

Group Work - Protective Behaviours

In response to the demand from schools to provide group work to help children deal with increasing their confidence, managing difficult feelings and keeping themselves safe physically and emotionally, we now offer a Protective Behaviours Programme.

This is a series of six 50 minute workshops delivered to a group by one of our experienced and fully trained counsellors. As with counselling, this service is noted by Ofsted as an example of a school's commitment to the social and emotional development of their pupils.

Protective Behaviours is a programme run over six weeks which teaches children and young people a wide range of skills and techniques which can help to keep them safe in a wide variety of situations. The programme will help them to identify and express their feelings and help them to make choices or solve problems.

Protective Behaviours has two central themes. The first theme is based in equality: that everyone has the right to feel safe. It explores what is safety, risking on purpose and safe ways of feeling scared. The second theme is that there is nothing so bad that it can't be spoken about. This involves identifying a personal network of people to talk to about any situation that is difficult, no matter how trivial they may think it is.

Please contact us to discuss your school's needs and we will be able to find the most suitable level of support for your pupils.

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