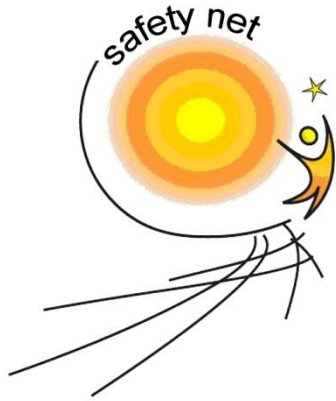


**Protective Behaviours- Building  
Resilience and improving  
Safety Awareness in the community**

**Yvette Queffurus, Named Nurse  
Safeguarding Children: Sussex  
Community Trust**

**Wendy Guest, PB Trainer and  
Coordinator: Safety Net**

**Working Together to Keep Children Safe**

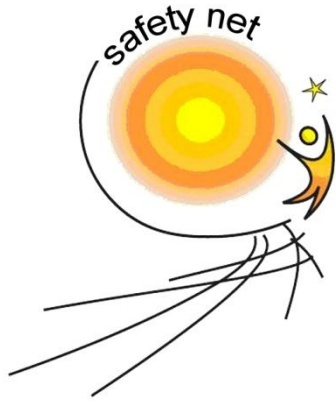


# Protective Behaviours

Is a living skills and personal safety programme. It is about the right to feel safe and the right to talk about times when we feel unsafe.

It is a process that can be used to help people to feel and keep safe in different situations by developing a range of safety tools and skills

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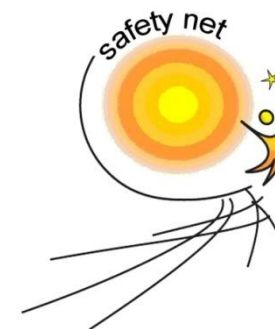
# Protective Behaviours

Health Visitors in Brighton have been incorporating PBs in their practice individually and in group work for over 10 years

Aim of presentation is to promote the use of PBs as an early intervention strategy and share some of our practice

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# The Safeguarding Continuum

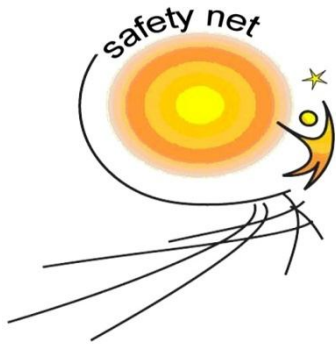


Child Safety and Child Protection are on a continuum

Child Safety—————Child Protection

Safe practice is the bedrock for dealing effectively with child protection situations, as well as being the best overall protection for children

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# Messages from Research about prevention programmes

Programmes for children to keep themselves safe have tended to focus on:-

- Behavioural techniques rather than skills for children to help themselves keep safe in a range of situations.
- Children themselves. But a lot of skills parents themselves can do, so if we equip parents/significant adults we will also help to equip children and young people.

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## Research cont.

Successful programmes with better outcomes are those that:

- Use a skills based approach
- The emphasis is on empowerment
- Have a holistic orientation, with transferable skills appropriate for different situations
- Are reinforced by an active support network – especially parents

Dr Stephen Briers – Clinical Psychologist/Frieda Briggs



# Preparing for Safety

“We can’t expect children and young people to deal with a situation of considerable stress or risk unless we have laid a foundation of core safety skills” (Dr Stephen Briers)

