



KNOW TO SAY NO



Protective Behaviours Programme

Our Know to say No virtual programme has been adapted specifically to be offered to targeted children on a 1-1 basis or in small groups of no more than 3.

Over a virtual platform and provided workbook, we will work to educate the children in a fun, proactive, and preventative way to provide them with the core skills needed to:

- Understand their bodies reactions to different emotions.
- Recognise and respond to worries or concerns.
- Identify who they can trust to utilise a safe support network.

We can also support children to:

- Tackle and understand the impact of bullying
- Respect personal space and body privacy
- Use the internet and other media devices safely
- And, ultimately behave in a way that keeps them as safe as possible.

Through the National Lottery 'Community Fund' and 'Tesco' we are able to offer this service free of charge.

If you think this would be beneficial to your children and wish to discuss content and delivery, please contact:

Samantha Eyles – samanthae@dudleylodge.co.uk

- E Safety**

- Bullying**

- Feelings**

- Worries**

- Safe Supports**

- Personal Space**

**DUDLEY LODGE,
PROTECTING ME,
PROTECTING YOU.**

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