



PROTECTIVE BEHAVIOURS PROGRAM

Helping children feel safe, confident and supported.

Every child deserves to feel safe, both in their body and in their environment. Our Protective Behaviours program helps children build the awareness, confidence and practical skills they need to recognise when something doesn't feel right and know what to do next.

This program strengthens emotional safety and communication, giving children the tools to speak up and seek help when they need it.

“Knowing what feels safe and what doesn't is a skill for life.”

SUPPORTING OUR COMMUNITY

Centacare offers tailored education for schools, early learning services, local clubs and community organisations.

We adapt our approach for each age group, ensuring content is easy to understand and developmentally appropriate.

CHILDREN ARE TAUGHT TO:

- **Understand emotions:** Recognise feelings and how they show up in the body
- **Recognise safety:** Learn what feels safe and unsafe
- **Spot warning signs:** Notice early body signals when something feels off
- **Set boundaries:** Understand consent, respect and personal boundaries
- **Know their body:** Learn correct names for all body parts
- **Build a safety circle:** Identify trusted adults for support
- **Find their voice:** Speak up, ask for help and share concerns

Talk to our friendly School Wellbeing learning & development team about delivering the Protective Behaviours Program in your school, early learning centre, organisation or club.

FIND OUR MORE

Scan the QR code, visit our website or call on 1300 619 379



At Centacare South West NSW, we're here to make a positive difference in all people's lives. Through our psychology, counselling, NDIS, school wellbeing and education programs, we support children, individuals and families. We're here for you.