

Protective Behaviours: Helps C&YP feel safe, stay safe... ...physically, socially, emotionally, psychologically

An Introduction to Protective Behaviours in Cornwall

Since the Lottery Funded element of the Headstart programme came to an end in August 2022 we have joined the Council as part of the Education Directorate and funded in post by Public Health. I am concentrating on the development of the [Cornwall Schools' Wellbeing Hub](#)

- Supporting a Universal Whole School, trauma informed, relational Approach to wellbeing, that is 'Everybody's Business' with safety and belonging at its heart.
- Supporting the Senior Mental Health Lead role in schools

Post Covid, with increasing concerns about online life and criminal exploitation feels like an added imperative to focus on safety. PBs provides that focus. For me, PBs is simply another powerful addition to the wellbeing toolbox for anyone working with C&YP.

Why PBs?

At the heart of a Whole School, trauma informed, Approach to wellbeing is 'safety' and creating a physical and emotional safe space for all, where connection and relationships can flourish, and all children and young people feel they belong.

Protective Behaviours:

- a practical and down to earth approach to personal safety
- a way to help C&YP understand feelings and emotions - 'naming and taming'
- a trauma - informed and relational approach with safety and belonging at it's heart
- another brilliant way to help C&YP resilience; self-esteem and confidence
- a powerful and effective element of a Whole School Approach to wellbeing
- a way to help C&YP develop practical skills and strategies
- helps individuals to 'thrive and survive' in an adventurous, rather than a 'risk averse', approach, to life
- key to a PSHE curriculum
- an important part of Child Exploitation Awareness and digital resilience
- about children's rights

If you have any questions about the training or what to expect we'd love to hear from you.

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What is the Two Day Foundation Course?

The PBs 2 Day Foundation course is for anyone who lives and/or works with children & young people. The Foundation Course introduces the 5 elements of the PB process and provides opportunities to experience the 7 strategies in action.

On Day One (09.30 – 4.00pm)

We will 'unfold' the PBs Process in some detail making links to the context of wellbeing across Cornwall.

On Day Two (09.30 – 4.00pm)

We will explore the application of the process, focusing on your roles and the support and resources available in Cornwall. We will also have a wide range of resources on display and plenty of ideas to take away.

What Next?

Once you have completed the 2 Day Foundation Course you will have access to the resources area of the PBs Association website. You may also choose to attend a 4 Day Specialist Practitioner Course or just stay in touch with PBs in Cornwall via our network group.

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Find out more about PBs and the PBs Association

