

# How to use this resource

For each strength of the week the class can explore the following  
(the slide can be printed as a wall poster for the week):

1. What does this mean?
2. How can/do we show it in practice?
3. What examples have we seen in school, in news stories, literature or anywhere else that are examples of someone displaying this strength?
4. What might help someone develop this strength?
5. How does the strength link with the 2 Protective Behaviours Themes and the 7 Protective Behaviours Strategies?
6. Summary activity of your choice to round the week off .

Perhaps it could be reinforcing to have a tree of strengths which leaves are added to which show the strength having been displayed by a few class members?

# Protective Behaviours

Theme 1: We all have the right to feel safe all the time

Theme 2: We can talk with someone about anything, even if it feels awful or small

## The 7 Protective Behaviours Strategies:

Theme Reinforcement

One Step Removed

Network Review

Persistence

Protective Interruption

Risking on Purpose

Language of Safety



# **Strengths for a school year**

**Autumn 1:**

**Autumn 2:**

**Spring 1:**

**Spring 2:**

**Summer 1:**

**Summer 2:**

**Communication and relationships**

**Commitment**

**Togetherness**

**Support**

**Acceptance**

**Resilience**

# Communication and relationships

**We listen to  
each other**



**Communication and relationships**

**We consider  
each other**



## Communication and relationships

**We Care  
about  
each other**



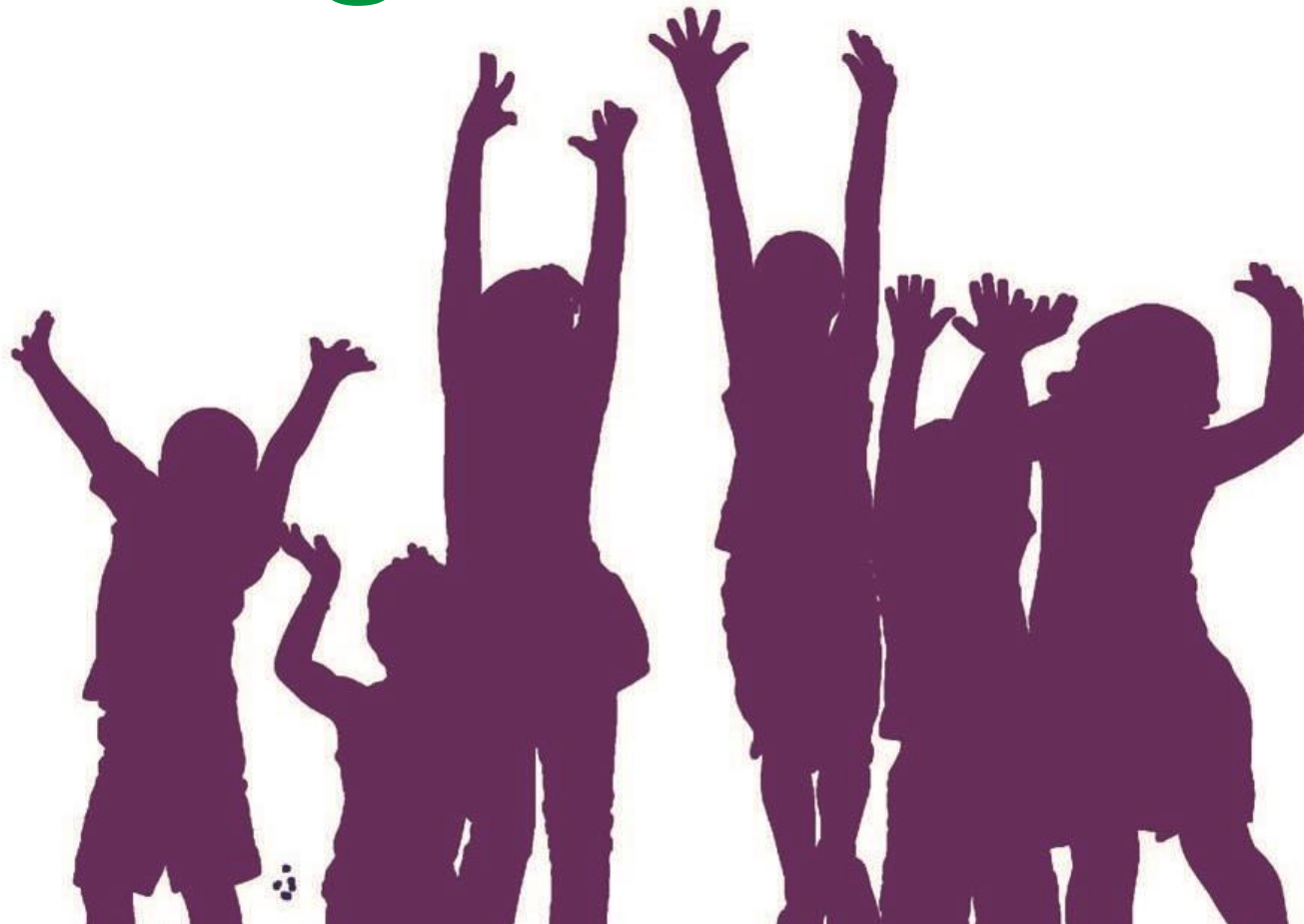
# Communication and relationships



**We say kind  
things to each other**

## Communication and relationships

**We can enjoy  
being with others**



# Communication and relationships

We seek  
**consent**  
before  
touching



# Commitment



**We feel  
safe and  
secure  
with each  
other**

**Commitment**

**We trust  
each other**



# Commitment

**We like  
being true  
to our word**



# Commitment



**We do things  
for our COMMUNITY**

# Commitment



We are **COMMITTED**  
to each other

**Commitment**

# We can **COMpromise** to reach agreement



# Togetherhness



**We follow our  
agreed rules**

# Togetherness



**We feel Connected  
to each other**

**Togetherness**

**we learn  
together**



# Togetherness



**We have a SENSE of  
belonging**

