

## Eastbrook School

### Managing Aggressive and Dangerous Behaviour

**Physical Restraint is only to be used as a last resort**

(All staff should follow **guidance A** before resorting to guidance B)



#### **Guidance A**

##### **Avoiding the need for physical restraint**

If a student is demonstrating aggressive and dangerous behaviour and endangering their own safety and / or the safety of others the following action should be taken **before** any physical restraint is considered.

The order of action will depend upon the situation

- Send a reliable student to reception for a senior member of staff
- Send a reliable student to nearby classrooms for additional staff to help you
- If necessary clear the classroom or area involved – during lesson time send the rest of the class to an empty classroom or the library. Do this quickly and without any fuss (go with them once a senior member of staff is at the scene of the incident)
- If two students are involved select the student **who will most readily leave** the room or area and concentrate upon them leaving.
- **Calming** - Try to calm the situation by using a calm voice and calming words – meet reasonable needs, communicate “I am not afraid, I am not a threat” through voice and body language
- **Reaching** - Build bridges - show an intent to help – show understanding
- **Controlling** – make positive suggestions as to what could happen next – suggest actions such as sitting down, leaving the scene, come to an office / empty classroom etc.
- You must give the student a „WAY OUT” of the situation even if they have been in the wrong – **we can deal with that later**
- Do not shout or argue with the student – say as little as possible – keep your message clear
- Breathe slowly – adopt unthreatening body language –
- Try to „talk the student down” – encourage **the student** to talk – ask questions
- Do not try to address the source of their anger, **a successful outcome is when the student can calmly leave the room, go to a place of safety and talk about those issues later**
- If you feel under threat of injury and / or do not feel able to stay calm, you should leave the scene and hand over to a colleague. **This is totally acceptable and understandable.** It can happen to all of us.

You will need to make a number of decisions throughout an incident. There is no fixed order of actions to take. It is important to be flexible.

**The school does not expect any member of staff to physically** intervene in a dangerous situation if they do not feel able, but you are expected to support and call for assistance as needed.

**All staff are expected** to use the following forms of control:-

- Dialogue to request, persuade and distract
- Physical presence – being there – witnessing – careful use of body space
- Reinforcing Presence – assertive voice

**If touch is used to guide or reassure it should be**

- Witnessed

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- Not resisted or refused
- Unambiguous – between the shoulder and the elbow and the back of the shoulder only

### Guidance B

**If the situation demands physically holding or detaining a student you should make sure that:-**

1. No more than two members of staff are involved with one student
2. There should be no shouting – assertive but calm voices are essential
3. Minimum force is used for the minimum amount of time

**Holding or detaining a student should only be used:-**

1. In the last resort
2. To prevent physical injury or **serious** criminal damage
3. When witnessed by another member of staff
4. For care and control not as a punishment or for compliance

**Take a moment to reflect  
If in doubt – don't.**

**If two members of staff are involved:-**

- One should stand in front of the student, far enough away to avoid the risk of being hit or kicked
- One person should move away to witness and support if a two person hold is necessary
- Make sure that only one member of staff speaks to the student until they are calm enough to hear both without confusion. It is usually the person in front of the student who does the talking
- The person in front should hold the student's right forearm with their right hand and use their left hand against the upper arm to push the student away from the point of danger. (in reverse if you are left handed)
- If absolutely necessary the student should be held to your side – right hand holding their right forearm and left arm around behind their waist holding their left forearm against their waist. Taking care not to apply any pressure with your thumbs.
- At all times you should talk calmly and tell the student what is happening e.g. "I am holding you to help you calm down. You are calming down now."
- **NEVER** attempt to restrain a student from in front or behind
- **NEVER** bring a student to the floor and hold them down

**The purpose of holding is to provide physical and verbal reassurance while preventing injury**

**Congratulate** the student when they have calmed down. No matter what you think of any behaviour they have demonstrated beforehand they have managed to control their behaviour. You have not controlled it for them; you have provided physical and verbal reassurance.

**Where there is a known need for proactive physical contact or a known risk of the need for emergency interventions**

Planned use of restrictive measures as part of a broader educational, therapeutic strategy or safety strategy will be:-

- Endorsed by a multi-disciplinary meeting
- Detailed in a written Risk Assessment / Student Intervention Plan signed by the Headteacher
- Implemented by identified members of staff
- Recorded
- Updated at least annually

