 1</b>	<b>Delegate 2</b>
Your name		
Job role		
Place of work		
Date(s) of Protective Behaviours training and course code (s)		
Work e-mail <b>THIS EMAIL ADDRESS WILL BE USED TO SHARE THE ZOOM LINK</b>		
Home e-mail (if preferable)		

**Please tell us how you think this Protective Behaviours workshop could benefit you and your work with children /parents/carers:**