



LITTLE FLOWER ENGLISH SCHOOL DUBAI

PHYSICAL CONTACT AND SAFE TOUCH POLICY

This policy & procedures are reviewed annually to ensure compliance with current regulations.

Approved/ Reviewed by	
Policy Lead	MS. ANNIE MATHEW
Role	PRINCIPAL
Date of review	18-03-2026
Date of next review	18-03-2027
Signature	



Physical Contact and Safe Touch Policy

Entitlement

All students have equal rights for care, protection, safety, and security in Little Flower English School

Aims

We aim to safeguard and promote the welfare of all students at the academy in compliance with local requirements (Knowledge and Human Development Authority (KHDA), Dubai Health Authority (DHA)

Practice and Procedure

Guidelines for Staff:

- This guidance issued within this policy is for the protection of both staff and students.
- In education, all relationships are founded on trust and mutual respect
- It is vital for those in positions of trust to understand the power this gives them over those in their care, and the responsibility they must exercise consequently. Staff also need to sign a confidentiality form
- Do not let suspicion, disclosure, or allegations of abuse go unreported or unrecorded
- Do provide access for students to talk to you about any concerns they may have
- Plan activities that involve more than one other person being present, or are at least within sight or hearing of others
- If it is necessary to speak to a student alone, always inform another member of staff where you are
- It is advisable not to close the door of the room.
- Recognise that caution is required in sensitive moments of counselling on matters such as bullying, bereavement or abuse
- Avoid situations that compromise your relationship with students and are unacceptable within a relationship of trust

Physical Restraint:

- Restraint occurs whenever a member of staff, using intentional force, physically restricts a student's movement against his or her will.
- Physical restraint does not include the use of gentle physical prompting or guidance where the student is happy to comply and the aim is to assist him or her to participate appropriately in activities.
- Restraint should only be used in circumstances where there are good grounds for believing that the student is placing him/herself or other people in immediate danger or where there is a likelihood of significant damage to property. Other methods should be considered first. If a child refuses to come through the academy entrance, he/she is the responsibility of the parent/carer, not a member of staff and staff should not interfere unless the student is in immediate danger. On all occasions, the use of physical restraint should be a last resort. If a child is posing a physical threat, he/she should be placed in a safe, secure area to calm down and the parents contacted.
- If we are aware that a student is likely to behave in a way that may require physical restraint, a plan on how to respond needs to be in place, should such a situation arise. This plan should be shared with parents and other staff taking account of the academy's policy and legislation.
- There are other situations where physical contact may be necessary e.g. demonstrating exercises in PE lessons; administering first aid; or offering comfort to a distressed pupil. This does not constitute restraint but staff should be conscious of pupil perceptions and recognise that for some students touching may be unwelcome and misinterpreted despite good intentions.
- If physical restraint is likely to be necessary this should be included in the student's Behavioural Learning Plan, together with information on: De-escalation strategies; the manner in which the student will be held; how support can be summoned if needed; any medical factors to be considered.

Physical restraint is a procedure for dealing with an unsafe or crisis situation.

- It must not be used as a form of punishment and must not be used when a less severe response might have effectively resolved the situation.
- Deliberate use of physical contact to punish a pupil, because pain, injury, or humiliation is unlawful, regardless of the severity of the pupil's behaviour or the degree of provocation.
- If physical restraint is likely to be necessary, this should be included in the student's Behavioural Learning Plan (BLP) together with information on: de-escalation strategies; the manner in which the student will be held; how support can be summoned if needed; any medical factors to be considered.

Types of Restraint

- Physical restraint does not include the use of gentle physical prompting or guidance where the child is happy to comply and the aim is to assist him or her to participate appropriately in activities. There are other situations where:
- Physical contact may be necessary e.g. demonstrating exercises in PE lessons; administering first aid; or offering Comfort to a distressed pupil. This does not constitute restraint but staff should be conscious of pupil perceptions and recognise that for some pupils touching may be unwelcome and misinterpreted despite good intentions.
- Physical restraint is a procedure for dealing with an unsafe or crisis situation.
- It must not be used as a form of punishment and must not be used when a less severe response might have effectively resolved the situation.
- Deliberate use of physical contact to punish a student, cause pain or injury or humiliation is unlawful, regardless of the severity of the pupil's behaviour or the degree of provocation.