



## Temple Grafton Church of England Primary School

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Mrs S. Hendry  
Head Teacher



5<sup>th</sup> October 2017

Dear Parents

Next week we will be introducing a protective behaviours, Taking Care, programme to our children. The Taking Care programme aims to improve the safety and well-being of children in Warwickshire by teaching them to keep themselves safer in a variety of situations.

Protective Behaviours (PB's) is a safety awareness and resilience building programme which helps children to recognise any situation where they feel worried or unsafe, such as feeling stressed, bullied or threatened and explores practical ways to keep safe. Protective Behaviours also looks at identifying support networks for times when we need someone to listen and help.

Protective Behaviours is based on two key messages:

- ***We all have the right to feel safe all of the time***
- ***We can talk with someone about anything, even if it feels awful or small***

The programme has been implemented successfully in many Warwickshire primary schools and we are delighted that we are now able to offer the programme here at Temple Grafton.

Protective Behaviours is a practical down to earth approach to personal safety. It is a process that encourages self-empowerment and brings with it the skills to raise self-esteem and to help avoid being victimised. This is achieved by helping children to recognise and trust their intuitive feelings (Early Warning Signs) and to develop strategies for self-protection. The Protective Behaviours process encourages an adventurous approach to life that satisfies the need for fun and excitement without violence and fear.

The programme will be delivered over four weeks with each class having one or two sessions each week.

Below is an outline of the weekly learning focus for each class.

	<b>Class 1</b>	<b>Class 2</b>	<b>Class 3</b>	<b>Class 4</b>
<b>Week 1</b>	Feelings	Feelings	Feelings, Rights & Responsibilities	Feelings, Rights & Responsibilities
<b>Week 2</b>	Body Awareness	Unsafe Feelings and Body Awareness	Unsafe Feelings	Safe Feelings, Fun to Feel Scared & Early Warning Signs
<b>Week 3</b>	Early Warning Signs/ Scary Body Feelings	Body Privacy & Secrets	Body Awareness & Telling	<i>Secrets &amp; Networks – We can talk with someone about anything even if it feels awful or small</i>
<b>Week 4</b>	Telling and Secrets	Telling & Networks	Networks & Using Them	Using Networks

Enclosed with this letter is a selection of leaflets which we hope will provide you with information to support your children at home. On Thursday 12<sup>th</sup> October, at 6pm, we will be putting on a short presentation for any parents who are interested in finding out more about the programme. This presentation will be for parents only; if you would like to attend but are unable to arrange child care we will put on a video in Class 1 where the children will be supervised.

Kind regards

Mrs S Hendry