



Under 18 year olds attending beginners' meditation classes

Based upon guidance provided by thirtyone:eight.org, the Samatha Trust's Safeguarding consultants 6/01/2020

Introduction

Beginners' Meditation classes are set up for adults who wish to learn samatha meditation. Teachers do not have to accept people under 18 into their class. Samatha meditation teachers only need to have DBS clearance if they are teaching or leading a class or event set up specifically for young people under the age of 18 - eg the Family Weekends at Greenstreete, a children-only session during a puja or other event when children are not with their parents.

Occasionally young people under the age of 18 come to a beginners' class.

In the event of a young person under the age of 18 coming to a beginners' class the following guidance should be followed.

Young People aged 16 and 17

If a young person who is 16 but not yet 18 years old comes to a beginners' class the teacher must:

1. Be satisfied that learning samatha meditation will be beneficial for them as an individual.
 2. Require the young person to have written permission to attend the class from their parent or guardian.
 3. Make regular adult members of the group aware of expectations in regards to their interactions with any under 18's attending. Instructions such as not offering them transport and also who to speak to if they have concern regarding their safety/wellbeing are a start.
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Young people under the age of 16

If a young person under the age of 16 comes to a beginners' class the teacher must:

1. Be satisfied that learning samatha meditation will be beneficial for them as an individual.
2. Require the young person's parent or guardian come to the class with them if they wish to attend the class.
(continued)

3. Make regular adult members of the group aware of expectations in regards to their interactions with any under 18's attending. Instructions such as not offering them transport and also who to speak to if they have concern regarding their safety/wellbeing are a start.

What do I do in the unlikely event of my group having a number of under 18's in regular attendance?

1. If the group begins to receive under 18's in regular attendance, it may be considered to be a regulated activity. In that case the teacher and anyone else facilitating the class must have DBS checks.
2. You would need to consider an additional group leader being able to look after them when they attend.
3. It isn't good practice to intentionally regularly run a group for adults with children in attendance, if you receive under 18's regularly then it would be good to consider running a separate group for them where all teachers and facilitators are DBS checked.

How do I get a DBS Check?

If you feel you need or would like a DBS check the process is very simple. The Samatha Trust's safeguarding consultants provide a DBS checking service. Contact Charles King or Robert Adkins for further details.

Any further questions or concerns?

If you have any questions about these matters please contact Robert Adkins rob.adkins@mac.com



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Parent or Guardian's Permission Form

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In the event of a young person under the age of 18 coming to a beginners' class the following form should be filled in by the adult with legal responsibility for the young person.

Young People aged under 18

As the Parent / Guardian / Adult acting in loco parentis of

Name of Young Person. _____

1. I am satisfied that learning samatha meditation will be beneficial for them as an individual.
2. Age of the Young person in years. _____
3. I will attend the class with the young person if they are under 16.

Signed. _____

Please Print your name and indicate the capacity in which you are signing.

Please circle one - Parent - Guardian - Adult acting in loco parentis