



Protective Behaviours

at Nanpean Community Primary School

Overview



NON-VIOLENT INDIVIDUALS

WORKING TOWARD CREATING

THE PROTECTIVE BEHAVIOURS PROCESS

FAMILIES AND COMMUNITIES

*Being strong inside so
you can avoid being sad*

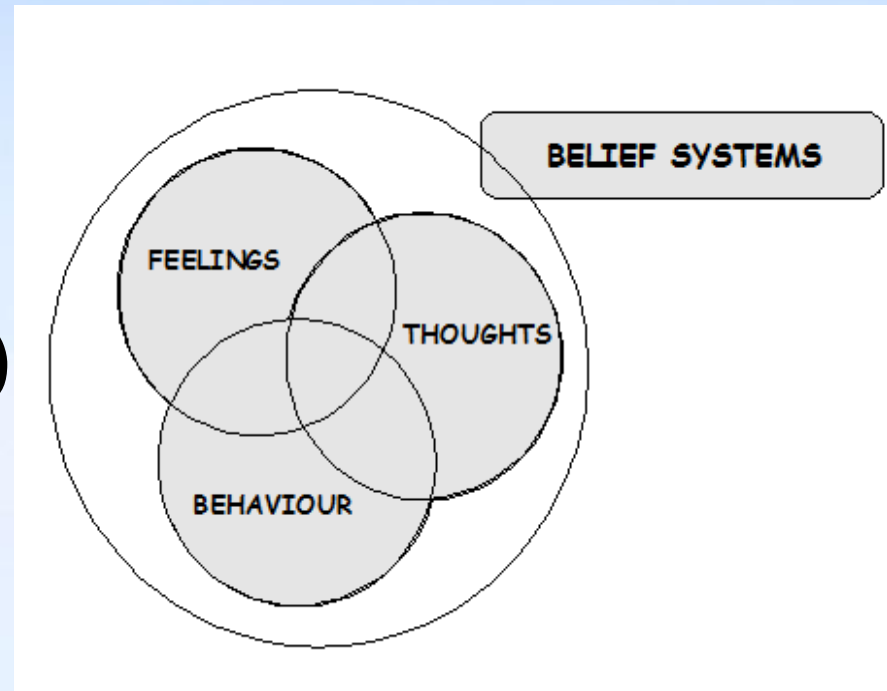
Recognising
early warning signs,
to protect yourself

*Encourages
fun and excitement
without violence and fear*

Feelings, Thoughts & Behaviour



- **Feelings are feelings** (neither right or wrong, neither good or bad)
- You need to **think carefully**
- **Behaviour is a choice** (with an effect)



Feelings, Thoughts & Behaviour



HAPPY



SAD



ANGRY



WORRIED

Feelings, Thoughts & Behaviour

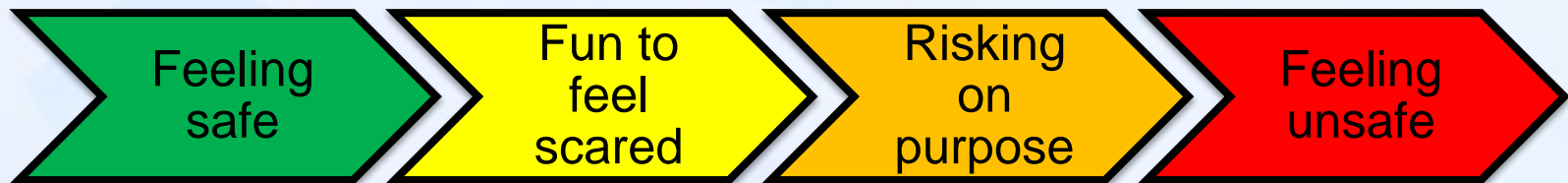


- We need to take **responsibility** for our feelings and **respect** others' feelings
- **Behaviour** - there are always effects from choices we make
- Need to make choices **for ourselves** but not **by ourselves**
- Importance of **thinking** and **networking**
- Need to make the **best choice**

