



# Pupil contract for use of ear defenders



## Ear defenders can help me:

- \* Stay calm when things feel too loud
- \* Focus on my learning
- \* Feel safe during busy times
- \* Take part in lessons more easily

## I agree that I can use my ear defenders:

- \* During noisy or busy times (e.g. assemblies, some transitions, some practical activities)
- \* When I feel overwhelmed by sounds
- \* When an adult reminds me that they may help

## I agree to take them off:

- \* When the teacher is giving important instructions
- \* During class discussions
- \* When an adult asks me to
- \* In situations where I need to hear safety information

## I agree to:

- \* Keep my ear defenders in the agreed place
- \* Use them safely and sensibly
- \* Tell an adult if they are broken or uncomfortable
- \* Only use **my** ear defenders

## Adults in school agree to:

- \* Remind me when ear defenders could help
- \* Allow me quiet time to calm if I need it
- \* Help me learn when to use them and when to take them off
- \* Keep the rules fair and consistent

## My calm choices

When things feel too loud, I can:

- \* Put on my ear defenders
- \* Use my quiet space
- \* Use my agreed calm strategies
- \* Ask an adult for help

**Name:**

**Signed:**

**Date:**