

## What is a Network Person?

A network person is someone we can talk to if we are feeling unsafe and cannot make our EWS go away by ourselves. In the PB programme children/ young people are asked to identify at least five adults who will be on their network.

These people must:

- **Be available:** the child must have regular contact with them and/or the opportunity for communication
- **Listen:** the adult must be able to encourage the child to keep talking until they feel safe again.
- **Believe:** the person must believe what the child says and avoid 'fishing' for the right answer.
- **Take action:** sometimes all we can do is reinforce that we are trying to do something and willing to keep listening if the child still feels unsafe.

## Teen Issues

An extended PB program is offered for our young people in order to adequately meet their needs and address safety issues relevant to their developmental age. Including Peer pressure, self image, grooming, secret enablers, sexting and cyber bullying to name a few.

## Service locations & Contact Details

PB's will be offered in the following locations

- Mirrabooka
- Armadale
- Midland
- Parkerville
- Bunbury,
- Narrogin
- Northam

For further information or to reserve your place please contact Lisa McAneny 089391 1905 or email [protectivebehaviours@parkerville.org.au](mailto:protectivebehaviours@parkerville.org.au)

# What is Protective Behaviours?



**An Information Brochure for Parents**



## What is Protective Behaviours?

As parents or carers of children and young people it can feel daunting and uncomfortable to raise conversations regarding body awareness, risk taking, cyber safety, managing difficult feelings and unsafe situations.

The Protective Behaviours (PB's) course has been designed to support families and community members engage their young people in conversations and activities that promote safety.

A qualified and experienced facilitator will cover a range of topics utilising games and activities in simple easy to understand language appropriate for the age of the children/young people.

This simple life skills program is tailored to meet the needs of the children/young people whether it be run in individual, family or group based sessions, which consist of 1 hour long weekly appointments for between 5 –7 weeks.



## What will we talk about

At the core of the program there are two themes

**WE ALL HAVE THE RIGHT TO FEEL SAFE AT ALL TIMES**  
**&**  
**WE CAN TALK WITH SOMEONE ABOUT ANYTHING NO MATTER WHAT IT IS**

### Feelings

One of the first concepts taught in the programme is for children/young people to recognise their own feelings and the feelings of others, to be able to share their feelings with supportive adults and to learn a range of tools to appropriately manage their emotions.

### Personal Safety

The program encourages each Child/ young person to recognise safe and unsafe situations that can arise and promotes everyone's right to make their own decisions about what feels safe and unsafe for them. Problem solving skills are an important element of the PB's course and each Child/young person will have many opportunities to practice making informed choices to a range of scenarios.



## The Body and Private Parts

- Children/young people are taught that they are the boss of their body and their body belongs only to them. Assertiveness activities that promote personal space and the right to say NO to touch that makes them uncomfortable is paramount in the PB's program.
- PB's also recognises the importance of educating Children/young people the anatomical language for their private parts.

### Early Warning Signs

Early Warning Signs (EWS) are the physical sensations which we experience in our bodies when we do not feel safe, or when we are in an exciting or challenging situation.

Children and young people are taught to recognise their own EWS and problem solve strategies to make them go away.

Some common EWS are:

- Butterflies in the tummy
- Jelly legs
- Sweating
- Heart racing

