

PROTECTIVE BEHAVIOURS AN OVERVIEW

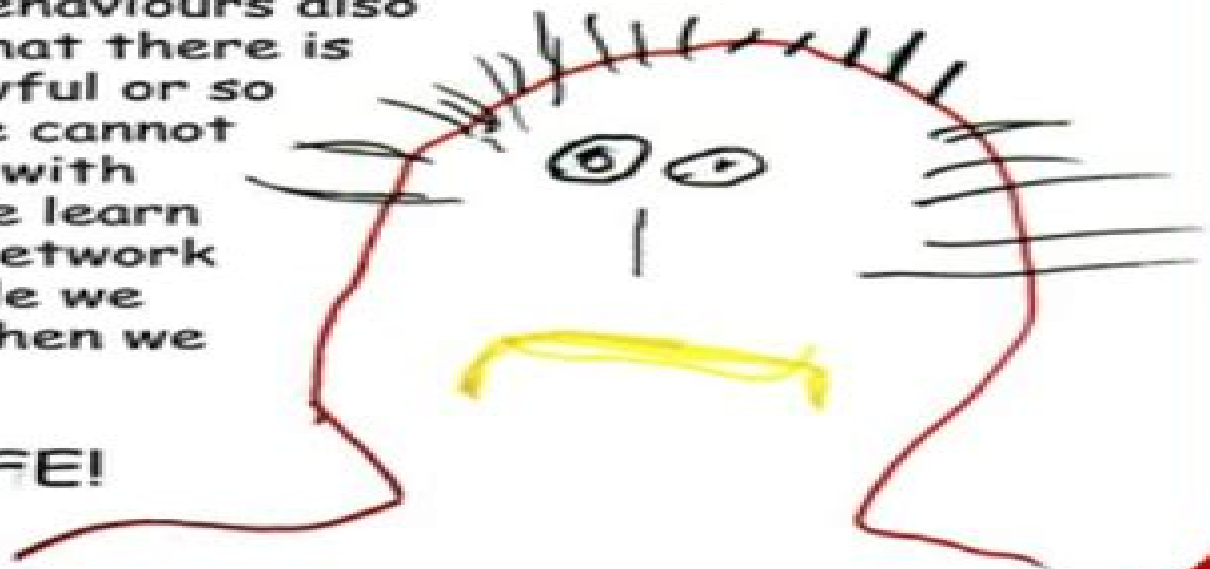
The following is a very brief overview of some of the overarching principles of protective behaviours.

Protective behaviours teaches us that we all have the right to feel safe all of the time.

When we feel unsafe our body automatically tells us. For example our heart beats faster or we get butterflies in our tummy. These are some of our "OH-OH" feelings.

Protective behaviours also teaches us that there is nothing so awful or so small that we cannot talk about it with someone. We learn to create a network of safe people we can talk to when we feel unsafe.

STAY SAFE!



Teaching Children Protective Behaviours

IM Harris



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