DOCUMENT TITLE & VERSION	STUDENT CODE OF CONDUCT VERSION 1
ORIGINATOR	PATRICIA MALLALIEU
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RESPONSIBLE DIRECTOR	PATRICIA MALLALIEU
POLICY DUE FOR RENEWAL	NOVEMBER 2026

Student Code of Conduct

When participating in Be Inspired courses and activities, the following behaviour is expected of all staff, students and members: •Act in a responsible way to safeguard your own health and safety and that of others (in line with the Be Inspired Health and Safety Policy). •Respect the different backgrounds, experiences and lifestyles of others through the understanding and demonstration of British Values •Act in ways which do not discriminate against people of different backgrounds (in line with the Be Inspired Equality, Diversity and Inclusion Policy). •Do not use language which could offend others e.g. racist, sexist, homophobic, ageist, or language offensive to people with a disability. •If you feel you have been treated with a lack of respect, been harassed, or discriminated against, contact either your course tutor or the Director. They will follow up with you. •Comply with any other policies of this centre. They will be displayed in the classroom if applicable. *All policies are available on request from the Main office.

Health and Well-being

Be Inspired Training staff and tutors aim to provide information, advice and guidance in order for you to maintain a health and well-being. Maintaining health and well-being on a daily basis can be small, simple steps every day. Even when goals are not achieved we can re-visit and determine what steps we want to take.

Everyone is different and stress and trigger points willvary with each individual. Understanding how these work in your life is an importanttool to enable you to cope and manage them.

Areas such as

- getting a good night sleep – some people need 8 hours, others can function on less.
- Carry out activities you enjoy such as spending time with friends or going to the gym
- Your environment – such as going for a walk or spending less time on the computer

Planning these simple steps will help to reduce stress and promote healthy living.

There are numerous resources available on-line and should you require specific information please either speak to your tutor or our Centre staff.

Link: https://www.studentminds.org.uk/lookingafteryourmentalwellbeing.html