



Core Creative Education CIC

CCE06 Appropriate Touch Policy

Explore - Create - Learn – Grow

1. Purpose

This policy provides guidance on safe, respectful, and professional use of physical contact in Core Creative Education (CoRE). Its purpose is to:

- Protect children and young people from harm, inappropriate contact, or abuse.
- Support staff in understanding when and how physical contact may be appropriate.
- Ensure transparency, accountability, and compliance with safeguarding standards.

2. Principles of Appropriate Touch

- **Professional role:** Physical contact should only occur within the boundaries of the staff member's professional role.
- **Consent:** Permission should be sought from the child/young person before physical contact is made. *A child may refuse, withdraw consent, or ask for sensory touch to stop at any time. Staff must immediately respect and respond to the child's wishes.*
- **Needs-based:** Touch should respond to the child's needs, not the adult's.
- **Minimal:** Contact should be of limited duration, the minimum necessary, and appropriate to the child's age, gender, cultural background, and developmental stage.
- **Transparency:** All touch should be open, appropriate, and observable by others—never secretive.
- **Scrutiny:** Staff must be prepared to explain and justify any physical contact.

3. General Expectations for Staff

Adults working with children and young people at CoRE must:

- Treat children with dignity and respect.
- Never touch a child in a way that may be considered indecent.
- Avoid horseplay, rough handling, or unnecessary touch.
- Encourage children to undertake self-care tasks independently where possible.
- Be aware of cultural, religious, and gender sensitivities regarding touch.
- Record and report any incidents of physical contact that cause concern.
- Report and seek guidance immediately if a child initiates inappropriate contact.

4. Organisational Responsibilities

CoRE will:

- Maintain a **recording system** for incidents involving physical contact.
- Ensure all staff are aware of national and organisational guidance.
- Provide supervision and training on appropriate touch.
- Be explicit about what types of physical contact are considered appropriate.
- Employ the low level and safeguarding policy as appropriate
- *The use of sensory touch interventions will be reviewed regularly by senior leaders to ensure they remain appropriate, proportionate and in the best interests of the child.*

5. Physical Contact in Specific Activities

In some activities (e.g. sport, drama, outdoor education, or first aid), physical contact may be necessary to:

- Demonstrate safe use of equipment.
- Adjust posture or positioning.
- Support a young person to prevent injury.

Such contact must:

- Be **necessary and proportionate**.
- Take place in a safe, open, and observable environment.
- Be explained clearly to the child and agreed with parents/carers.
- Stop immediately if the child shows discomfort.

6. Sensory Regulation at CoRE

Touch can play a role in therapeutic support for students with sensory regulation needs. CoRE recognises that sensory touch:

- Can help young people regulate emotions and build body awareness.
- Must always be carried out within safeguarding boundaries.
- *Sensory touch interventions will only be used where there is a clearly identified sensory regulation need and where less intrusive regulation strategies are either ineffective or inappropriate. The child's dignity, choice, comfort and wellbeing will remain paramount at all times.*

Guidelines for sensory regulation sessions:

1. **Parental consent:** Parents/carers must provide written permission before sensory touch can be used. Consent will be coordinated by **Sara Waldren**, with agreement from **Rachelle Green (Director)**. *However, parental consent alone does not override the child's wishes. Sensory touch will only take place where the child freely agrees and remains comfortable with the intervention.*
2. **Safe touch education:** Children will be taught the difference between *Safe Touch* and *Unsafe Touch*:
 - Safe touch = never on areas covered by swimwear.
 - Unsafe touch = anything that hurts, feels uncomfortable, or is secretive.
3. **Permitted areas for sensory touch:** ~~feet, hands, head, neck, back, and legs below the knee.~~ *Touch will only take place in non-intimate areas of the body appropriate to the agreed intervention and individual needs of the child.*
4. **Designated staff only:** Currently only **Kate Melville, Yunmi Yang, and Pippa Howarth** (female staff, trained and experienced) are authorised to conduct sensory touch sessions.
5. **One-way direction:** Massage or sensory touch is staff-to-student only, never the reverse.
6. **Open environment:** Sessions must always occur in spaces visible to others (e.g. sensory room in cabin, yurts, or in paired/group settings).
7. *Where sensory touch is being used as a planned intervention, this should be identified within the student's support plan, risk assessment, EHCP provision, or other relevant planning documentation where appropriate.*

7. Responding to Concerns

- Any physical contact that may be misinterpreted or cause concern must be reported immediately to the **Senior Manager** and recorded.
- Parents/carers must be informed where appropriate.
- Staff must seek supervision and support if they feel uncertain about the appropriateness of physical contact.

8. Policy Review

This policy will be reviewed annually, or sooner if there are changes in legislation, safeguarding guidance, or organisational practice.

Signed:

Alasdair Green (**Education manager**)

Date: 16/7/2026

