



EXTENSION PROGRAM FOR HEALTHY COMPASSIONATE TOUCH

Worksheet for the video: High School – Teachers Perspective

In this video we hear from High School teachers about the topic of touch. They serve as a way to deepen your own exploration of what is Healthy Compassionate Touch and how HCT can improve social and emotional wellbeing.

Here are the ideas they share:

- At the beginning of a term or semester the teacher shares some things about themselves that helps the students connect with the teacher.
- Establishing eye contact with each student as they enter the classro
- Consider a high 5 or a hand shake as they enter the classroom

When these forms of connection are established teachers report:

- Improved classroom management
- Better communication
- Increased empathy between students
- A decrease in cultural barriers
- Improved confidence in students for example, more willing to speak another language
- A reduction in stress and anxiety in students (this was the number one concern of the students I met with in creating this program)



When a student is struggling emotionally in class try using touch such as a hand on the shoulder. Ask “would you like a hand on your shoulder?” and at the same reading the non-verbal cues. If a student recoils then it is a clear indication that touch is not helpful in that situation.

In both the elementary and middle school videos on HCT the importance of getting consent for touch, verbally or through physical cues is shared and respecting the answer of a ‘yes’ or ‘no’ is vital. If the students have been empowered from this early age, by High School they will have a healthy awareness and knowing if touch would be helpful and how they would like to be touched.

When there is a strong connection established with a student a hug can be a just what a student needs to support them.

