

About Restraint & Seclusion

A recent government report revealed that there are no federal laws in place to keep educators from using dangerous and abusive methods to restrain or seclude a student. The report also cited hundreds of cases where disabled students died, were injured, or emotionally traumatized because of improper treatment and dangerous practices.

Although the Children's Health Act of 2000 protects children from abusive practices in facilities such as hospitals, residential treatment centers and residential group homes, it does not protect students, including those with disabilities, from such practices in both public and private schools.

This brochure is designed to provide basic information about restraint & seclusion practices and should not be interpreted as medical advice. For all concerns related to your child's health and safety, please seek the advice of your child's healthcare provider.

Much of the content in this brochure was developed by The Alliance to Prevent Restraint, Aversive Interventions & Seclusion (APRAIS), its member organizations, and its hosting organization, Tash. For more in-depth information, visit stophurtingkids.com & download its free Parent Toolkit: Shouldn't School Be Safe?

For additional information about restraint & seclusion, please visit stophurtingkids.com or ukerusystems.com.

RESTRAINT & SECLUSION: Tips for Prevention

**A Resource Provided by
the National Autism Association**



RESTRAINT & SECLUSION:

Tips for Prevention



In the United States,
restraints were used

267,000

times in a recent school year.

What is Restraint & Seclusion?

Restraint is any manual method, physical or mechanical device, material, or equipment that immobilizes or reduces the ability of an individual. **Seclusion** is involuntary confinement of an individual alone in a room or area from which they are physically prevented from leaving.

According to the Alliance to Prevent Restraint, Aversive Interventions and Seclusion (APRAIS), **Aversive Interventions** are the deliberate infliction of physical and emotional pain and suffering for the purpose of changing or controlling an individual's behavior.

Types of Restraint



Prone Restraint means that the child is laid in the facedown position.



Supine Restraint means that the child is laid in the face-up position.



Physical Restraints involve a person applying various holds using their arms, legs or body weight to immobilize an individual or bring an individual to the floor.



Mechanical Restraints include straps, cuffs, body/blanket wraps, helmets and other devices to prevent movement.

Signs of Restraint/Seclusion



- Bruises
- Escalated behaviors
- Fear of going to school or a particular teacher
- Bed wetting
- Crying for unknown reasons
- Sleep disturbance
- Not wanting to be alone
- Loss of appetite or interest in favorite things
- New phobias



Six Tips for Parents

1. **Start the Conversation:** Share your concerns about restraint and seclusion practices with your child's teachers and aides, and be sure to ask if your child has ever been restrained or secluded.
2. **Write a "No Consent" Letter:** A 'no consent' letter can be placed into your child's Individualized Education Program (IEP). A sample letter may be found at stophurtingkids.com.
3. **Avoid IEP Traps:** Never allow inclusion of restraint & seclusion into your child's IEP, or any language implying these practices.
4. **Monitor:** Volunteer, stay active with the school and observe all aspects of your child's day. Also be sure to monitor your child's records, including incident reports and data sheets.
5. **Document:** Keep notes of any concerns, and take photographs of any suspicious injuries.
6. **Respond & Report:** If you suspect abuse, consult with your child's medical care provider right away. You may also consider filing a police report, and reporting abusive practices to your State Education Agency.

Report Abuse

Some states have established an Office of the Child Advocate to investigate allegations of systemic abuse and neglect of children within that state's service systems. This can be an important contact, especially when a group of parents comes forward with similar complaints.



All 50 states, The District of Columbia, Puerto Rico, and the federal territories have a protection and advocacy system (P&As). P&As are mandated under various federal statutes to provide protection and advocacy on behalf of individuals with disabilities. To find your state P&A, visit ndrn.org or call (202) 408-9514.

Training

Ukeru offers training programs designed to reduce restraint & seclusion practices. Your child's school can learn more at ukerusystems.com.



For more resources, visit
nationalautismassociation.org