

**ALLIANCE
AGAINST**

**SECLUSION
RESTRAINT**

Keeping All Students Safe

The **Alliance Against Seclusion and Restraint** request a meeting to discuss strategies we can use to support your efforts to pass legislation that will:

- **Eliminate seclusion** for all children in private and public schools from preschool through grade 12
- **Prohibit restraints** except in the very rare situations where the student's or adult's life is in jeopardy.
- Require that restraint be used only for the **least amount of time necessary**.
- **Require that parents be notified** immediately each time that restraints are used.
- **Require that the schools document** each instance of restraint, and analyze their data at least quarterly for trends in relation to schools, ages of children, race, disability gender.
- **Require that all personnel receive education and training about:**
 - The importance of relationships and individualizing instruction and responses for each child
 - The impact of trauma on the brain, development, learning, and behavior
 - Understanding children's stress responses
 - Reading children's stress cues in order to prevent escalations and explosive behaviors
 - The key role of self-regulation and co-regulation in maintaining and preventing challenging behaviors
 - Differentiating between stress behaviors and willful behavior
 - De-escalation strategies
 - Collaborative, proactive approaches that involve working directly with the child to solve problems and simultaneously build the child's executive functioning skills
 - The negative effects of rewards and consequence systems for children with trauma backgrounds, neurodivergence (ADHD, Autism, etc.), Mental Health Challenges (anxiety, etc.), lagging skills (developmental delay), learning disabilities, etc.
- **Utilize a trauma-informed system of crisis management associated with a philosophy of comfort and care vs power over** (i.e. Ukeru) which does not require physical restraint or seclusion.

The Alliance Against Seclusion and Restraint believes that we can make our schools safer for students, teachers and staff by limiting the use of restraint and by the elimination of the use of seclusion. We believe that the use of restraint and seclusion is a civil, constitutional and human rights issue and look forward to working with you effect a positive change.

Contact:

Beth Tolley
Jennifer Tidd
Guy Stephens
Kat Wolfe