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

- Helping people realise they have choices

- Restorative Justice

- Mentoring

- Healthy Schools

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

- Local Authorities
- National Health Service
- Connexions
- NSPCC
- Police
- Youth Justice
- Children's Centres
- Social Care & Health

Further information can be found at
www.protectivebehaviourstraining.co.uk
and
www.pbpeople.org.uk

a PB community website developed and run by a group of volunteers with the purpose of promoting the PB process far and wide featuring:

- Trainers Directory
- Discussion Forum
- Resources

THE PROTECTIVE BEHAVIOURS PROCESS

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.

We all have the right to feel safe all the time

We can talk with someone about anything – even if it's awful or small

There are two PBs themes:

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.

PBs helps us to:-

- Understand what safety feels like

- Explore times when it's 'fun to feel scared'

- Recognise our Early Warning Signs which tell us when we are not feeling safe

- Understand the difference between safe, adventurous and unsafe situations

The Protective Behaviours Strategies

- Theme Re-inforcement

- One Step Removed

- Network Review

- Persistence

- Protective Interrupting

- Risking on Purpose

- Language of Safety