

Safeguarding Scenarios Workbook

Think through real-world safeguarding situations in a structured, reflective way — confidence, clarity and professional judgement.

YOGAPROS

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Compliance & Safety



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◆ INTRODUCTION

This template provides a practical starting point for planning, recording, and reviewing your professional practice. Adapt it to suit your role, teaching environment, students, and any relevant legal, safeguarding, or insurance requirements.

◆ WHEN TO USE THIS

This workbook is designed to help yoga teachers and wellness professionals think through real-world safeguarding situations in a structured, reflective way.

It is not a test, and there are no “correct answers”. The aim is to support confidence, clarity and professional judgement.

Use this workbook individually, or as part of supervision, mentoring or CPD reflection.

◆ HOW TO USE THIS WORKBOOK

For each scenario:

- Read the situation slowly.
- Identify what you *actually know* (facts only).
- Consider your role and boundaries.
- Reflect on possible appropriate responses.
- Note anything you would want further guidance on

◆ WHAT NOT TO DO

- ✗ Don't promise absolute secrecy to a student.
- ✗ Don't investigate or confront others involved.
- ✗ Don't ignore or dismiss concerns.
- ✗ Don't share information with anyone except those who need to know for safeguarding purposes.

These boundaries protect both you and your students, ensuring the situation is handled professionally and ethically.

◆ IMMEDIATE RISK

If a student is at immediate risk of harm, always contact emergency services (999 in the UK, 112 in Ireland or the EU, 911 in the USA) without delay.

Proactive preparation is important: save the contact details for your local safeguarding authority in advance, so you can act quickly if a concern arises.

Safeguarding issues can arise in digital spaces as well. In online or hybrid classes, remain alert for signs of distress, concerning communications, or privacy breaches through video or chat. Apply the same safeguarding principles as you would in person.

Remember, cultural backgrounds and personal circumstances may influence how abuse or neglect presents. Approach every concern with sensitivity and avoid assumptions. When in doubt, seek guidance.

After reporting, take care of your own wellbeing. Monitor your emotional response, seek support if needed, and, if appropriate, follow up discreetly to ensure the concern has been addressed.

Scenario 1

A student discloses personal difficulties

A student stays behind after class and mentions that they are struggling at home and do not feel safe.

◆ REFLECTION PROMPTS

- What information has actually been shared?
- What is my role in this situation?
- What should I avoid doing or saying?
- What might be an appropriate professional response?
- Would I need further advice or support in this situation?





Scenario 2

Ongoing concern about a regular student

A regular student has become increasingly withdrawn over several weeks and appears less engaged in class.

◆ REFLECTION PROMPTS

- What have I directly observed?
- Am I making any assumptions?
- Is there anything I should or should not do as their teacher?
- What would staying within my role look like here?
- When might it be appropriate to seek advice?



Scenario 3

A request for advice outside your expertise

A student asks whether yoga could help manage a diagnosed mental health condition.

◆ REFLECTION PROMPTS

- Is this within my scope of practice?
- How might I respond without giving inappropriate advice?
- What boundaries are relevant here?
- How can I remain supportive while staying within my role?



Scenario 4

Discomfort with physical adjustments

A student appears hesitant during hands-on adjustments but does not speak.

◆ REFLECTION PROMPTS

- What might I reasonably observe?
- How should consent and choice be handled here?
- What does professional practice look like in this situation?
- What would I avoid assuming?



Scenario 5

A sensitive conversation in a private session

In a one-to-one session, a student shares emotionally distressing personal experiences.

◆ REFLECTION PROMPTS

- What is my role in a one-to-one yoga setting?
- Where might my competence begin and end?
- How do I maintain boundaries while remaining supportive?
- When might it be appropriate to signpost?



◆ KEY LEARNING THEMES

Notice the *patterns* in your responses.

Across all scenarios, notice patterns in your responses:

- Staying within your role
- Focusing on facts, not interpretation
- Avoiding investigation or diagnosis
- Maintaining professional boundaries
- Responding calmly and appropriately
- Recognising when external support may be needed

You are not expected to have perfect answers. This workbook is designed to help you develop professional confidence over time, not to test your knowledge or judgement.

Remember, responding to safeguarding concerns is a key part of maintaining professional boundaries and upholding ethical standards as a yoga teacher.

The goal is always the same: act within your role, respond professionally, and maintain safe and appropriate boundaries.

IMPORTANT

This checklist is provided for general awareness, professional orientation, and reference only. It is an example of points you may wish to consider and is not exhaustive, nor is it a substitute for professional legal, tax, insurance, safeguarding, or other advice specific to your individual circumstances.

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*A Learning Hub resource from the Compliance
& Safety team — helping members teach with
confidence.*

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