

Protective Behaviours Level 1 (Foundation) Training Course



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The Level 1 (Foundation) Course includes:

- The 2 Day Level 1 (Foundation) Course
- Course book and Certificate on completion
- Refreshments
- Ongoing attendance at local PB Network meetings

Introduction

This course is provided by Families Feeling Safe Protective Behaviours Services who work in partnership with settings in Hertfordshire and beyond, to build capacity and to sustain Protective Behaviours practice. As an early intervention approach, Protective Behaviours can improve the emotional wellbeing of children and families and help them build skills to keep themselves and their children feeling safe, thereby reducing the need for more specialist help.

A range of organisations, teams and individuals have been trained to use Protective Behaviours including Schools, Family Support, Children's Centres, Domestic Violence services, Youth teams, Health, Police and Voluntary organisations. The Protective Behaviours process can be used by whole staff teams, in groups and used one to one and for our own safety and wellbeing. The ideas and strategies are relevant for everyone within their workplace, their personal lives and those with whom they work. People of all ages and in many different circumstances have found Protective Behaviours useful and for many it has been life changing.

Purpose of the course

Protective Behaviours is a practical and down to earth approach to personal safety, resilience and improving wellbeing that encourages self-empowerment and brings with it the skills to avoid becoming victimised. This is achieved by helping people recognise and trust their intuitive feelings (Early Warning Signs) and develop strategies for self-protection. The training will explore key principles in the Protective Behaviours process and the relevance to people of different ages and abilities including self.

Day 1: To explore the content of the Protective Behaviours Process

Day 2: To explore the application of the Protective Behaviours Process

Protective Behaviours is about:

- Recognising and trusting feelings
- Expressing and managing feelings in a responsible way
- Developing problem – solving skills to help keep ourselves and others feeling safe

- Improving relationships and communication
- Building self-esteem and confidence
- Developing and maintaining safe networks of support

Learning outcomes

- To recognise the effects of Unwritten Rules on feelings, thoughts & behaviour
- To recognise the inter-relationship of Feelings, Thoughts and Behaviour
- To know the importance of the two themes of Protective Behaviours and understand their importance in helping people feel safe
- To understand what 'Feeling Safe' is and the recognition of Early Warning Signs
- To understand how to build a personal network of support
- To understand the 7 Protective Behaviours Strategies and how they can be applied in practice
- To understand how the use of safe, empowering language is effective in communicating to enhance relationships in the workplace, with families and communities

Progression opportunities

- The Level 2 (Intermediate) training is a 3 Day course which provides professional development and progression onto other Protective Behaviours courses. It enables people to feel more competent as practitioners by deepening their understanding of the Protective Behaviours Process.
- Completion of Level 2 (Intermediate) course enables further progression to facilitate other Families Feeling Safe programmes.

About our trainers

- Our trainers have a range of backgrounds e.g. Social work, Teaching, Early years, Youth Justice, Health Service
- All are qualified in adult education e.g. PTLLS, Award in Education and Training
- All have extensive use of Protective Behaviours in their practice
- To find out more please click on the link <https://familiesfeelingsafe.co.uk/about-us/team/>

Our trainers will:

- Support the learning of all participants through a variety of learning approaches
- Will meet the learning needs of every individual wherever possible
- Provide an equal opportunity for all learners to receive the best possible support throughout the course
- Provide high quality resources and guidance during the course and a certificate upon successful course completion
- Provide information to enable further Protective Behaviours progression, involvement in quality assurance processes and continued professional development

Course cost

The total cost of the Course is £120 + VAT. Please see Terms and Conditions attached to the course booking form.

Please apply for the course on the separate booking form that we have sent to you with this document.