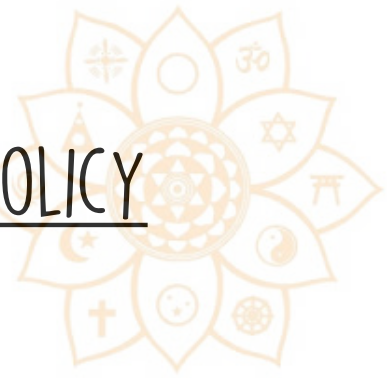


KALYANI YOGA – SAFEGUARDING POLICY



POLICY STATEMENT AND AIMS

Kalyani Yoga commits to;

1. Protect all young people and adults at risk from abuse, irrespective of their age, gender, race, nationality, sexual orientation, ability or socio economic status.
2. Accept a duty of care for all young people and adults at risk accessing yoga sessions through Kalyani Yoga and to implement safeguarding procedures to protect them from abuse or neglect.
3. Advocate and respect all individual's feelings and rights.
4. Respond immediately to any concerns or allegations by recording and reporting the details appropriately.
5. Offer all the right to practise yoga in an enjoyable and safe environment.
6. Protect confidentiality in line with GDPR policy and Human Rights Legislation.

THE CHILDREN'S ACT

The Children's Acts 1989 and 2004 define a child as 'anyone who has not yet reached their 18th birthday'.

The Children's Acts are set out to ensure the protection from harm for all children and young people irrespective of their age, gender, race, nationality, sexual orientation, ability or socio economic status.

An adult has a moral and statutory duty for the care, custody and control of any child under the age of 18 who is under their supervision.

THE CARE ACT

The Care Act 2014 (Section 42) requires that each local authority must make enquiries, or cause others to do so, if it believes an adult is experiencing, or is at risk of, abuse (including financial abuse) or neglect.

An enquiry should establish whether any action needs to be taken to prevent or stop abuse or neglect, and if so, by whom.

5 TYPES OF ABUSE

Are defined below and are detailed in the UK Government guidance Working Together to Safeguard Children (2006) as follows:

Physical abuse

Physical abuse may involve hitting, shaking, throwing, poisoning, burning or scalding, drowning, suffocating, or otherwise causing physical harm to a child or failing to protect a child from that harm. Physical harm may also be caused when a parent or carer fabricates the symptoms of, or deliberately induces illness in a child.

Emotional Abuse

Emotional abuse is the persistent emotional maltreatment of a child such as to cause severe and persistent adverse effects on the child's emotional development. It may involve conveying to children that they are worthless or unloved, inadequate, or valued only insofar as they meet the needs of another person. It may feature age- or developmentally inappropriate expectations being imposed on children. These may include interactions that are beyond the child's developmental capability, as well as overprotection and limitation of exploration and learning, or preventing the child participating in normal social interaction. It may involve seeing or hearing the ill-treatment of another. It may involve serious bullying causing children frequently to feel frightened or in danger, or the exploitation or corruption of children. Some level of emotional abuse is involved in all types of maltreatment of a child, though it may occur alone.

Sexual Abuse

Sexual abuse involves forcing or enticing a child or young person to take part in sexual activities, including prostitution, whether or not the child is aware of what is happening. The activities may involve physical contact including both penetrative or non-penetrative acts such as kissing, touching or fondling the child's genitals or breasts, vaginal or anal intercourse or oral sex .

They may include non-contact activities, such as involving children in looking at, or in the production of, pornographic material or watching sexual activities, or encouraging children to behave in sexually inappropriate ways. Usually, in cases of sexual abuse it is the child's behaviour that may cause you to become concerned, although physical signs can also be present. In all cases, children who tell about sexual abuse do so because they want it to stop. It is important, therefore, that they are listened to and taken seriously.

Neglect

Neglect is the persistent failure to meet a child's basic physical and/or psychological needs, likely to result in the serious impairment of the child's health or development. Neglect may occur during pregnancy as a result of maternal substance abuse. Once a child is born, neglect may involve a parent or carer failing to provide adequate food and clothing; shelter, including exclusion from home or abandonment; failing to protect a child from physical and emotional harm or danger; failure to ensure adequate supervision including the use of inadequate care-takers; or the failure to ensure access to appropriate medical care or treatment. It may also include neglect of, or unresponsiveness to, a child's basic emotional needs.

The physical signs of neglect may include:

constant hunger, sometimes stealing food from other children

constantly dirty or 'smelly'

loss of weight, or being constantly underweight

inappropriate clothing for the conditions.

Bullying

Bullying is not always easy to recognise as it can take a number of forms. The damage inflicted by bullying can frequently be underestimated. It can cause considerable distress to children to

the extent that it affects their health and development or, at the extreme, cause them significant harm (including self-harm). A child may encounter bullying attacks that are:

physical: pushing, kicking, hitting, pinching and other forms of violence or threats

verbal: name-calling, sarcasm, spreading rumours, persistent teasing.

emotional: excluding, tormenting, ridiculing, humiliating.

CHECKS

Before commencing any work with children and young people all individuals working for Kalyani Yoga will be checked through the Disclosure and Barring Service (DBS) to assess if the individual is deemed unsuitable to work with children based on their criminal record. Evidence of this check will be made available on request.

WORKING WITH OTHER ORGANISATIONS

When Kalyani Yoga offers yoga teaching for another organisation (e.g. school, health club, community centre, gym etc) teachers must follow that organisation's own Safeguarding Policy and Procedures and be aware of the organisation's Safeguarding Lead. In addition if the organisation have a Hands-On Adjustment Policy and use of Photographic Images these should be considered and adhered to.

Finally to ensure both the safeguarding of the child/young person or at risk adult and the individual working for Kalyani Yoga, the risks of lone working, if any must be discussed before work with an individual starts, and where necessary the intervention will also include the presence of another member of staff.

USE OF PHOTOGRAPHIC AND FILMING EQUIPMENT

Parents of young people must provide written consent for the young person's images to be taken or shared.

IF A CONCERN IS RAISED

It is the responsibility of the statutory child protection experts to determine whether or not abuse has taken place, but it is everyone's responsibility to report any concerns.

If a child/young person or adult at risk says or indicates that s/he is being abused, or information is obtained or observations made which gives concern that a child/young person/ adult at risk is being abused, staff must REACT IMMEDIATELY.

1. Ensure the safety of the child/young person/adult at risk. If they need immediate medical attention call an ambulance. Inform doctors of concerns and ensure they are aware that it is a child welfare issue.
2. Report your concerns to the Safeguarding Lead. If that person is unavailable, or is the cause of your concern, or if there is no-one in charge, seek immediate advice from Children's Social Care, the Police, the NSPCC (0808 800 5000) or Childline (0800 1111).
3. Take action as advised by these agencies, including advice on contacting parents.
4. Make a factual record of events
5. Forward the factual record to Children's Social Care/Police and to the LCPO within 24 hours.

Every effort will be made to ensure that confidentiality is maintained for all concerned. Information should be handled and disseminated at the appropriate time on a need-to-know basis only.

Information will be stored in a secure filing cabinet, in line with Data Protection laws.

Should an individual working for Kalyani Yoga be alleged to have committed abuse, they should make sure they have their own written statement of 'the incident'.

RESOURCES AND REFERENCES

UK Government guidance Working Together to Safeguard Children 2006

British Wheel of Yoga Child Protection Policy December 2012

Children's Act 1989 and 2004

The Care Act 2014

NSPCC definitions and signs of child abuse