

Fleetville Family Support Service

Children's Group

using the Protective Behaviours programme



Fleetville Family
Support Service

Hatfield Road
St Albans
Hertfordshire
AL1 4LW

Children, Schools and Families

01438 737500

www.hertsdirect.org/csf



Who is the Children's Group for?

This time-limited, nine week programme is aimed at children between the ages of five and nine years and follows a format seeking to promote protective behaviours in children.

What is the purpose of the group?

The focus is on building the child's self esteem by encouraging the child's recognition and trust in their own feelings and instincts, then promoting problem solving skills in response to these. To help explore these themes in the children's daily lives, we will use many activities including puppets, arts and crafts, and play.

This work includes working together with the parent/s and or carer/s before, during and after the programme.

We also have contact with the child's school to support the child.

Working together with the parents and school also helps us evaluate our work.

Outline of each week

1. Getting to know each other

Individual strengths, self confidence, feeling a part of the group.

2. Everyone has feelings

Feelings are okay. We all have different feelings at different times.

3. The right to feel safe

In the playground; at school; out-and-about; at home.

4. Helping hands

Who is in the child’s supportive network?

5. Physical signals / worry signs/ body awareness

Sometimes it can be fun to feel scared but it’s important to recognise our ‘uh-oh’ feelings, when we no longer feel okay.

6. Problem solving and decision making

Recognise unsafe situations.

Recognise early warning signs (uh-oh feelings).

7. Others have the right to feel safe too

Understand the links between feelings and behaviour. Explore a variety of ways to express feelings that will not hurt ourselves or others.

8. Secrets and surprises

Explore safe and unsafe secrets and surprises.

9. Celebration and revisit specific sessions and issues

Celebrate completing the group and recap on what has been learnt and what was liked and disliked about the group.

How can a child be referred to the group?

Children are referred by a social worker following an assessment of the child’s needs.

Want to know more?

For more information please call Fleetville Family Support Service on **01727 753118** and ask to speak with someone about the Children’s Group.

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