Theme 1: "We all have the right to feel safe all of the time"

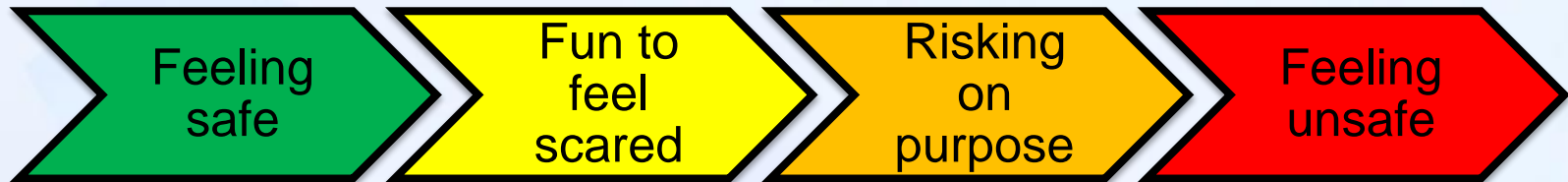


- **Right to feel safe and responsibility to respect that everyone else has the same right too**
- **Continuum of Safety**



- Choice, control and time limit
- Feel unsafe when there is no choice or control and not sure when it will end.

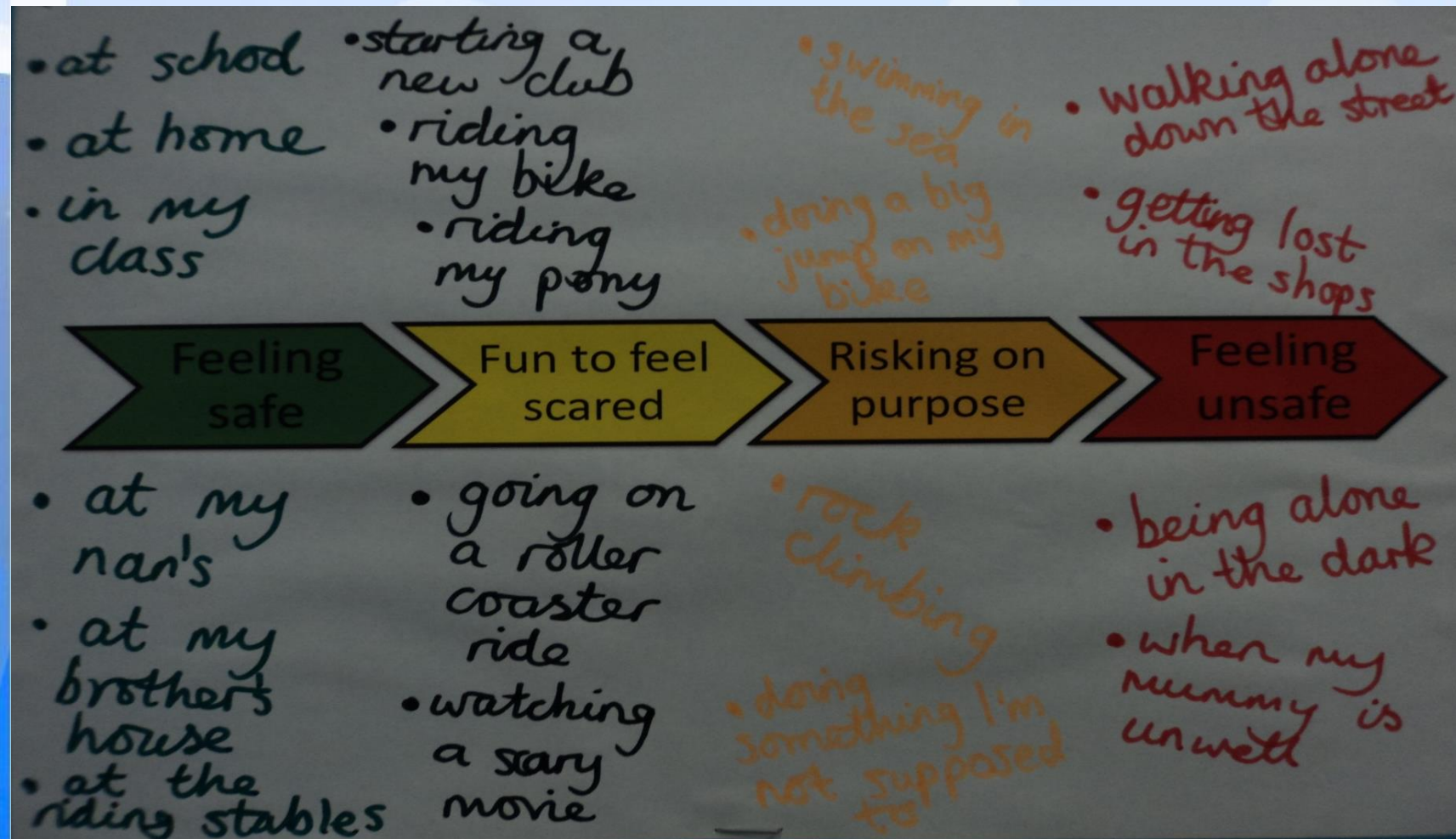
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• Continuum of Safety



