

Protective Behaviours	
What is the purpose of Protective Behaviours?	Protective Behaviours (PB) is a practical, down-to-earth approach to personal safety. It is a dynamic approach to personal safety, which works on building confidence, empowering people to recognise how they feel, look at their thoughts and, in turn, how these impact on their own and other people's behaviours. It also allows them to get to grips with the unwritten rules of society, know what it is to feel safe, recognise their early warning signs, explore times when it is fun to feel scared, and allows them to be able to understand the difference between adventures and taking positive risks and unsafe situations.
How have we built the culture of Protective Behaviours at Chelveston Road School?	PBs is a fundamental tool that runs through our interventions and PSHE curriculum throughout a student's time at Friars. Through the development our students PBs, we aim to increase their levels of self-confidence and empower our students to develop their own thinking and problem-solving skills. In turn, this can enhance our student's confidence to take protective action on their own behalf and seek the help of others when needed. It helps to give our students the tools to live life to the fullest within a framework of safety
What are the themes and strategies of Protective Behaviour?	<p><b>Themes:</b></p> <ol style="list-style-type: none"> <li>1. We all have the right to feel safe all of the time.</li> <li>2. We can talk with someone about anything, even if it feels awful or small.</li> </ol> <p><b>Strategies:</b></p> <ul style="list-style-type: none"> <li>✦ <b>Theme reinforcement</b> – looking at what the two themes really mean for us and their importance.</li> <li>✦ <b>Network review</b> – checking constantly to make sure our personal networks of support are available and still fit our needs.</li> <li>✦ <b>One step removed</b> – using a third person approach to problem solving.</li> <li>✦ <b>Protective interrupting</b> – taking any action to interrupt or halt a potential or actual unsafe situation.</li> <li>✦ <b>Persistence</b> – persisting in asking for help until we feel safe and our early warning signs reduce.</li> <li>✦ <b>Risking on Purpose</b> – deliberately taking a risk for a positive outcome we may want.</li> <li>✦ <b>The Language of safety</b> – reframing language into empowering, non-victimising and a non-violent format.</li> </ul>
What is the impact of Protective Behaviours at Chelveston Road School?	PBs allows our students to seek solutions based on them as an individual and their feelings. It is flexible and can be used by anyone, no matter the circumstances. It supports those who have been subject to bullying, racism, sexism, harassment, conflict resolution, abuse of all kinds, fostering and adoption, Restorative Justice, buddying and mentoring, coping with transition, adverse childhood experiences, loss and bereavement, relationship and sexuality education. It enables our students to have the tools to deal with situations they may have experienced in the past and equips them with tools to help them in situations that may arise in their futures. PBs is an ethos that is carried across our school in all year groups.
Who are the Protective Behaviours special practitioners at Chelveston Road School?	Mrs D Minney