



# Strategies for supporting young people within the classroom

01

## SHARE EXPECTATIONS

- Be Safe, Be Respectful, Be Ready to learn

02

## HAVE A QUIET WORD WITH THE YOUNG PERSON

- Check their wellbeing – are they okay?
- Suggest an alternative approach

03

## CONSIDER A SEAT MOVE

- Give them a choice to change their behaviour before making the move.  
Keep in mind that young people who are dysregulated may not be able to make a choice at that time.

04

## TIME OUTSIDE OF THE CLASSROOM

- A short **1-2 mins** to allow young people to reflect, de-escalate and regulate. Check in after 2 minutes. If longer is required, give them another **1 – 2 minutes**. If this persists, ask your line manager for support.  
*Young people should not be sent to go for a walk on their own, out of class.*

05

## REFLECT AND REPAIR

- A quick word outside, at the end of the period or later that day
- Check their wellbeing – are they okay?
- Ask what happened that day, from their point of view
- Come up with clear, shared targets and strategies going forward