Theme 1: "We all have the right to feel safe all of the time"



Feeling safe -

- What can you see?
- What can you hear?
- What can you smell?
- What can you taste?
- What does it feel like?

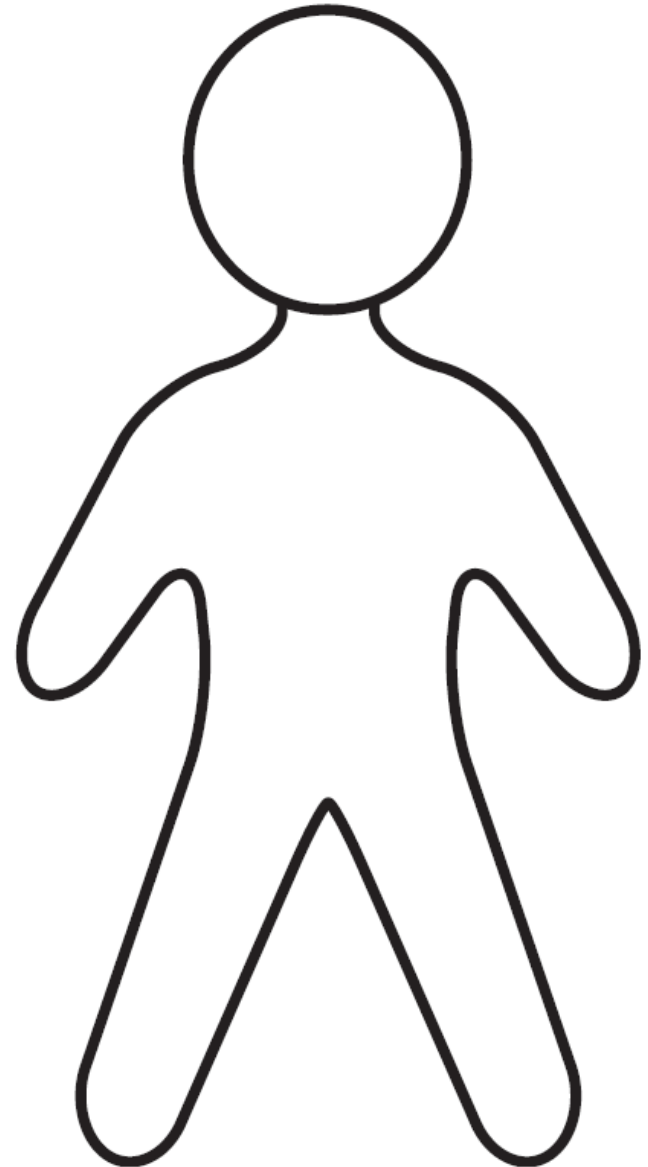


Theme 1: "We all have the right to feel safe all of the time"



