
Making Safeguarding Personal Toolkit

Practice Tool 26:

Building confidence to say no



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This tool is based on a short SCIE video (6 minutes) of a Plymouth City Council project which aims to support people with learning disability to have the confidence and skills to protect themselves. Each session involves a paid co-trainer who is an adult with learning disability. The training has also been adapted for groups of older people, people with physical disabilities and people who misuse substances.

Watch the SCIE video, which is available on the link below, and then consider the questions for reflection:
www.scie.org.uk/socialcare/v/video-player.asp?guid=92458a9c-f89f-4db1-bdea-e25698d01a18



Questions for reflection

How are you supporting people you work with to understand that they can and should say no?

How are you involving people in a shared process of learning about how to protect themselves?

SCIE website resource: www.scie.org.uk/safeguarding/adults/preventing-abuse-neglect