



Guidance and Policy on the use of Safe Touch within St.Ives Junior School

Children learn who they are and how the world is in relationships. The quality of the child's relationships with significant adults is key to their healthy development and emotional health and well-being.

Why is touch an important part of our work?

Research shows clearly that healthy pro-social brain development requires access to **safe touch** as one of the means of calming, soothing and containing distress for a frightened, sad or angry child. It is essential for all children to learn the difference between safe and unsafe touch and to experience having their strongest emotions contained, validated, accepted and soothed by a significant adult. If children are behaving in unacceptable, threatening, dangerous, aggressive or out of control ways, they have not yet learned how their strongest emotional reactions can be contained, channeled and communicated safely. In recognition of this, under agreed and supervised conditions, specially trained staff will consider using **safe touch** as one of the means available to them for:

- calming a distressed child,
- contain an angry child,
- affirm or encourage an anxious child or a child with low self esteem

To whom does the policy apply?

All staff and children working within St.Ives Junior School. Day to day practice will be monitored by the school SENDCo and the Head Teacher.

Why have a policy on *safe touch*?

In order to protect children and school staff from allegations under Child Protection procedures a number of schools and LA's have adopted 'No Touch' policies. However, St.Ives Junior School is adopting an informed, evidence-based decision to allow safe touch in special cases, as a developmentally appropriate intervention that will aid healthy growth and learning.

Safe touch used to calm, soothe and regulate a child's emotions is a needed developmental experience. The brain does not develop self-soothing neuronal pathways unless and until this safe emotional regulation has been experienced. Where children have had insufficient experience of **safe touch** and calming regulation this may be a priority to help the brain to develop access to thinking, judging and evaluating mechanisms. **Safe touch** is one of the key ways of regulating children's emotions but it is a strategy that *fully trained staff* will use only under supervision and in line with whole school Policy. Other means of calming, soothing and containing children's strong emotions include:

- slowing one's pace

- lowering the voice
- breathing more deeply
- initially matching the pitch and volume of the child's emotional display and then regulating it down (mirroring and then defusing)
- talking slowly, firmly and quietly in an unhurried and unflustered way
- providing clear predictable consistently held boundaries

What is *Safe Touch*?

The developmentally appropriate and therapeutic use of safe touch is defined by situations in which abstinence would actually be inhumane, unkind and potentially psychologically or neuro-biologically damaging. Examples include the empirically backed beneficial use of touch in the comforting of a child who is in an acute state of distress and/or out of control. Not to reach out to the child in such circumstances could be re-traumatising and damaging, confirming or inviting anti-social behaviour patterns. Abstinence in the face of intense grief, stress and/or rage reactions can lead to a state of hyper-arousal in which toxic levels of stress chemicals are released in the body and brain. The severely damaging long term effects of this state have been intensively researched worldwide and are well documented.

In addition, gentle safe holding in line with the school policy on ***Positive Handling (Team Teach)*** is appropriate if a child:

- is hurting him/herself or others, or is likely to hurt him/herself or others
- is damaging property
- is incensed and out of control, so that all verbal attempts to engage him/her have failed

Such necessary interventions are fully in line with guidelines set out in the Government Document 'New Guidance on the Use of Reasonable Force in School' (Updated July 2013 and reviewed July 2015).

Key staff will be trained in the safest and gentlest means of holding a child (Team Teach), which is designed to enable the child to feel safe and soothed whilst bringing them down from uncontrolled states of hyper arousal. Without this intervention, the child can be left at risk of actual physical or psychological harm.

Appropriate and Inappropriate Touch

Our policy rests on the belief that each staff member must appreciate the difference between appropriate and inappropriate touch and will need to demonstrate a clear understanding of the difference, acknowledging both the damaging and unnecessary uses of touch in an educational context. Touch is not to be used as an ill thought out or impulsive act of futile reassurance or as a mean to ensure compliance.

All staff should ensure the following guidelines are adhered to:

- Parents/Carers should be informed of the school policy around touch
- 2 Adult rule. No adult should use touch when alone with a child
- Use brief, gentle contact on open or clothed parts of the body: hands, arms, shoulders, head, hair

Unsafe Touch

- At no point and under no circumstances should staff members use touch to satisfy their own need for physical contact or reassurance

- No unsafe touch. Staff need to show awareness of touch that is invasive or which could be confusing, traumatising or experienced as eroticising **in any way what so ever.**
- Staff must always be particularly sensitive to pupils who are demonstrating that they are not comfortable with touch even if it appears to be appropriate to the member of staff. It is vital for a member of staff to think about what they represent to a particular child. A child's history may also influence who represents a 'safe' adult to them. Additionally some children may be used to experiencing different levels or types of touch as part of their cultural upbringing.
- Should any such touch be used it would be deemed as the most serious breach of the Code of Ethics warranting the highest level of disciplinary action.

Headteacher & SENDCo- St Ives Junior School - to be updated annually alongside the Behaviour policy and the Single Equality policy.

Updated + cascaded October 2016

Review: September 2017