

### **What is Protective Behaviours (PBs)?**

We call it 'Safe Hands' but the two-day training we provide is based on PBs. This is a well evaluated personal safety programme based on two main themes; they focus on everyone having the right to feel safe, and there being nothing so terrible we cannot talk about it with someone.

### **What's the Course Content?**

The programme has a fresh and positive approach and splits into two days with day two reinforcing much of the learning from day one (people usually participate in the course over a period of time e.g. week/month, rather than consecutive days).

Main content focuses on the two themes and seven significant strategies to help keep yourself safe in various situations e.g. from bullying, peer pressure and other risky scenarios which may include Childhood Sexual Abuse (CSA).

One strategy introduces the concept of creating your own personal network (using your hand) to start identifying safe people. This is a simple but effective tool for attendees to develop.

### **What's the goal?**

The aim of PBs is to give adults, young people and children helpful tools to utilise when they feel unsafe. Children talk about Oh! Oh! feelings, while young people and adults are more likely to refer to vibes/ gut intuition.

Attendees gain knowledge, skills and resilience to use in their lives e.g. the workplace, school, at home.

### **What's the training format?**

The two days are run in participative workshop style with opportunity for group and individual learning and fun.

### **Who's it for?**

Everyone. Training is often multi-disciplinary so that e.g. Health professionals, Childcare practitioners, Police personnel etc can share and network the ideas with colleagues. It's also possible for the training to be run as an in-house workshop/during in-service days and for team development.

### **What are the benefits?**

For all age groups there are significant benefits in terms of confidence-building, assertiveness, development and boosting of self-esteem. Awareness raising of the knowledge and skills which are critical elements of PBs, ensures noticeable increases in levels of empowerment and the ability to approach trusted individuals and have your voice heard.

### **What about feedback?**

Over two decades we have experienced highly consistent excellent evaluation of our Safe Hands course based on PBs.

One South Lanarkshire Primary Head comments “It was instrumental in helping my children in school find their voice. It was like a comforting cloak that emboldened children. It also acted as a catalyst for a few to seek help when it was needed”.

A Dundee Secondary Head wrote “.....This has to rate among the best I have encountered.....and fitted well within the curriculum particularly within the health and wellbeing aspects. Outstanding, impactful messages are contained which I believe should be available in all schools and communities: as well as being important life lessons, for some pupils I know they were a lifeline.”

An Early Years practitioner from North Ayrshire told Childcare Magazine “I thought our 3 year olds were too young to do this, but in groups of two we worked on the concept of networks and I was staggered at who the children chose (on their hand) as their trusted adults and their reasons why each person was suitable. It’s so simple but could have a phenomenally positive impact. I think access to this programme should be a given right of every child wherever they live.”

### **Next Steps?**

If you’re interested, we have a short Safe Hands workshop presentation that can be done face to face or virtually. This gives an overview of what attendees can expect if they proceed to the full course. The short presentation can be provided at a very reasonable cost.

The full two-day Safe Hands course is delivered face to face. This allows for group work, practical exercises and discussion with all materials provided. Courses normally run from 9.30am – 4.30pm with breaks. While the two days stand alone, day two must always precede day one.

Cost available on request and location flexible dependant on your specific needs. A certificate is awarded on successful completion of the full course by an accredited MAF trainer. Attendees will normally number 12 – 15 people, and no more than 20.