

# Restraint & Seclusion: A Discriminatory Practice in Schools



Restraints and seclusion are coercive, high-risk techniques intended to contain an individual considered a danger to themselves or others. These approaches are being used too often in schools across the country, particularly on students with disabilities. Therefore, they are not only harmful, but may also be discriminatory.

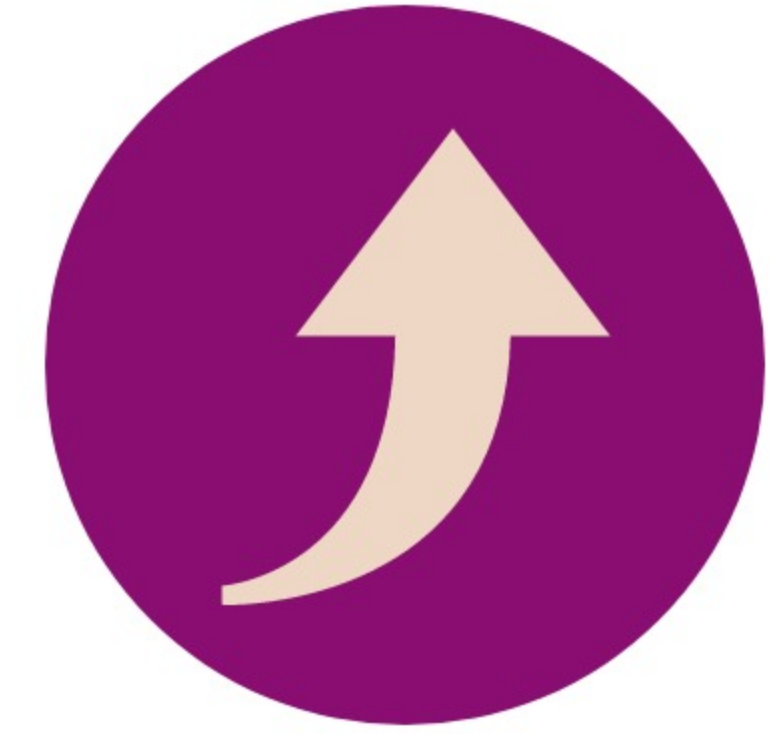
## A widely used practice:



An estimated **267,000 Students** are restrained or secluded each year in public schools.



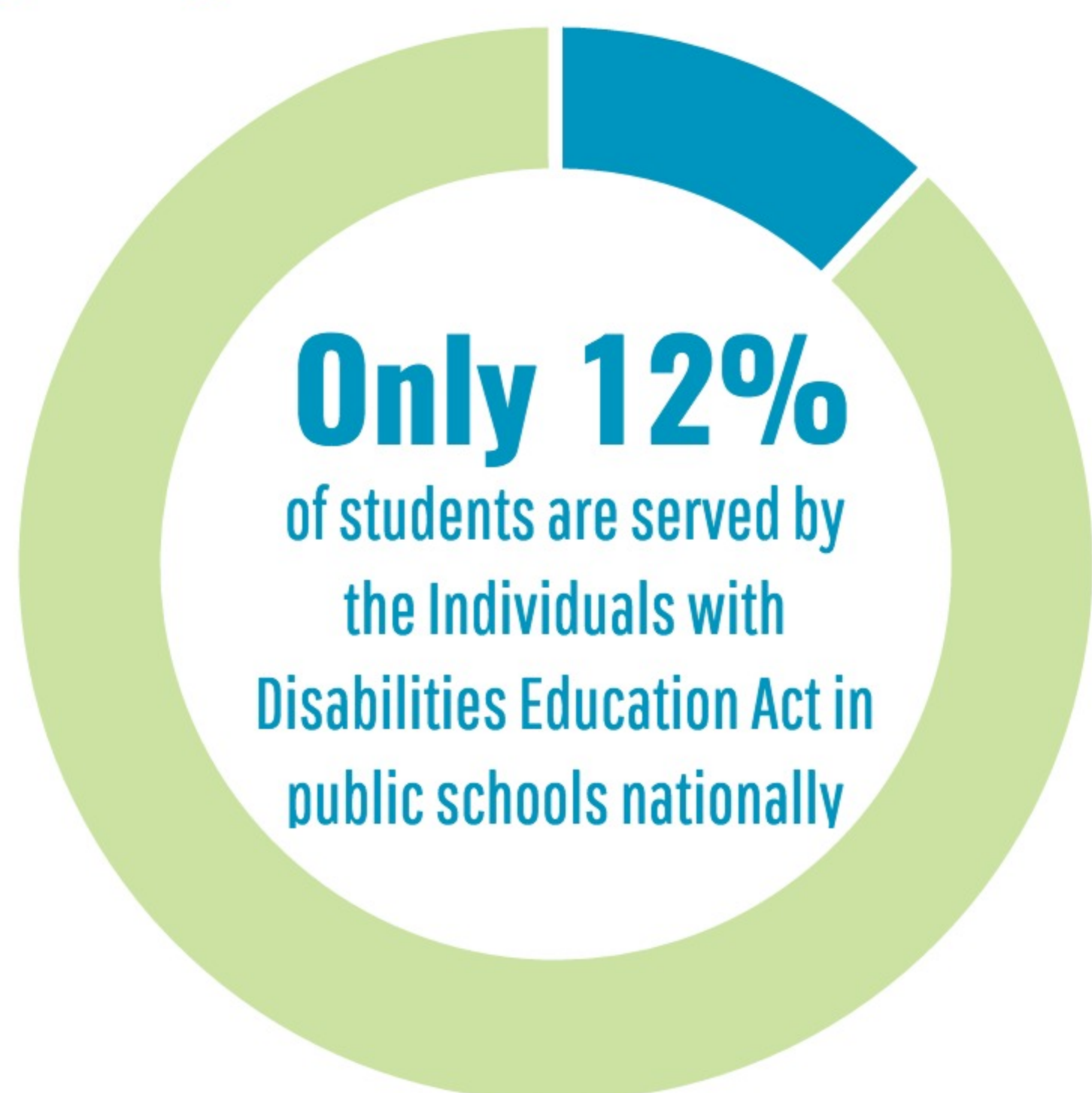
The number of complaints related to the use of restraint and seclusion on students with disabilities has consistently risen for the **past 8 years**.



