

Easy Access Guide to Restrictive Physical Intervention

~ For Children and Young People ~

About This Booklet



This booklet has been written specifically for children and young people and their parents/carers. It tries to inform children and young people about their rights and the responsibilities of staff when it comes to physical intervention.



This booklet is based on Derbyshire County Council's Guidance on Restrictive Physical Intervention, which is based on what the Government say we should do.

Staying Safe



- All staff caring for you should follow the rules in this booklet.
- All staff caring for you should make sure you are safe at all times.
- Staff will sometimes have to help you and others to be safe.

Positive Behaviour Management

Staff should try and help you manage your own behaviour. They might do this by:



- Talking to you.



- Listening to you.



- Having clear rules and boundaries.

Derbyshire County Council Children's Homes Procedures



- Telling you when you are doing things well.



- Thinking about what makes you angry.



- Using appropriate sanctions.



- Trying to make you laugh.



- Trying a different activity.



- Ignoring your behaviour.



- Leaving you to have time alone.

Sometimes however, these methods don't work and staff might need to use methods that involve holding you, to make sure you, others and property are safe.

Holding Children and Young People

There are different ways of holding children and young people. These are holding gently and holding firmly.

Holding Gently: When someone is being held gently they can move if they want to. Staff might hold you gently when:



- You're feeling sad and sometimes need a hug.



- They are providing personal care.

Holding Firmly: When someone is being held firmly it is difficult for them to move. When you are held firmly it is called a Restrictive Physical Intervention. Staff might need to hold you firmly when:



- Someone is in danger.



- Someone else is being hurt.



- You are hurting yourself.



- You are breaking things.



- If a crime is about to be committed.



- In an emergency.

Your Rights



- Restrictive physical intervention will only be used to keep you and others safe and to keep property safe from damage.



- It is not a punishment.



- It should not hurt.



- It should not last too long.

What Should Happen Before



- Staff should have plans to support you and make sure you are safe.



- Staff need to ask your family and Social Worker how you behave when you get angry and how they help you with this.



- Staff should have a Safe Care Plan for you which says how they will support you if you get angry.



- Staff will read this guide so they understand their rights and responsibilities and yours.



- Staff will attend regular training.



- Staff will do everything they can not to use a restrictive physical intervention.

What Should Happen After



- Staff will give you time to calm down.



- Staff will ask you and make sure you are ok.



- If you are hurt they will get you medical help.



- When you are ready they will talk to you about what happened.



- Staff will have to tell people such as your Social Worker and sometimes your parents about what they have done.



- Staff will have to write about the incident.



- You should talk to someone if you have any questions or if you have anything else you want to say.

WE HOPE YOUR STAY WITH US IS A HAPPY ONE

Please sign and date below to say a member of staff has made this booklet clear to you, many thanks.

Childs Name.....Childs signature.....

Staff Name.....Staff signature.....

Date.....