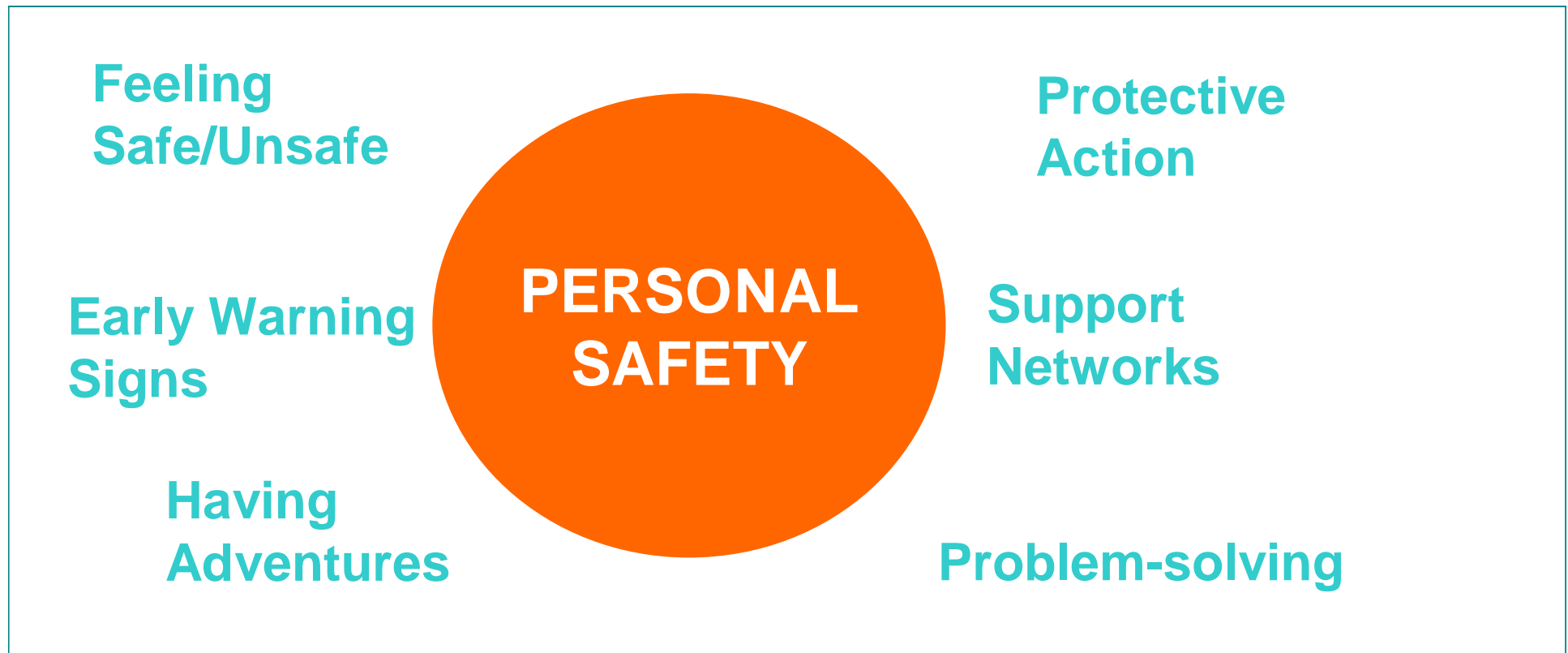
The core safety skills are:-

1. Emotional Literacy
2. Assertiveness
3. Problem-Solving

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# History and Overview



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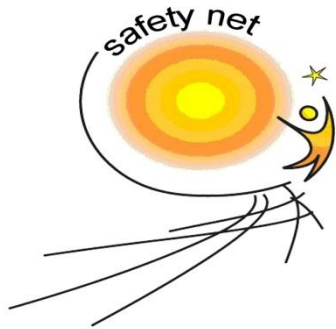


# The two themes

“We all have the right to feel safe  
all of the time”

“There’s nothing so awful that we can’t talk  
about it with someone ”

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# Benefits of the PB Process

1. Supports **emotional & well-being** by developing awareness of feelings and building self-esteem
2. Helps to develop **resilience** by building life skills and strategies to deal with difficult situations and manage risk
3. Builds skills to help **keep ourselves safe** by developing safety awareness, empowering people to make safer choices and learning safety strategies and skills

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## P. B. 's Links to.....

1. Every Child Matters Agenda – Stay safe, Be Healthy
2. Children's Rights Agenda – UN Convention of the Rights of the Child
3. Healthy Child Programme DOH 2010
4. Emotional Literacy Programmes – SEAL, PHSE Early Years Foundation Stage
5. Safety Programmes – child abuse and bullying prevention agendas

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## P. B. 's Links to.....

1. Eileen Munro Review (2011)
2. Frank Field's The Foundation Years: preventing poor children becoming poor adults. (2010)
3. Graham Allen: Early Intervention The Next steps. (2011)
4. Dame Clare Tickell: The Early Years Foundation for Life Health and Learning. (2011)

# KEEP OUR CHILDREN SAFE AND HAPPY



2010 Calendar

**NHS**

Brighton and Hove  
Children and Young People's  
**TRUST**

  
Brighton & Hove  
City Council



# Theme 1 – Developing Safety Awareness

“We all have the right  
to feel safe all of the time”

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# It's okay to be different.



We ALL have the right to feel safe...ALL of the time!



# Help us to understand our feelings



We need words for our feelings, sad and happy. It's important to talk about our feelings.

It's OK to feel what we feel, but it's not always OK to act on it.