Feeling unsafe -

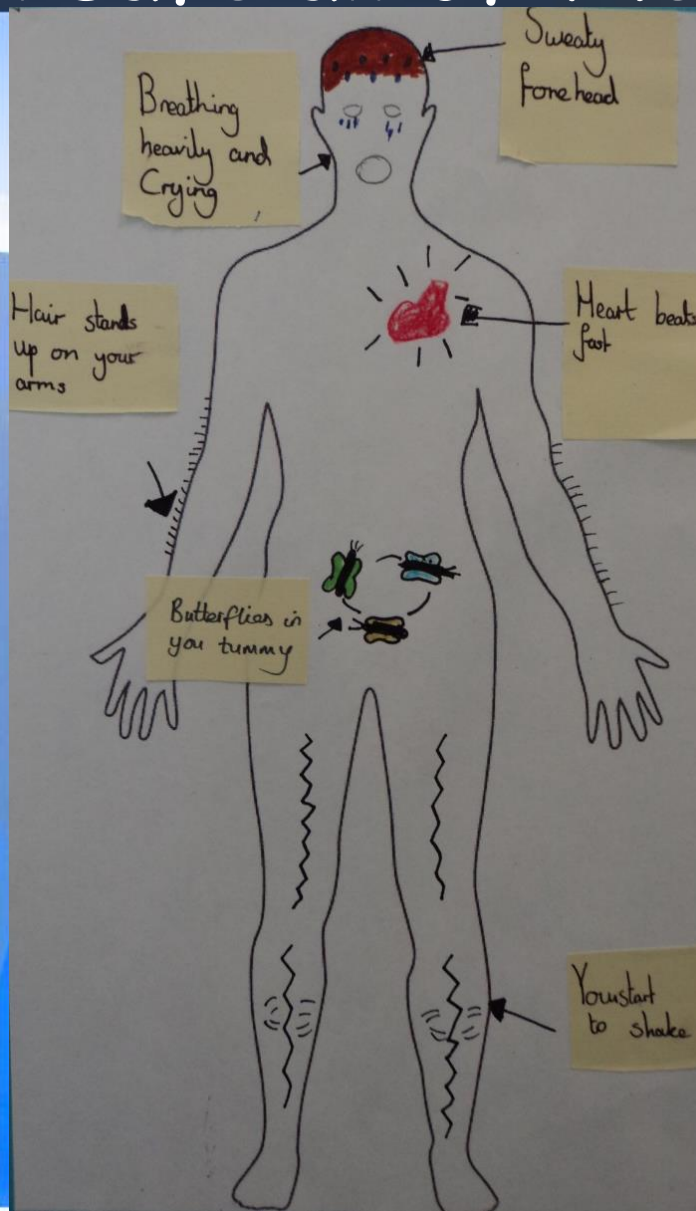
- What happens to your body when you don't feel safe?
- These are physical feelings called **Early Warning Signs**.



Theme 1: "We all have the right to feel safe all of the time"



Early Warning Signs



Theme 1: "We all have the right to feel safe all of the time"

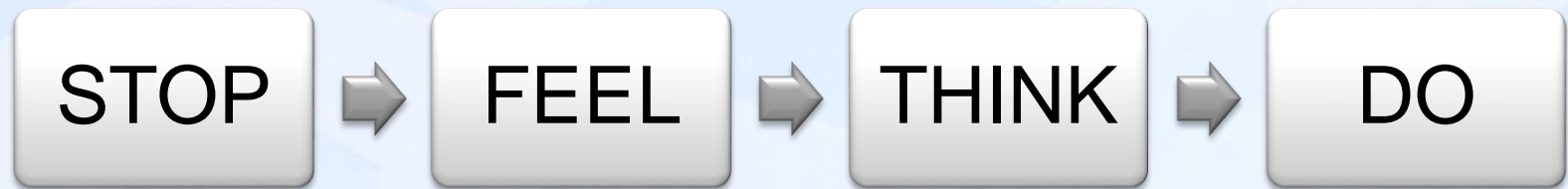


- Is there anywhere in school you get your 'early warning signs'?

