



Safe Journey Story

With the help of the young people and families we've worked with, along with professionals at the NHS, Protective Behaviours Consortium, Family Support Workers, Police, Social Care, Pupil Referral Units and Youth Offending Teams, 'Safe Journey' was created. Safe Journey is an Accredited Personal Wellbeing Course which is underpinned by the Protective Behaviours process and keeps 'Feeling Safe' at the heart of learning for every Young Person.

Safe Journey was created after nearly 3 years of running Protective Behaviours Personal Wellbeing Programmes and research in both England (Birmingham and Redditch) and Australia (Perth). Programmes were run in Pupil Referral Units, Children's Centres and Youth Offending Institutes.

The key outcome was that ALL Young People, regardless of age, gender, race, or social demographic, wanted to stay feeling emotionally and physically safe. Young People discussed how if they didn't feel safe it would affect their 'Feelings, Thoughts and Behaviour, which drastically affected their wellbeing, personal development, education and an inability to form healthy relationships. Young People were unwillingly putting themselves in extremely unsafe situations, such as being groomed or potentially groomed for Child Sexual Exploitation, gang affiliation, or displaying violent or anti social behaviour through not managing their feelings and emotions. There were a vast amount of domestic abuse stories where Young People spoke of either being in an abusive relationship or had been witness to it through their parent's abuse, sometimes trying to pull the perpetrator off Mum as a child.

Young People that were on Child Protection Orders and involved in abusive relationships have broken the cycle and started to lead safe, happy and fulfilling lives, including volunteering within their local community to help others.

'Since being on the course, I have grown in confidence and have now got a job. This time last year I didn't even have the confidence to go for an interview'. Shelby – aged 17

'I loved the sessions and wanted to do them every week. I really liked the bits about gangs and staying safe. It's made me think more about listening to my Early Warning Signs when things don't seem right'. Connor – aged 14