

Acceptable physical contact

Staff may need to physically support students.

For advice and examples of what is acceptable, see the [Ministry of Education guidelines on minimising physical restraint](#) (PDF, 10MB).

Three principles help determine what physical contact is acceptable:

1. The ākonga is willing to be touched.
2. It is for the benefit of ākonga.
3. It is limited to appropriate areas of the body, generally shoulders, arms, hands and upper back, unless it is a prescribed technique for a specific purpose.

Situations involving acceptable physical contact to support students happen in schools every day to:

- develop skills
- provide emotional support
- aid and assist
- support positioning and posture
- support communication.

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