

# Protective Behaviours

seeks solutions based on the individual and their own feelings

is flexible and can be used by anyone no matter what their situation might be

is useful in most circumstances including:

- Bullying
- Racism, Sexism, Ageism
- Harassment
- Conflict resolution
- Abuse of all kinds
- Fostering & Adoption
- Restorative Justice
- Buddying & Mentoring
- Healthy Schools
- Coping with Transition
- Adverse Childhood Experiences
- Loss & Bereavement
- Relationship & Sexuality Education

Some organisations that use PBs as part of their working environment:

- Local Authorities
- Schools
- NHS
- NSPCC
- Police
- Youth Justice
- Children's Centres
- Social Care & Health

Further information can be found at

[protectivebehaviours.org](http://protectivebehaviours.org)

featuring:

- Protective Behaviours Association
- PBPeople – PB community discussion forum
- Free resources
- History of Protective Behaviours



NON-VIOLENT INDIVIDUALS

WORKING TOWARD CREATING

## THE PROTECTIVE BEHAVIOURS PROCESS

FAMILIES AND COMMUNITIES

Protective Behaviours is a practical and down to earth approach to personal safety.

It is a process which encourages self-empowerment and brings with it the skills to avoid being victimised.

This is achieved by helping people recognise and trust their intuitive feelings (early warning signs) and to develop strategies for self-protection.

The Protective Behaviours Process encourages an adventurous approach to life which satisfies the need for fun and excitement without violence and fear.



There are two themes in Protective Behaviours:

We all have the right to feel safe all the time

&

We can talk with someone about anything, even if it feels awful or small

## Protective Behaviours

was developed in the US in the late 70s, went to Australia in the 80s and arrived in the UK in the 90s.

The process is simple and can be taught to groups or used one to one.

People of all ages and in many different circumstances have found it useful.

Protective Behaviours helps people to:

- Understand what safety feels like
- Explore times when it's 'fun to feel scared'
- Recognise Early Warning Signs which tell us when we are not feeling safe
- Understand the difference between safe, adventurous and unsafe situations

## The 7 Protective Behaviours Strategies

- Theme Reinforcement
- One Step Removed
- Network Review
- Persistence
- Protective Interrupting
- Risking on Purpose
- Language of Safety