Theme 1: "We all have the right to feel safe all of the time"



- When we get these **early warning signs** we need to...



- We can **ask for help** if we feel unsafe...

Theme 2: "We can talk with someone about anything, even if it feels awful or small"



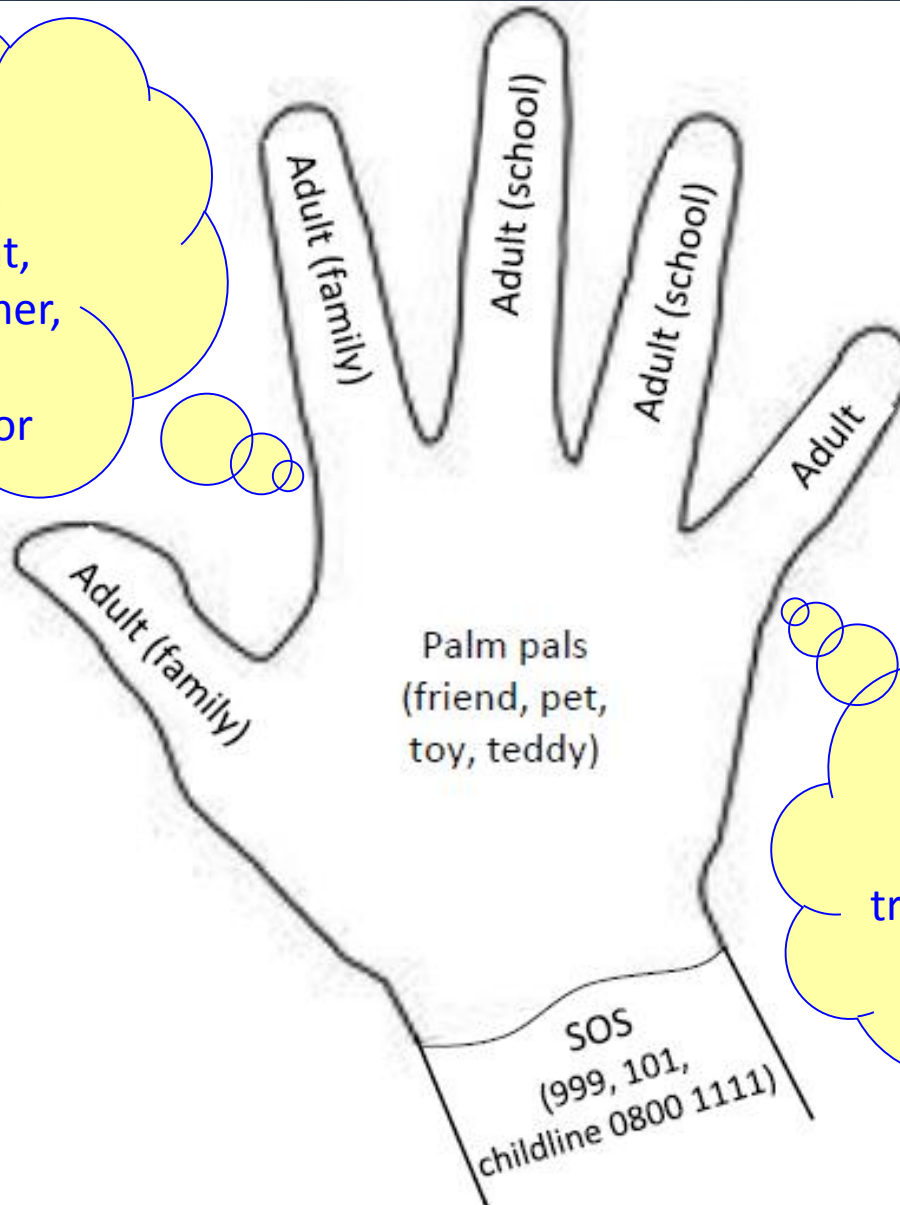
- **Why is talking helpful?**
 - share our worries
 - discuss our feelings
 - decide how to get help
- We need to identify and talk with our **personal network** - someone on our **helping hand**