**Togetherness**

**We share our  
resources**

**Togetherness**

**We celebrate  
together**



**Support**

**we help each other**



**Support**

**We look out for  
each other**



# Support



**We are *there* for  
each other**

**Support**

**We encourage  
others to try new things**



**Support**

# **We Share the load**



**Support**

**We spend *time* together**

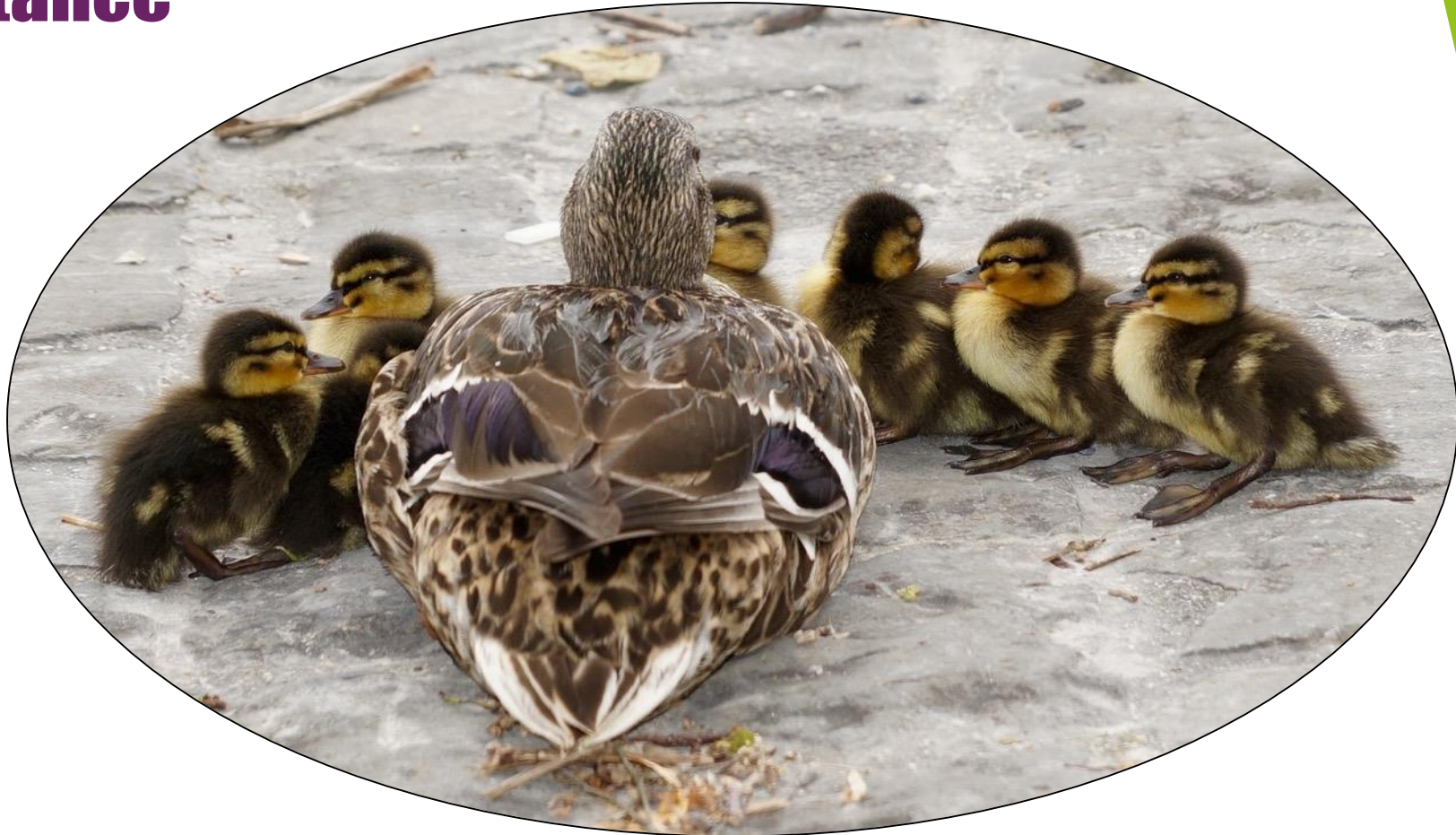


**Acceptance**

**We accept our  
individual differences**



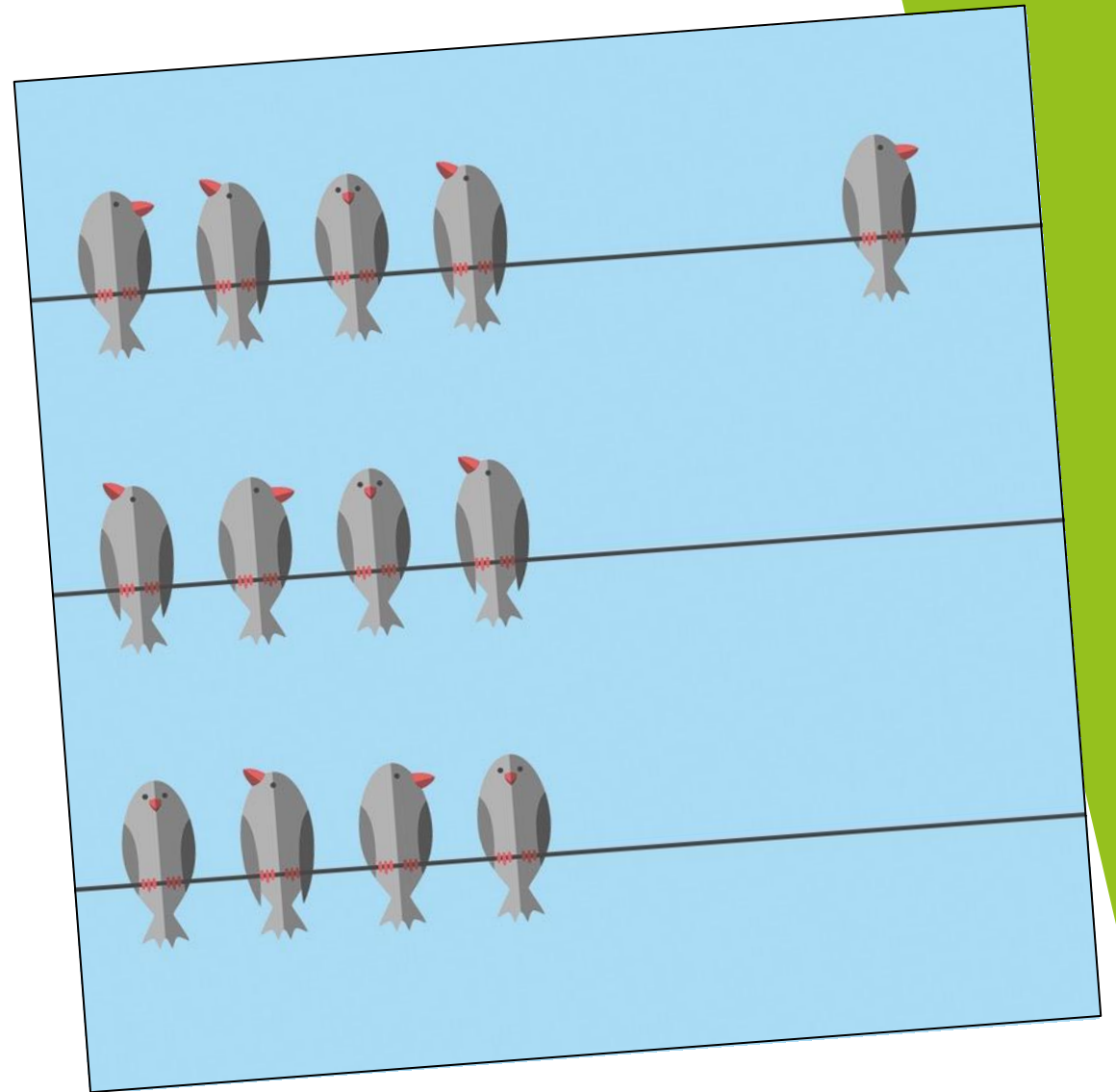
# Acceptance



**We each have  
responsibilities**

# Acceptance

**We give  
each other  
space**



# Acceptance



We are **respectful** of  
each other's **point of view**

# Acceptance

We are  
**honest**  
about our  
**mistakes**



# Acceptance



**We treat  
everyone  
respectfully**

# Resilience



**We can ask for help  
when we need it**

# Resilience



**we talk things through**

**Resilience**

**We find ways to  
feel hopeful**



# Resilience

**We learn  
from our  
tough  
times**



# Resilience



**We pull together when  
things get difficult**

**We can  
change our  
plans when we need to**

