

**ALLIANCE
AGAINST**

**SECLUSION
&
RESTRAINT**

Month Day, Year

Parent/Guardian's Name

Address

Email address

Telephone number

Dear Representatives of _____ School,

I write to respectfully request that school staff, contractors, and all employees working with school staff, including school resource officers and police officers, avoid using corporal punishment, seclusion, and restraint with my child, _____, (Date of Birth MM/DD/YYYY).

The reason for my request is that corporal punishment, seclusion, and restraint would likely be traumatic for my child, as it has been found to be traumatic for many children. Studies show that these practices lead to serious physical and emotional harm to children, including physical injuries; mental health conditions including post-traumatic stress disorder (PTSD), depression, anxiety, and suicidality; school dropout; academic failure; disability; and occasionally death. These interventions are contraindicated for children with past trauma and those with medical conditions that impact the heart or breathing. Seclusion or isolation is contraindicated for students who require constant monitoring, students with suicidal ideation, and students who may engage in self-injurious behavior. School corporal punishment, seclusion, and restraint have been identified as a form of community violence, and they are adverse childhood experiences (ACEs) that can lead to long-term health problems.

Moreover, studies indicate that corporal punishment, seclusion, and restraint usually worsen a child's behavior, not improve it. Non-violent, safe alternatives can always be used instead. Thus, I do not consent to the use of corporal punishment, seclusion, or restraint upon my child.

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If you are concerned about my child's behavior or other performance at school, please talk with me about how we can work constructively together to support them and their success and keep them in school. I am interested in evidence-based approaches to supporting my child's success.

You can reach me at (xxx) xxx-xxxx or myemail@mail.com to discuss this important matter.

Sincerely,

Signature

Parent/Caregiver's Name