

## Protective Behaviours Services for Children



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## Background

Protective Behaviours (PB) is an international personal safety program with the aim to empower people of all ages to prevent and stop violence and abuse through the development of problem-solving, communication and networking skills. The PB program was developed in the early 1970s by Peg Flandreau West, a school social worker working with 'at risk' children in Wisconsin, USA.

PB was introduced to Australia by the Victoria Police Service in 1985 as a child abuse prevention and early detection program. Since this time PB has been successfully adapted to suit people of all ages in particular vulnerable groups including children, seniors, people with disabilities and victims of crime. PB superseded the 'Stranger Danger' program in the early 1990s, as Stranger Danger failed to address the vast majority of child abuse (approximately 90%) which is perpetrated by a person known to the child.

Based on recognising and responding to our feelings of safety, PB is effective in dealing with any potential threat to our safety, whether the threat is perpetrated by a known or unknown person, ourselves or an outside influence. Such threats include physical, emotional and/or sexual abuse, neglect, school or workplace bullying, peer pressure, self harm, substance abuse, suicide, abduction attempts and even being lost or injured.

PB is based on two core themes:

- 'We all have the right to feel safe all of the time'; and
- 'We can talk with someone about anything, no matter what it is'.

The program is widely endorsed and promoted by education, police, health and welfare departments in Australian states and territories. It is the only personal safety program to receive endorsement from the National Association for the Prevention of Child Abuse and Neglect (NAPCAN). In Queensland, PB has been endorsed by the Queensland Police Service and Education Queensland, which supports the inclusion of the program in school curriculum.

## Aims

Personal Safety Australia Protective Behaviours Awareness Sessions and Workshops aim to equip, empower and inspire clients with Protective Behaviours themes, concepts and strategies to:

- Maximise their safety in all situations
- Reduce the risk of victimisation
- Identify and respond to potential threats to their safety
- Build confidence, resilience and self esteem
- Develop communication, problem-solving and assertiveness skills
- Enhance their wellbeing and quality of life
- Reach their potential
- Relay Protective Behaviours themes, concepts and strategies to their clients, family and friends
- (For organisations) Provide a protective and supportive work environment for staff and clients.

## Protective Behaviours Awareness Sessions

**Purpose:** To equip, empower and inspire participants with an introduction to the themes and concepts of Protective Behaviours.

**Duration:** 2 – 3 hours (custom-made to meet client needs)

**Target audience:** Parents, carers, teachers, social workers, counsellors, support workers, child protection workers, community workers, childcare providers, youth workers and service club leaders (e.g. Guides and Scouts).

<b>Participant numbers:</b>	Up to 200 participants
<b>Learning methods:</b>	Lecture-style presentation with visual aids. Participants have the opportunity to ask questions.
<b>Testimonials:</b>	<p>'Very informative, a must for any parent or volunteer in a child organisation.'</p> <p>'A lot covered, but in a very engaging way.'</p> <p>'Take it to the community - this is a MUST. Very informative.'</p> <p>'Excellent and very informative and I appreciate the usage of the KIS technique.'</p> <p>'Excellent presentation. Information very relevant and worthwhile. Easy to understand.'</p> <p>'Would like to see our Leaders attend this' (Scouts Australia).</p> <p>'Will be useful to my role in Guiding both as a leader with girls and trainer of adults.'</p> <p>'Found it very informative and interesting, even for someone who has already had some training.'</p>
<b>Further information:</b>	Further information regarding this workshop can be accessed by visiting the <a href="#">Member Login</a> section or by <a href="#">contacting us</a> .

### Protective Behaviours Presenter Training Workshops

<b>Purpose:</b>	<p>To equip, empower and inspire participants with a comprehensive understanding of the themes, concepts and teaching strategies of Protective Behaviours to enable them to relay this information to their clients, family and friends.</p> <p>This interactive workshop includes a range of activities and resources to assist participants to conduct their own in-agency information sessions.</p>
<b>Duration:</b>	1 day (approx. 8 hour including meal breaks)
<b>Target audience:</b>	Parents, carers, teachers, social workers, counsellors, support workers, child protection workers, community workers, childcare providers, youth workers and service club leaders (e.g. Guides and Scouts).
<b>Participant numbers:</b>	Up to 20 participants (negotiable)
<b>Learning methods:</b>	Class and group activities including brainstorming, discussion and a demonstration of activities that can be used by participants with their own clients.
<b>Testimonials (2007):</b>	<p>'Thoroughly enjoyed the course. I look forward to using learnt techniques.'</p> <p>'I found this to be an exciting, funny and educational day. Kim was fantastic.'</p> <p>'Outstanding course, very informative, educational and practical. All activities were very relevant and fitting to the course content and all resources are great.'</p> <p>'Excellent course. Very enjoyable and I learnt a lot. Great team activities'.</p> <p>'All sessions were well structured and very informative + exceptional presentation techniques. Top Shelf!!!'</p> <p>'I found this a very useful workshop both as a parent and Safety House Committee member. PB is a really good life skill.'</p> <p>'Enlightening.'</p> <p>'Excellent modelling of the communication style embedded in the PB program. Highly effective and congruent presentation and content.'</p>

**Further information:**

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