REAL Inspiration
Social Enterprise

Trauma-Informed Response Statement

Name of Provision:Real Inspiration

Applies to: All staff, learners, and activities

Date Adopted: 1.9.26

Review Date:1.9.27

Our Commitment

Real Inspiration recognises that many children and young people accessing our alternative provision have experienced trauma, adversity, or disrupted education. We are committed to providing a safe, relational, and predictable environment where learners feel understood, supported, and able to engage.

Our approach is trauma-informed, needs-led, and embedded within our safeguarding practice.

What We Mean by Trauma-Informed

Being trauma-informed means we:

- understand how trauma can affect behaviour, learning, and relationships
- view behaviour as communication, not defiance
- respond with curiosity rather than punishment
- prioritise emotional safety alongside physical safety

Core Principles

Our responses are guided by the following principles:

- Safety – emotional and physical safety are prioritised at all times
- Trust & Transparency – clear boundaries and consistent responses
- Choice & Voice – learners are supported to have agency
- Collaboration – working alongside learners, families, and professionals

•Empowerment – building strengths, resilience, and self-regulation

How We Respond in Practice

When a learner is distressed, dysregulated, or displaying challenging behaviour, staff will:

•remain calm and regulated

•reduce demands where appropriate

•use de-escalation strategies

•provide space, time, and support to regulate

•avoid shaming, punitive language, or public correction

Physical intervention is not a primary response and is only used where necessary to maintain safety.

Boundaries and Safety

A trauma-informed approach does not mean an absence of boundaries.

•expectations are clear and consistent

•boundaries are explained and reinforced respectfully

•consequences, where necessary, are proportionate and restorative

•safeguarding responsibilities always take precedence

Staff Support and Training

We recognise that trauma-informed work requires skilled and supported staff.

•regular support is provided

•reflective practice is encouraged

•staff wellbeing is actively supported

Links to EHCP Outcomes

Support is planned in line with EHCP outcomes, particularly those relating to:

- emotional regulation
- engagement and attendance
- communication and relationships
- preparation for adulthood (where appropriate)

Working with Others

We work collaboratively with:

- commissioning schools and local authorities
- families and carers
- therapists and other professionals

Information is shared appropriately and in line with safeguarding and data protection requirements.

This statement is reviewed annually or sooner if practice or guidance changes.

Signed:Natasha Rehman

Role: Director/DSL

Date:1.9.26