



Protective Behaviours

<p>What is the purpose of PBs?</p>	<p>Protective Behaviours 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 this impacts on their own and other peoples 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.</p>
<p>How have we built the culture of PBs at Friars Academy?</p>	<p>PBs is a fundamental tool that runs through our interventions and PSHE curriculum throughout their 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.</p>
<p>What are the themes and strategies of PBs?</p>	<p><u>Themes:</u></p> <ol style="list-style-type: none"> We all have the right to feel safe all of the time. We can talk with someone about anything, even if it feels awful or small. <p><u>Strategies:</u></p> <p>Theme reinforcement – looking at what the two themes really mean for us and their importance.</p> <p>Network review – checking constantly to make sure our personal networks of support are available and still fit our needs.</p> <p>One step removed – using a third person approach to for problem solving.</p> <p>Protective interrupting – taking any action to interrupt or halt a potential or actual unsafe situation.</p> <p>Persistence – persisting in asking for help until we feel safe and our early warning signs reduce.</p> <p>Risking on Purpose – deliberately taking a risk for a positive outcome we may want</p> <p>The Language of safety – reframing language into empowering, non-victimising and a non-violent format</p>
<p>What is the impact of PBs at Friars Academy?</p>	<p>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 prepares 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.</p>
<p>Who are the PBs specials Practitioners at Friars</p>	<p>Mrs R Stockham - Deputy Headteacher Mrs D Minney – Pastoral Support Miss A Pride – Pastoral Support</p>