

## Book us for Your Trainings...

We pride ourselves on being leaders in trainings for and with children, young people, families as well as organisations, individuals, schools and agencies in the community.

We offer;

- Child Safe Environments
- Protective Behaviours
- Change Management
- Team Building
- Food Handling.

All funds raised through our trainings go towards providing our other services to children, young people, volunteers & families.

**Contact us to  
discuss your training  
needs and how we  
can best meet them.**



## Contact Us!



**Edmund Rice Camps SA Inc**

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*Edmund Rice Camps SA Inc is a not-for-profit, volunteer based, charitable organisation, every dollar raised goes towards providing our services to families.*

### Donations gratefully received

Online at: [www.ourcommunity.com.au](http://www.ourcommunity.com.au)

By Cheque to: 103 George St, Thebarton SA 5031

Or by telephone: 088234 2937

All donations over \$2 are Tax Deductible (DGR 752764663)

## Protective Behaviours Training



## A Personal Safety Program



### **The Language of Safety**

A key principle of Protective Behaviours, a personal safety program, recognising the importance of establishing a common language which creates an environment promoting open discussion of issues of safety. Includes Quality of Language, Shared Meaning, Ownership, and Clarity.

### **Unwritten Rules of Society**

Explores the societal rules which shape our attitudes and behaviours, and the possible impact of these rules on our personal safety.

### **Thoughts, Feelings and Behaviours**

Outlines the relationship between thoughts, feelings, and behaviours, focussing on the premise that: Feelings are feelings, behaviour is a choice with an effect, and we can use our thinking to influence both. If we are to adopt help-seeking behaviours in times when we feel unsafe, we need to change how we think and feel about safety.

### **Theme 1: “We all have the right to feel safe all of the time”**

The first theme of Protective Behaviours emphasises safety as the rights of everyone, the importance of shared Rights and Responsibilities, the Continuum of Safety, and Body Signals which tell us when we feel unsafe.

Disclosure: This Flyer is not a binding contractual document. It is intended for informative purpose only and may be subject to change at anytime at the discretion at Edmund Rice Camps.

### **Theme 2: “Nothing is so awful that we can’t talk about it with someone”**

Explores strategies for talking to people about our problems, the possible effects of talking, and how to establish an effective personal network.

This one day workshop is a practical empowerment and resilience program which provides a comprehensive approach to all aspects of physical and psychological safety.

The program has wide ranging applications for those working with children, young people, vulnerable families and clients.

In this workshop participants will have the opportunity to explore, through discussion and practical activities, their own ideas and beliefs about safety and the joys and challenges of working with children and young people around concepts such as keeping themselves safe, problem solving, making decisions and abuse prevention.

***By booking your training with us, you are helping us to continue offering our services & enriching lives of children, young people and families.***

## **FEE GUIDELINES**

**Full Day (7 hour)**

**Individual - \$60.00**

**Student/Concession - \$35.00**

**Group Rate 10% off Total Cost**

**Refresher (3 Hour)**

**Individual - \$35.00**

**Student/Concession - \$25.00**

**Group Rate 10% off Total Cost**

**Special rate can be negotiated**

**Please contact us to discuss your needs and how we can best meet them for you.**

**Additional/Optional Cost:**

**ERC SA to transport to your venue**

**ERC SA to provide catering**

