



YOGA FOR EVERY ABILITY

Safeguarding Children Policy

Introduction

Lila Yoga is the trading name of Helen Jeffries, a sole trader, working to facilitate Yoga sessions for children and adults of all abilities and neurotypes.

Lila Yoga is based at 16 Sussex Avenue, Melton Mowbray, LE13 0AP

Lila Yoga has adopted this safeguarding children policy and complies with it fully. Consequently, this policy shall apply to all work completed by Lila Yoga.

Purpose of the Policy

This policy is intended to protect children who receive any service from Lila Yoga, including those who are the children of adults who may receive services from us. Under this policy the term children shall mean any person who is under eighteen years of age.

Lila Yoga believes that no child or young person should experience abuse or harm and is committed to the protection of children and young people. This policy is intended to provide guidance and overarching principles to Lila Yoga, to guide our approach to child protection and safeguarding.

The Risks to Children

Children can be vulnerable to different forms of abuse and harm. It is important to recognise that abuse and harm of children can cover a wide range of circumstances and behaviours. For example, children can be at harm of:

- Physical or emotional abuse
- Neglect
- Sexual abuse
- Female genital mutilation (FGM)
- Grooming and exploitation
- Trafficking and modern slavery
- Exposure to or infliction of domestic abuse
- Bullying of cyber-bullying
- Exposure to other inappropriate content or behaviour, such as violence or criminal behaviour

- Self-harm
- Physical harm when engaging with activities without adequate supervision

The causal factors of any such harm and/or abuse can also be wide-ranging. For example, children can be placed at risk by family or members of the community.

Safeguarding Principles

Safeguarding children from harm and abuse is an essential responsibility of Lila Yoga. We are committed to ensuring that any child who comes into contact with our service is properly safeguarded. Lila Yoga must ensure that they play an active role in ensuring that children are properly safeguarded.

Lila Yoga Holds Responsibility for

- Remaining alert and aware of possible safeguarding risks to children
- Guarding children against harmful environments with appropriate actions (e.g. ensuring adequate supervision or safe environments)
- Taking positive steps to maintain the safety and wellbeing of children engaging with our services
- Reporting concerns expeditiously and appropriately, in line with child protection procedures
- Understanding the duty to report specific concerns (and understanding how this interplays with confidentiality)
- Challenging any inappropriate or harmful behaviour of any other adult and reporting this accordingly
- Acting appropriately in the presence of children
- Not taking any inappropriate risks
- Not smoking, drinking or taking any form of illicit substance in the presence of children

Safeguarding Officer

The management and oversight of all safeguarding matters is allocated to:

Helen Jeffries (the Allocated Safeguarding Officer)

Responding to a Safeguarding Concern

Where a child is at immediate risk of serious harm, Lila Yoga will call 999.

Where any child makes a disclosure relating to harm or abuse to Lila Yoga, it is important for Lila Yoga to:

- Listen calmly and carefully, showing that their views are taken seriously
- Provide an appropriate and honest level of reassurance
- Avoid interrogating children and asking probing, intrusive and/or leading questions

- Avoid making false promises regarding secrets and confidentiality with the child (because any concern of abuse/ harm must be shared with a DSL of the partner organisation or as a safeguarding referral)
- Make a confidential written record of the discussion either during the discussion or immediately afterwards. The record should include the key details of the disclosure together with any relevant times, dates, places and people concerned. Audio and video recordings of children making disclosures should be avoided.
- Consult with/ report to any other relevant persons e.g. the DSL of any partnering organisation and/ or make any appropriate referrals to the relevant authorities, such as the applicable Local Authority Children's Services Department.

Reporting Concerns About Other Adults

Where Lila Yoga has a concern regarding the conduct of an adult connected to their services, which poses or may pose a safeguarding risk to children such as:

- Harming a child either physically or emotionally
- Exposing a child to behaviour which may cause physical or emotional harm
- Engaging in criminal activity concerning a child

They will consult with/ report to any other relevant persons e.g. the DSL of any partnering organisation and/ or make any appropriate referrals to the relevant authorities, such as the applicable Local Authority Children's Services Department or the Police.

Disclosure and Barring Service (DBS) Checks and Reporting

DBS checks of Helen Jeffries (facilitator of all Lila Yoga activities involving children) under the appropriate legislation will be undertaken and shared with partnering organisations whenever required.

Safeguarding Children at Events and Activities

Typically, Lila Yoga arrange the following types of events and activities which may involve children:

1:1 therapeutic Yoga, School Yoga Workshops, Children's Yoga Group Sessions, Family Yoga Groups.

Any events or activities shall be risk assessed in reference to their suitability and safety for children. Venue specific fire safety procedures, first aiders and risk assessments shall be requested and made clear to all involved as necessary.

First Aid

During Sessions, Lila Yoga will keep a first aid kit accessible at all times which complies with the Health and Safety (First Aid) Regulations 1981

Any accident or injury concerning a child will be brought to the attention of the nearest first aider and will be logged in Lila Yoga's accident book.

Consent Forms

Lila Yoga will always obtain written consent from a parent or guardian for any event that takes place with children in attendance without their responsible parent or guardian present. Consent will be obtained via our registration form.

Consent forms will include emergency contact details and will set out any specific safety needs/ requirements for children.

All consent forms will be kept secure and stored in accordance with GDPR 2018.

Supervision

Where we hold events or activities whereby a child attends alongside their parent, guardian, teacher, support staff or carers, it is the responsibility of those listed above to ensure that children are properly supervised.

Managing Risks Posed by Other Children

It is important for Lila Yoga to recognise that children can face harm from their peers. This can commonly take the form of bullying. Bullying can be defined as any behaviour which is:

- Repeated; and
- Has the intention of hurting somebody either physically or emotionally

Bullying can sometimes be motivated by prejudices based on certain characteristics, for example gender, race, religion or sexual orientation. Bullying can often include:

- Physical harm perpetrated against another child
- Name calling and threats
- Cyberbullying (threats and abusive comments made via technology)

Any instance of bullying, or concern relating to possible bullying between children at any event or activities arranged by Lila Yoga, will be reported at the first possible opportunity to the partnering organisation.

Any reports of bullying shared with partnering organisations will be logged by Lila Yoga.


Photography

On some occasions, we make take photographs featuring children. We will:

- Always ask for written permission from parents/ guardians before taking and sharing any child's image

- Always ensure that parents/ guardians are properly informed of how an image may be used/ shared

This policy is approved and endorsed by Lila Yoga and will be reviewed annually.

A handwritten signature in blue ink, appearing to read 'Helen Jeffries', is placed on a light beige rectangular background.

Signed:

HELEN JEFFRIES (FOUNDER)

Date: 09.01.2023