

## The 7 Protective Behaviours Strategies

### Theme Reinforcement

Keeping the two themes alive:

- verbally (using Language of Safety & reminding people they have a right to feel safe and it's OK to use a network to ask for help)
- visually using posters, banners, displays etc.
- through activities e.g. games, puzzles, assemblies & group work & through the environment by checking whether it feels safe for everyone
- very importantly by being a role model.

Is my fun  
fun for everyone?

### One Step Removed

This strategy can be used in so many ways:

- Putting things into the 3rd person – using the word 'someone' NOT the word 'you' when problem solving e.g. "what could someone do if...?"
- Testing out our personal network – we can ask prospective network people what they may suggest someone could do e.g. "I've got a friend who..." to see if we feel safe with their advice
- For finding 'real, alive network people' by asking who something/ someone on the palm might suggest as a safe network person e.g. "who would your dog think was a good person to talk with next?"
- Using puppets, role play, stories, masks, dressing up, 'soap operas' etc. to explore feelings, thoughts and behaviour choices

### Network Review

Regular review is the key here, checking out my network is working for me, are there any vacancies to be filled? Do I need to make changes and are the people I have available and fitting my job description?

### Persistence

Try, try and try again/Tell, tell, tell again and keep on persisting until I feel safe again.

If my Early Warning Signs come back, I can try and/or start telling again.

How will I know I have persisted enough?... my Early Warning Signs will go away.

### Protective Interruption

Anything we do to keep ourselves, or others, safe from potential or actual harm e.g.

- physically stopping a child who is about to run into the road
- taking a bath when feeling stressed,
- saying 'yes' or saying 'no'
- removing yourself from an unsafe situation
- talking to a network person to get help to feel safer again.

### Risking on Purpose (or Risking for a Purpose)

Feel the fear; choose to do it anyway, because the outcome is worth it e.g.

- flying if you feel afraid of flying but want the holiday
- having dental treatment despite feeling afraid of the dentist
- going for a job interview/taking a driving test

This strategy helps us look after ourselves and enables self-development.

We can risk on purpose while remembering to respect that others have the right to feel safe with us.

### The Language of Safety

Using language safely means choosing language and behaviour which observes everyone's right to feel safe. This includes verbal and non-verbal messages as well as body language and all behaviour. By thinking about the quality, shared meaning, clarity and ownership of our language we are more likely to choose safe language; which in turn empowers ourselves and others, is inclusive and enhances relationships. The Language of Safety is the 'glue' which holds the whole process together.