

# Protecting Yourself in the Classroom: 5 Essential Tips for Teachers



## Welcome Back to School!

As the new school year begins, it's time to reflect on how well protected you are in the classroom. Whether you're new to the profession or a seasoned veteran, safeguarding yourself from the potential risks that you face in the classroom is crucial.

41% of teachers have been the subject of an allegation from a parent, student or colleague during their careers (Teacher Tapp 2023)

Here are five top tips to help you stay protected and focus on what you do best—teaching!

### Sign Up for Professional Support



Whether you choose a teaching union or a non-campaigning alternative like Edapt, it's essential to have professional employment support in your corner. From false allegations to employment disputes, having the right support can be the difference between keeping your career or leaving the profession. It's not just the major cases— everyday concerns like checking employment contracts or working hours can also benefit from expert advice. So, whatever you do, join somebody.

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### Check Your Employment Contract

Make sure you're clear on the terms of your employment. The best way to do this is to review your contract, especially if you've moved to a new school or taken on an additional responsibility. Knowing your rights regarding pay, working hours, and other conditions will help you avoid misunderstandings and potential conflict later. If you're unsure about any details, reach out for clarification. Make sure you have an electronic or physical copy of your contract available and get one from HR if you can't find it.

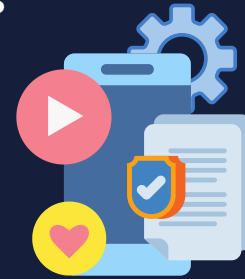


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## Review Your Social Media Settings

Different schools and employers will have different thresholds as to what is acceptable behaviour so be sure to check how you are expected to act online both in public and in 'private' chat groups. Check your school's social media policy to understand the expectations. Regularly review and update the privacy settings on your social media accounts to ensure that only trusted individuals can view your content.



## Use Support Systems to Prevent Escalation

If you encounter issues, try to address them early by talking to your line manager, headteacher or union/Edapt support (see Tip 1). Many problems can be resolved informally before they escalate and early support from expert help always leads to better outcomes. Edapt subscribers also have access to 24/7 mental health support staffed by professional counsellors and some schools may also provide this service through an Employee Assistance Programme. These can be useful to give you a place to vent and decompress from stressful situations.

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## Document Important Conversations

If you sense an issue brewing, start documenting key interactions and events even if this seems a bit over the top. Keep records of dates, times, and the content of any relevant conversations or actions. This documentation can be crucial if a dispute arises and will help your caseworker provide the best possible support. Don't forget Tip 4 and reach out for support too!



## Teach With Confidence

The start of the school year is an exciting time, but it's also important to take a step back and ensure you're protected. By following these five tips, you can focus on your teaching with confidence, knowing that you've taken the necessary steps to safeguard your career.

## Discount Codes for Savvy Savers

As a reward for reading our top tips, we have created exclusive and time-limited discount codes for new subscribers to Edapt. Valid until midnight on September 30th, 2024:

10% off your annual subscription: **B2S24-annual**

10% off monthly subscription for the first 12 months: **B2S24-monthly**