



WHAT IS PROTECTIVE BEHAVIOURS?

Protective Behaviours (PB) is a programme of safety and empowerment for all people. PB teaches strategies, particularly to children, to be proactive about their own safety. This Personal Safety Programme presents simple safety strategies that adults can easily learn, and then teach to all children they come in contact with.

WHY TEACH PROTECTIVE BEHAVIOURS

One of the most challenging aspects of being a parent or educator is preparing children for the potential challenges that exist in the world. How do we achieve this without scaring them, wrapping them in bubble wrap or providing them with too much information?

Protective Behaviours Education is a proactive life skills approach. By teaching children the language and principles of Protective Behaviours, in a holistic and integrated way, they can acquire invaluable skills and strategies to identify unsafe situations and protect themselves from potential harm. With a strong foundation in empowering children and building resilience, the Protective Behaviours programme can also be extended to embrace anti-bullying, drug awareness, human trafficking or youth suicide prevention programmes.