

Create a safe learning environment

- Prepare where and how you can enlist support and signpost young people to appropriate pastoral support and other appropriate websites and organisation that can support their learning
- Refer to the protocols laid out in your school's child protection policy and safeguarding policy
- Disclosures should not be encouraged in a whole class setting. Discuss what is safe and appropriate and what they can discuss with you one to one.
- Draw up and establish simple ground rules with students and refer back to them throughout the programme.

Ground Rules/ essential agreement

Work together to establish an agreement of how the class will function. There are many ways to do this and you may have your own.

Explain that Smart Moves sessions cover a wide range of topics and can include talking about things that people have different feelings about and that it is important to ensure that everyone in the room feels able to participate.

Some questions to ask and consider with the class when developing a set of ground rules:

- **What about participation and the right to pass?** – consider that pupils should join and actively participate in the lesson, but if someone feels uncomfortable with a topic or activity they should talk to the teacher. Pupils can let the teacher know anonymously or directly if they have any concerns about themselves or a friend.
- **What about asking questions?** Questions are welcomed but no one should ask a question that deliberately tries to embarrass or upset someone or encourages pupils to laugh at someone. Teachers and pupils may choose to not answer a question if it is personal. An anonymous questions box can be provided where questions can be asked and followed up a later time (this is particularly useful if pupils want to ask questions that they may feel uncomfortable about asking in the lesson)
- **What about good listening?** Consider with the class what good listening looks like and how best to agree with or challenge someone's else viewpoint
- **What about different opinions?** Consider with the class that topics should be able to be openly and honestly explored and the importance of everyone being entitled to express an opinion. A range of different attitudes and beliefs may be explored in the lesson and that there may not necessarily be a 'right' answer Everyone is entitled to express an opinion or ask a question without feeling ridiculed. Consider the importance of not making fun of or putting down other pupils or where pupils disagree with another point of view, they should challenge the belief and not the person. We are careful not to make assumptions about the attitudes, values and life experiences of others.
- **What about appropriate use of language?** Consider with the class the importance of using correct vocabulary everybody understands and that vocabulary that is inaccurate or offensive should not be used
- **What about Confidentiality and privacy?** Consider together confidentiality with the class and think about what is appropriate to directly discuss about their own personal experience or the private lives of others. Pupils can share stories or experiences without naming themselves or others, by saying:

‘Someone I know...’ or ‘A situation I heard about...’. Think about whether it is appropriate to share something with the whole class or would you prefer to discuss one2one. Talk about the importance of not naming names or repeating other people’s views.

- **What about getting help and advice on something that is difficult for you?** Consider together the importance of seeking help and advice from an appropriate adult. Any teacher is able to support you to get help and advice. Discuss appropriate websites such as Childline, Young Minds. Discuss how young people can enlist support and signpost young people to appropriate pastoral support and other appropriate websites and organisation that can support their learning. Consider putting a list of support resources on display.

Suggested Ground Rules:

- We will not ask each other personal questions.
- No - one will be put on the spot - we have the right to ‘pass’.
- We agree to join in and make a positive contribution.
- We will listen to each other without interrupting.
- We will show respect for each other and each others’ views, even where they are different
- We agree that it is OK to make mistakes and learn from them.
- We will support each other and encourage those who are less confident than ourselves.
- We will not make assumptions about people’s values, attitudes, behaviours, life experiences or feelings.
- We will use the correct terms for the things we will be discussing and if we are not sure we can ask.
- There are no stupid questions but we don’t ask questions to try and embarrass someone else.
- If we need further help or advice, we will ask for it confidentially.
- We will encourage friends to seek help if we think they need it.

Suggested National Support Resources for young people:

Kooth	www.Kooth.com	Online Counselling and support
Childline	0800 1111	Advice line for children
Anna Freud / Youth Wellbeing Directory	www.annafreud.org/on-my-mind/	Online resources including self care
Young Minds	www.youngminds.org.uk	Advice and blog