

Protective Behaviours is a safety awareness and resilience building programme that we are using in school this term. We believe that this programme is an essential part of our school curriculum. It helps the children to recognise any situation where they feel worried or unsafe, such as feeling stressed, bullied or threatened and explores practical ways to keep safe. Protective Behaviours also looks at identifying support networks for times when we need someone to listen and help.

Protective Behaviours is based on two key messages:

*We all have the right to feel safe all of the time*

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

There are four key themes to the programme which develop throughout the year groups.

Lesson 1 - Feelings and Feeling Safe

Lesson 2 - Feeling Unsafe and Early Warning Signs/The Safety Scale

Lesson 3 - Body Awareness and Safe Touch/Secrets and Telling

Lesson 4 - Networks, Secrets and Telling

Throughout the programme the children are encouraged to recognise their feelings of safety in different situations. When we feel unsafe, our bodies tell us through physical sensations that something is wrong. Within school these situations are called early warning signs; however we may also refer to them as natural instincts, gut feelings or intuition.

Children are encouraged to develop a 'Safety Network' of trusted adults who will listen to them, believe them and help them if they need help. Networks of trusted people should be people children can talk to about *all* things - good things as well as things that concern them.

Within this programme we teach children the biological names for their private parts, but any names that parents have also chosen to use are okay too. Naming of body parts is a subject that some people feel uncomfortable about, but we believe that avoiding such conversations can lead to children becoming confused - especially if they are trying to let someone know that they are in discomfort or if something else has happened to them. Using the correct names for our body parts helps us all to have the appropriate dialogue in school and the words are used with care and respect.

If you have any further questions regarding this please get in touch with either myself or your child's class teacher.

Samera Uddin

PSHE subject lead