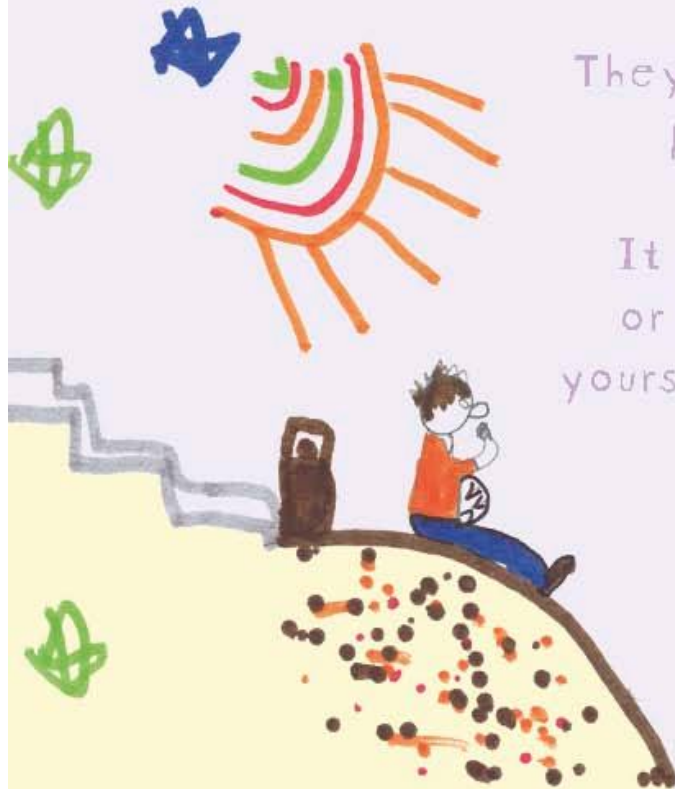


# This is my Safe Place

Help children to understand what **SAFE** feels like for them.

They can even draw a picture of it.

It can be at home or maybe imagine yourself on the beach.



drawing by Adah



drawing by Anika

# KEEP SAFE!



My Early Warning Signs are:

butterflies in my stomach,  
heart beats really fast,  
you get a headache,  
wobbly knees,  
feel sick,  
can't move,  
hair stands on end.

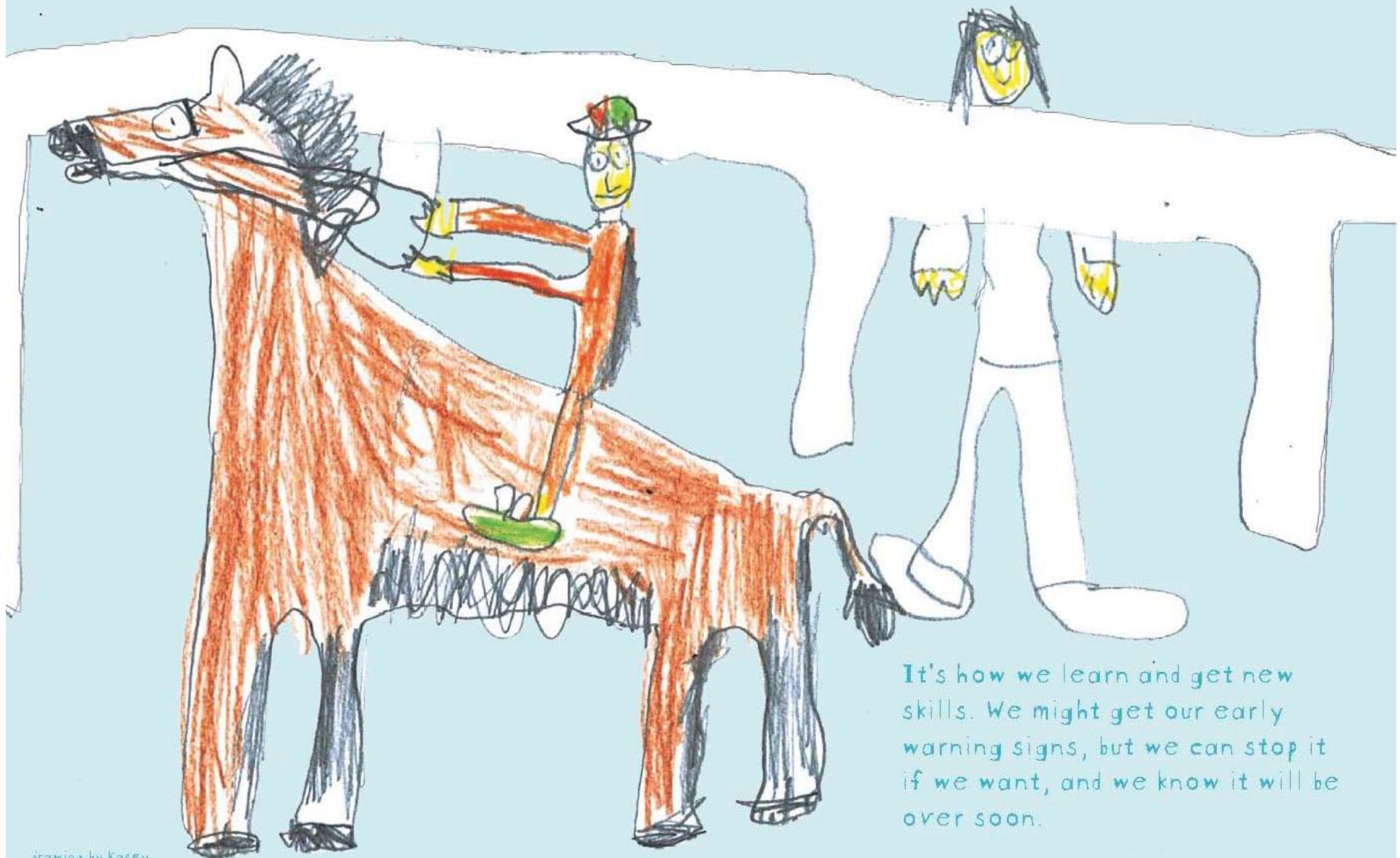
Our bodies are clever, they tell us when we are unsafe. Help children know their own Early Warning Signs and who they could tell.



