

The Benefits of Protective Behaviours Training

The Protective Behaviours Process:-

- ✎ is simple and flexible
- ✎ develops positive self-esteem and resilience
- ✎ empowers people to make their own decisions rather than having others tell them what to do
- ✎ links rights and responsibilities
- ✎ helps to develop a sense of moral and social responsibility
- ✎ develops life-long skills of:
 - assertiveness
 - self confidence
 - problem solving
 - communication
- ✎ does not use scare tactics
- ✎ does not invite guilt or blame
- ✎ does not invite public disclosure of private matters
- ✎ is sensitive to legal and professional matters
- ✎ includes parents and care-givers
- ✎ can improve the quality of communication and relationships in the home, school, work-place, community and places of worship
- ✎ encourages open, honest, non-judgemental discussion between children, parents, other adults, school staff, families and friends
- ✎ encourages a sense of fun and adventure for people of all ages
- ✎ is inclusive regardless of race, age, ability, religion, sexual orientation, culture and gender
- ✎ promotes happy, healthy, adventurous and life-enhancing activities, all within a framework of safety