



PBC INTRODUCTION TO PROTECTIVE BEHAVIOURS

WHO IS IT FOR

For those wanting to access a half day introduction to the concept of feeling safe and the importance of this concept.
Ideal for entry level learners, young people and as an initial starting point into Protective Behaviours.

BENEFITS

- Easy to follow
- Basic level
- Informative
- Understanding of feelings
- Introduction to feeling safe
- Easy to access
- Leads onto the Foundation Level Course

PROGRESSION

- PBC Accredited Foundation Level Course
- Mentoring Programme
- Confident Me!

A large circular logo with a blue border. Inside, the letters 'PBC' are written in a large, blue, sans-serif font. Below the letters, the tagline 'It's all about feeling safe' is written in a smaller, blue, cursive font.

PBC
'It's all about feeling safe'

THE COURSE

This initial introduction to the concept of feeling safe explores the meaning of feeling safe, allows for discussions of feelings and recognition of feelings. The course will provide basic ideas and methods to use with people in a variety of settings to support the discussion of feelings and touches on the Protective Behaviours Process allowing for the learner to be equipped for progression onto further courses and learning.

GOOD TO KNOW

This course can be a stand alone course, learners do not need to have completed the Introduction course to progress onto the Foundation Level.