

Protective Behaviours: Level 3

This **CPD accredited** course is a highly interactive training that takes place over 2 days. It focuses on giving practitioners skills to offer children and young people (as well as families) safety awareness and life skills, building confidence and resilience by exploring the right to feel safe, and how to use a self-developed network of support. It can be used as an abuse prevention strategy, as well as an intervention for those living with complexity and adversity. It is also a universal process for promoting good citizenship. This course is developed and delivered by our highly experienced associate trainer Judith Staff, whose detailed profile can be found [here](#).

Who is this course aimed at?

This course is useful for anyone working with children and families, either at a universal level, or children and families with identified indicators of vulnerability. This includes but is not limited to: *schools staff, family support teams, PCSOs, health visitors, school nurses, pastoral care leads, social workers, support workers, residential care workers and many more.*

What this course covers:

- Teaches an ability to recognise when we are not feeling safe, and provide skills and tools to enable individuals to take action and get help when they need it
- Helps children and adults to recognise any situation where they feel worried or unsafe, such as feeling stressed, bullied or threatened by having an awareness of Early Warning Signs
- Explains how the Unwritten Rules and other external factors may influence the relationship between feelings, thoughts and behaviour
- Describes the concept of safety on a continuum
- Explores the function of early warning signs and how to identify them for ourselves
- Describes and addresses how to apply the 'Seven Protective Behaviours Strategies' in the Protective Behaviours process

The course is only offered as bespoke to your organisation.

Time: 2 days (can be condensed into 1 day)

Please contact info@basistraining.org.uk for more information