



# Rise & Regulate

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## **Behaviour Policy**

Safeguarding Lead & Director: Danny Collins

Provision: Multi-venue (gyms, martial arts, outdoor environments)

Approach: Trauma-informed, regulation-led | Language: Learner

Aligned to KCSIE and Lancashire safeguarding procedures

## **1. Purpose and Scope**

To provide a consistent, safe and regulation-led framework for behaviour across all sessions.

Applies to all learners attending Rise and Regulate across multi-venue settings.

## **2. Principles**

Behaviour is a form of communication linked to unmet need.

Prioritise regulation, safety, dignity and respect.

Consistency, predictability and clear boundaries reduce anxiety and escalation.

## **3. Expectations**

Learners: follow instructions, respect staff/peers, engage safely in activities.

Staff: model calm behaviour, use consistent language, maintain supervision ratios.

## **4. Regulation Model**

Co-regulation → self-regulation using breathwork, movement, structured routines.

Use low-arousal approaches; reduce stimulus; provide clear, simple instructions.

## **5. Graduated Response**

Stage 1: Reminder (clear, calm instruction).

Stage 2: Reset (movement/breathwork/time-out).

Stage 3: Reflect (restorative conversation; identify triggers/strategies).

Stage 4: Escalate (contact school; adjust plan; consider risk controls).

## **6. De-escalation Strategies**

Remove audience; reduce demands; offer choices; use neutral tone.

Provide safe space with supervision; reintroduce task gradually.

## **7. Prohibited Practices**

No physical punishment; no humiliating or shaming language; no unsafe restraint.

## **8. Recording and Reporting**

All incidents recorded (time, context, actions, outcome).

Serious incidents reported same day to referring school; patterns reviewed weekly.

## **9. Links to Safeguarding**

Behaviour that indicates risk (self-harm, exploitation, substance misuse) escalated via safeguarding procedures.

## **10. Review**

Annual review or post-incident; updates shared with schools.