

ConnectED Learning



Our Safe Space:

How We Look After Each Other and Ourselves

Welcome to ConnectED Learning!

At ConnectED Learning, you are entering a safe, supportive space where your unique potential is recognised, valued, and celebrated. We believe that you deserve to be **seen, heard, and understood** exactly as you are.

We know that learning can sometimes feel overwhelming, and that everyone has days when they feel stressed, anxious, or upset. This policy belongs to **you**. It explains your rights, how we protect your well-being, and how we will support you to feel safe and regulated so you can achieve your own version of success.

Your Rights at ConnectED Learning

Every young person who learns with us has the right to:

- **Feel Safe:** You have the right to feel physically and emotionally safe at all times.
- **Be Respected:** Your voice, your identity, your background, and individuality are always respected.
- **Be Heard:** If something is wrong, or if a learning feels too overwhelming, you have the right to say so, and we will listen.
- **Have Space:** You have the right to sensory breaks and time to regulate your nervous system when things feel like too much.

Understanding Your Feelings & Brain (The Nervous System)

We know that if your mind or body is stuck in a state of stress ("fight, flight, or freeze"), you cannot focus on learning. We don't expect you to be a robot. If you are feeling overwhelmed, angry, or shut down, we do not view this as "bad behaviour"—we view it as a signal that you need support.

We are here to help you feel calm and ready learn. Together, we will work out what helps you learn, which might include:

- Taking movement or sensory breaks when you need them.
- Using low-arousal spaces with less noise or bright lighting.
- Changing the activity to match your energy levels.
- Using visual cards or chats if you don't feel like using your words.

How We Keep Our Community Safe

To make sure everyone feels safe and happy to learn, we ask that work with us on three simple principles:

- **Look After Yourself:** Let us know what you need. If you are tired, overwhelmed, or confused, tell us so we can help you find a way forward.
- **Look After Each Other:** Treat us with kindness. Respect that everyone's brain works differently and everyone learns in their own way.
- **Look After the Space:** Respect the learning environments and equipment, so they remain safe and available for everyone to use.

No Punishments, Only Support

ConnectED Learning is a **zero-punishment** environment.

If you become deeply dysregulated, distressed, or act out in a way that is unsafe:

1. **We will stop the learning:** Your safety and feelings are more important than finishing a worksheet.
2. **We will give you space:** We will help you move to a safe, quiet space and reduce the pressure on you.
3. **We will co-regulate:** Your tutor will stay calm and support you until your nervous system feels safe again.
4. **We will talk it through later:** Once you feel completely calm and safe (even if that is the next session), we will have a gentle conversation to figure out what triggered the stress and how we can stop it from happening again.

Your Voice Matters

If you ever feel that you haven't been treated fairly, or if you feel unhappy about how a situation was handled, you have the right to tell us. You can talk to your tutor, have a parent/carer speak for you, or email, **Hannah Clark**, directly at hannah@connect-edlearning.co.uk.

We will always listen to your view of what happened because you deserve
to be respected and understood!

At ConnectED Learning: You will always be seen and heard!