

Protective Behaviours

For what age?	At what level?
All ages	1 to 1, group work, whole classes, whole school and community including the adults working with the children

What is protective behaviours?

Protective Behaviours is a practical down to earth approach to working with children regardless of their ability. It has been used in different areas of life including:

- Safeguarding
- Restorative justice
- PSHE
- Anxiety management
- Deliberate self-harm
- Various mental health
- Emotional issues
- As an empowering process for adults and children

More information about PBs can be found on:

- [Protective Behaviours People website](#)

How do we know it works?

Protective Behaviours has been used successfully in Northamptonshire schools since the mid-1990s. It has been used in transition work from primary to secondary school and in group work for young people who struggle with school life (Documented in the Young Minds magazine 1996). More recently it has been used in over 100 schools in the county in combination with CSE Awareness. Numerous referrals have been made, asking for Protective Behaviours for individual children and young people, where they have been exhibiting 'unsafe behaviours' and have also experienced a range of Adverse Childhood Experiences. It is one of the Foundation Level Building Blocks of a Mentally Healthy School.

How can schools help?

- Being able to identify 'feeling safe,' for themselves.
- Knowing how the body reacts when a person is not feeling safe.
- Knowing what to do when a person doesn't feel safe.
- Remembering and understanding the 2 themes of Protective Behaviours.
- Identifying of a personal network and how to teach that to children.
- Being aware of how PBs can be used with children in their setting.

How can I access training?

To access centralised training in Protective Behaviours: A one day introduction, including at the TaMHS Conference if appropriate, please visit:

- [LGSS I Learn booking website](#)

Training at your school, or within clusters, for your staff can be commissioned from the Educational Psychology Service by contacting the TaMHS Administrator:

tamhs@childrenfirstnorthamptonshire.co.uk or by speaking to your Link Educational Psychologist