Sometimes it's fun to feel scared. If you know you don't have to do it, it will only last for a little while, and you can stop it when you want, or get help.



# It's good to take a 'risk on-purpose'



It's how we learn and get new skills. We might get our early warning signs, but we can stop it if we want, and we know it will be over soon.



# The Safety Continuum

Risking on Purpose and Fun to Feel Scared have at least one of three elements:

CHOICE

CONTROL

TIME LIMIT

If we have none of these we are in a very **unsafe** situation.



## Theme 2 Developing Support Networks

“There is Nothing so Awful that we Can’t Talk about it with Someone”

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We can talk with someone about anything,  
no matter how awful or small

I learnt that if  
I have got some worries  
I can tell my nan sister  
auntie and anyone in my family



Who else could you tell?

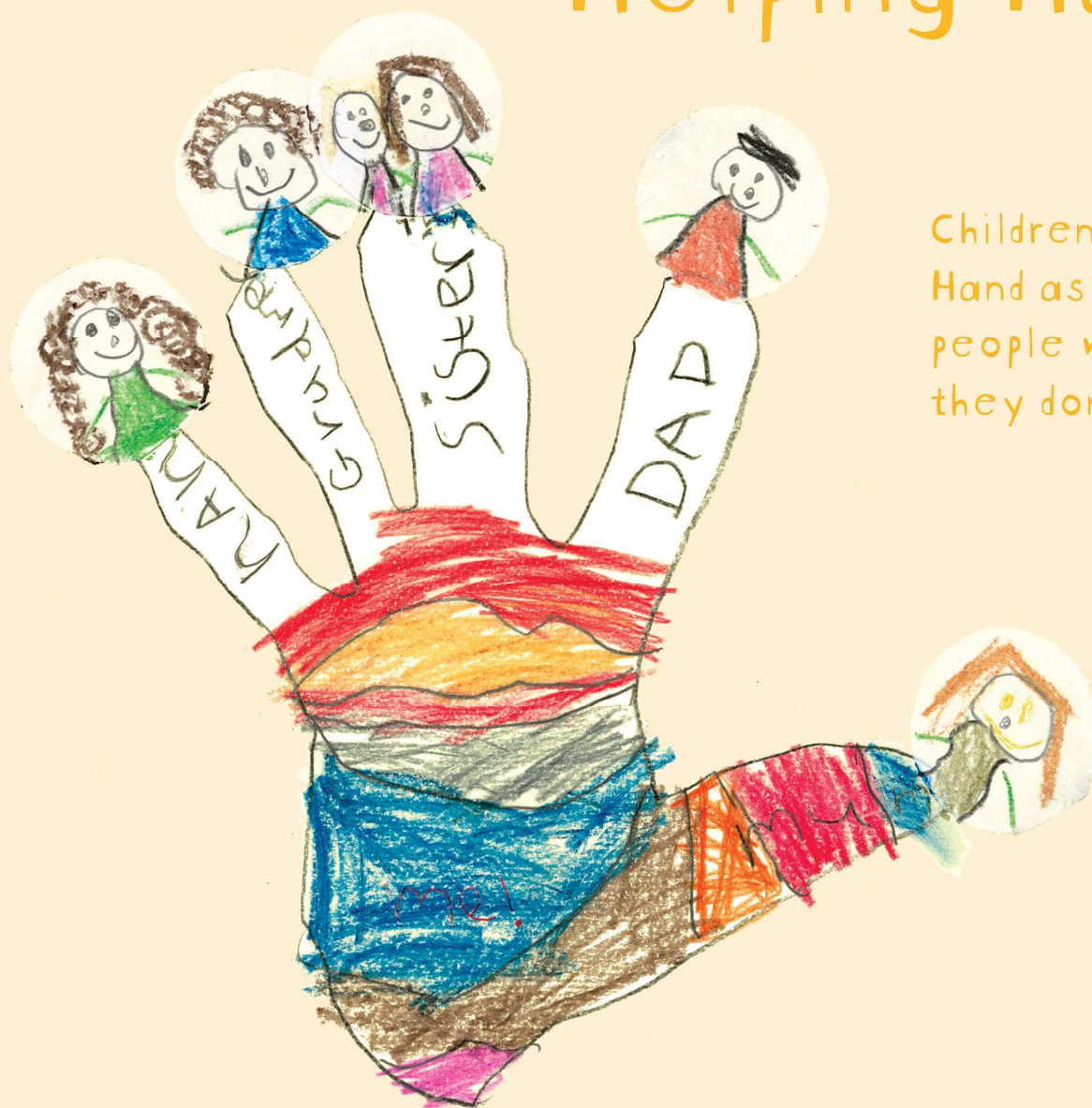
# My worry is....



