

# Safeguarding Policy

At cheekymono, the safety, wellbeing and dignity of every child and young person is paramount. We are committed to creating a welcoming, inclusive and nurturing environment where children and families feel safe, respected and valued.

This policy applies to all children's yoga classes, family yoga sessions, adult yoga classes, workshops, events and activities delivered by cheekymono.

## Our commitment

Cheekymono believes that every child has the right to:

- Feel safe and protected from harm.
- Be treated with kindness, dignity and respect.
- Be listened to and taken seriously.
- Enjoy activities in an inclusive and supportive environment.
- Be free from discrimination, bullying, abuse or neglect.

We welcome all children and families and celebrate diversity in all its forms.

## Role and responsibilities

Sara is a qualified Children's Yoga Teacher and is committed to maintaining appropriate safeguarding awareness and practices.

However, cheekymono is not a counselling, therapy, social work or healthcare service. Sara is not a child psychologist, social worker, welfare officer or medical professional.

While yoga classes and workshops may provide a supportive and nurturing environment, they are not intended to replace professional support services.

## Recognising concerns

Safeguarding concerns may arise through:

- Something a child says or discloses.
- Changes in behaviour or emotional wellbeing.
- Signs of neglect or physical injury.
- Concerns raised by another child, parent or professional.
- Observations made during classes or events.

Cheekymono recognises that safeguarding is everyone's responsibility.

## **If a concern arises**

Cheekymono follows guidance in line with UK safeguarding principles and Kent Safeguarding Children Multi-Agency Partnership (KSCMP) procedures.

If a concern arises, we will:

1. Listen calmly and take any concerns seriously.
2. Reassure the child without making promises of confidentiality.
3. Record factual information as accurately as possible.
4. Avoid asking leading questions or investigating the matter ourselves.
5. Seek advice from appropriate safeguarding professionals where necessary.
6. Report concerns to Children's Social Services, the NSPCC, Kent Integrated Children's Services or the Police if there is reason to believe a child may be at risk of harm.
7. In an emergency, contact 999 immediately.

Cheekymono will always act in the best interests of the child.

## **Confidentiality**

Information relating to safeguarding concerns will be treated sensitively and shared only with those who need to know in order to protect a child or comply with legal obligations.

Where there is concern that a child may be at risk of harm, confidentiality cannot be guaranteed.

## **Appropriate conduct**

Cheekymono is committed to maintaining professional boundaries and appropriate relationships with children and families.

We will:

- Treat all children equally and with respect.
- Use positive and age-appropriate language.
- Never use physical punishment, humiliation or intimidation.
- Avoid being alone with a child wherever possible.
- Seek consent before offering physical assistance or adjustments.
- Encourage children to express themselves and participate at their own pace.
- Promote kindness, inclusion and respect.

## **Photography and social media**

Parents and carers are welcome to take photographs of their own children where appropriate, normally only while a class is not in progress, but we ask that:

- Images of other children are not taken or shared without permission.
- Social media posts respect the privacy of all families.
- Mobile phone use is kept to a minimum so everyone can remain present and enjoy the experience.

Cheekymono will only use photographs for promotional purposes with appropriate consent.

## **Health and welfare**

Parents and guardians remain responsible for their children at all times before and after sessions and during family classes.

Parents and carers must inform Cheekymono of any relevant medical conditions, allergies, medications or additional needs before attending.

Cheekymono is not responsible for administering medication or providing medical care beyond basic first aid and emergency procedures.

## **Inclusion and equality**

Cheekymono welcomes all children and families.

We do not tolerate discrimination, racism, sexism, homophobia, transphobia, ableism, ageism or any form of prejudice.

Families come in all shapes and sizes, and everyone deserves to feel safe, seen and welcome.

## **Reporting concerns**

If you have any concerns about the welfare or safety of a child during a cheekymono activity, please speak to Sara as soon as possible.

Where appropriate, concerns may be referred to:

- Kent Safeguarding Children Multi-Agency Partnership (KSCMP)
- Kent Integrated Children's Services
- NSPCC Helpline: 0808 800 5000
- Emergency Services: 999

## **Policy review**

This policy will be reviewed regularly to ensure it remains aligned with current safeguarding guidance and best practice.

Last reviewed: June 2026

Next review due: December 2026