Theme 2: "We can talk with someone about anything, even if it feels awful or small"



Who?

family member,
teaching assistant,
headteacher, teacher,
neighbour,
club leader, doctor



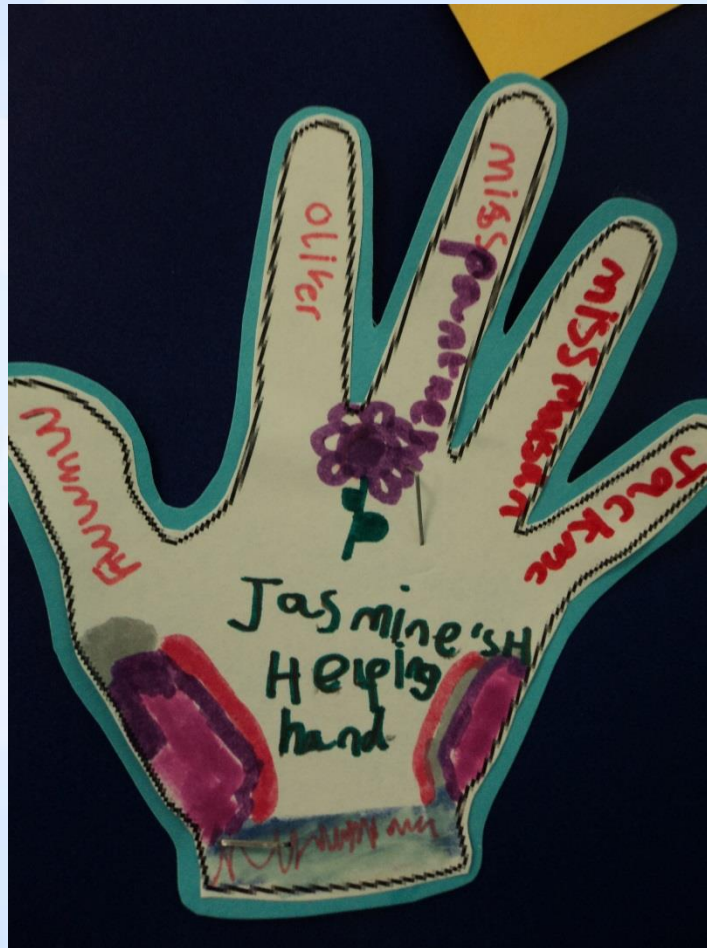
Qualities?

good listener,
believes you,
trustworthy, honest,
sympathetic,
can help

Theme 2: "We can talk with someone about anything, even if it feels awful or small"



➤ Who is on your helping hand?



Key messages



1. **Visual** aids around school
2. Check our **helping hand** regularly
3. **Persist** until we feel safe and early warning signs go away
4. Take action to interrupt or stop an unsafe situation
5. **Think before we speak** so our language is non-violent

Language of Safety



1. **Quality:** Your words should be positive to develop friendships.

2. **Shared meaning:** Do we all understand what is being said?

3. **Clarity:** Am I being clear in what I am saying?

4. **Ownership:** You are responsible for own language “I feel ... when you...”



- How we can we create a safer school?
- How can we promote Protective Behaviours at Nanpean?