If it worries you, talk to someone. If you don't, you'll never fix it...



# Helping Hands



Children can use their Helping Hand as a way of remembering people who they can talk to when they don't feel safe.

It is important that children choose the adults they put on their Helping Hand, one for each finger. People at home go on the thumb. **Don't forget to review Helping Hands regularly.**

WHY keep a bad

secret

Talk to  
someone, don't  
bottle it up.

DON'T  
LET ME  
CATCH  
YOU  
TELLING!!



I'm going  
to get help



If it worries you, talk to someone. If  
you don't, you'll never fix it...



# Listen to The children

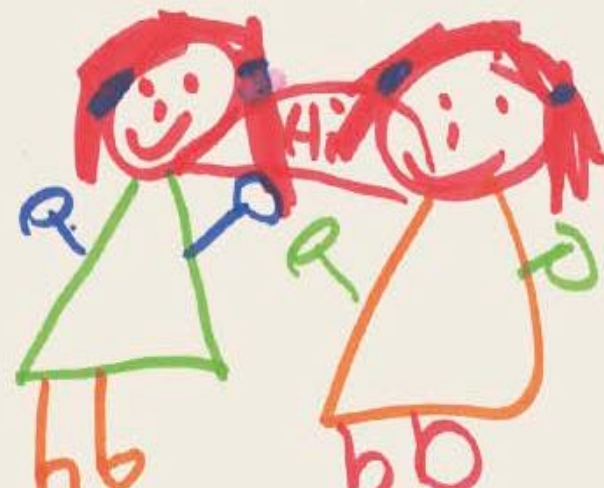
If the grown-ups don't listen to you, say: are you listening to me??

Listen to us

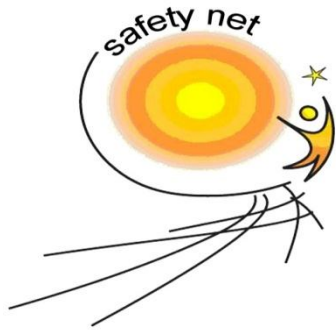
Think about us

Listen to us in case it's important

Look at us







## Safety Net and Sussex Community Trust Working Together

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Health Visitors and EYVs using PBs themselves

Feeling Good Feeling Safe: a group for parents

A PB programme of one to one work with parents

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# Seasonal Safety Wishes



Please help me to be safe  
anywhere.

Help us to keep ourselves safe  
each day. When we are playing  
on the field and playing in the  
playground.

Please help everyone in the  
world to be safe everywhere.

Help us to remember the three  
W's:

- Where you are going,
- Who you are going with, and
- When you'll be back.



# Thankyou!

CONTACT US :

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[www.safetynetkids.org.uk](http://www.safetynetkids.org.uk)

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