

Protecting Yourself from Allegations

There are several simple steps you can take to help protect yourself from misunderstandings or allegations when working with students, patients, clients, children, or vulnerable adults.

Students

- Carefully consider the implications of sharing your personal email address, home address, or phone number with students, patients, clients, or vulnerable adults while on placement.
- Take care when using social media and ensure your personal information and accounts remain private.
- Do not create personal online friendships or social media connections with students, clients, or vulnerable adults from your placement setting.
- Familiarise yourself with the guidance in **Social Media and You** on My.Cumbria.ac.uk. [Social Media and You | MyCumbria](#)
- Refer to the **Student Code of Conduct** for further guidance. [Student Code of Conduct and Disciplinary Procedure | MyCumbria](#)
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If you are working with children or young people under 18:

- Ensure that appropriate risk assessments are in place within the placement setting.
- Avoid being alone with a young person wherever possible. One-to-one meetings should take place with another responsible adult present or in a visible and appropriate setting.
- Do not transport a person under 18 alone in your own vehicle.

University Staff

- Carefully consider the implications of sharing your personal email address, home address, or phone number with students.
- Take care when using social media and keep personal information private.
- Do not create personal online friendships or social media connections with students. Use official University communication channels and University-managed groups rather than personal accounts or groups.
- Familiarise yourself with the guidance in **Social Media and You** on My.Cumbria.ac.uk. [Social Media and You | MyCumbria](#)
- Refer to the **Staff Code of Conduct and Personal Relationships at Work Policy** for guidance on expected standards of behaviour.
- [Code of Conduct - Employees](#)
- [Personal Relationships at Work Policy](#)

If you are working with children or young people under 18:

- Ensure appropriate risk assessments are in place for all activities.
- Avoid being alone with a young person wherever possible. One-to-one meetings should take place with another responsible adult present or in a visible and appropriate setting.
- Do not transport a person under 18 alone in your own vehicle.

This guidance helps maintain professional boundaries and protects both individuals and the University community.