



# Safe!

Support for Young People  
Affected by Crime

## **PBC Foundation Level in Protective Behaviours**

This is an engaging, participatory two-day course that provides learners with an excellent foundation in the internationally acclaimed Protective Behaviours Process. Provided by the national organisation for Protective Behaviours, the course is delivered by leading experts in the field and aims to equip learners with sufficient knowledge and understanding to use the Protective Behaviours Process as part of their professional practice.

The PBC Foundation Level Protective Behaviours Course is unique and our expert PBC Registered Trainers deliver a high-quality learning experience supported by the best quality resources to enable all participants to access the Ofqual approved Protective Behaviours qualification. As the leading organisation for Protective Behaviours in the UK we maintain national standards to ensure that every course we deliver offers quality teaching and excellent value for money.

### ***Purpose of the course***

The purpose of the course is:

- To introduce participants to the principles and strategies of the Protective Behaviours Process
- To demonstrate how Protective Behaviours can be used to develop professional practice, support safer relationships, develop good safeguarding practice, and provide a safe approach to improving personal wellbeing.
- To enable learners to achieve an accredited Protective Behaviours Qualification (QCF).

### ***Learning outcomes***

It is expected that participants will:

1. Recognise the importance of the two themes of Protective Behaviours (PB).
2. Be familiar with underpinning concepts and specific PB Strategies that enable individuals to use Protective Behaviours as a tool for identifying solutions to life's challenging situations.
3. Recognise the effect of unwritten rules on individual wellbeing, professional practice and workplace culture.
4. Understand how the use of safe, empowering language is effective in changing attitudes and can help individuals to feel safe.
5. Have considered some ways of changing or challenging practice on a personal level, within the workplace and with service users.

SAFE! is an accredited centre of

**Protective Behaviours Consortium CIC (PBC)**

*The National organisation for Protective Behaviours in the UK*

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## ***Programme Structure***

### **Day 1: Protective Behaviours Process – Principles and Strategies**

The focus for the day is to develop the knowledge and understanding of the Protective Behaviours Process. Throughout the day the following broad themes will be explored in detail:

- **Unwritten rules**
- **Feelings, thoughts and behaviours**
- **Theme 1 ‘We all have the right to feel safe all the time’**
- **Theme 2 ‘We can talk with someone about anything even if it’s awful or small’**
- **Protective Behaviours Strategies, including a focus on safe communication**

### **Day 2: Protective Behaviours Process – practical applications**

The second day will continue to explore the concepts introduced on the first day with opportunities to use PB knowledge in a range of practical ways. Learners will be encouraged to plan how to implement PB in their professional role and think about how to support wider aspects of life. Learners will consider how to improve practice relating to wellbeing, safeguarding and safer relationships:

- using empowering safe language
- recognising rights and responsibilities
- improving equality of opportunity
- promoting the Protective Behaviours Process

## ***Course resources, qualification and certification***

Learners will be sent an e-book “**The Protective Behaviours Process: Principles and Strategies**” on completion of the course. This resource will support learners in completing the on-line Protective Behaviours qualification which is certificated through the awarding body, Open College Network West Midlands. Each learner will receive a Protective Behaviours Consortium Foundation Level Course Certificate.

## ***Progression Opportunities***

Learners can progress on to any of the following:

- PBC Intermediate Level Protective Behaviours (Learning Champions) accredited
- PBC Advanced Intermediate Level Protective Behaviours Course (Leadership in wellbeing) accredited (QCF)
- Level 3 Award in Education and Training (accredited adult teaching qualification)
- Facilitator training for “Feeling Safe: Knowing Me, Knowing You” CSE Programme delivery
- PBC Protective Behaviours CPD workshops

For more information, to book a course or individual place on our courses please go to [www.safeproject.org.uk](http://www.safeproject.org.uk) or email [safe@safeproject.org.uk](mailto:safe@safeproject.org.uk)