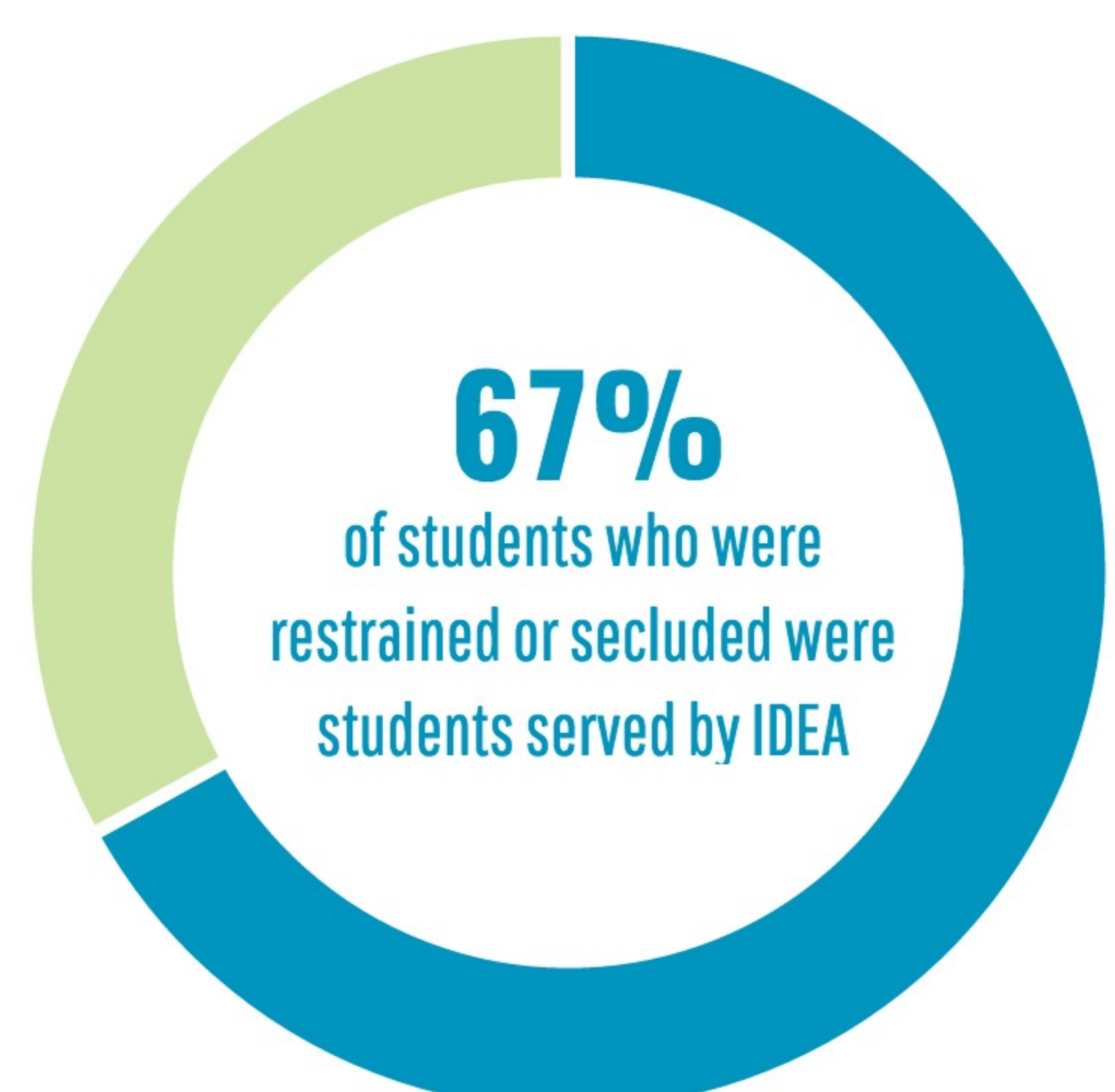
In fact there was an **100% increase** of restraint and seclusion in 5 years.

## Even more widely used on students with disabilities:

Children with disabilities – **particularly those with intellectual disabilities, behavioral problems, & communication or sensory related disabilities** – are disproportionately secluded and restrained in classroom settings on a regular basis.



**HOWEVER**



Another report indicated that **3/4 of students restrained** each year have physical, emotional or intellectual disabilities

## Violating the rights of students with disabilities to free appropriate public education (FAPE):

**A child can't learn if they are in emotional or physical submission for the majority of the school day.**

Using restraint and seclusion on students:



Creates a negative impact on relationships with those responsible for care, treatment, and education



Causes trauma that can trigger flight of fight response, causing reactionary behavior

Lasting traumatic effects can lead to:



High drop out rates



Attendance issues



Impaired concentration

**Therefore, schools are violating students with disabilities' access to FAPE by:**



Treating them differently



Reducing time spent in the classroom



Creating unequal educational opportunities

## A trauma-informed educational experience makes the classroom setting safer for both teachers and ALL students:

Teachers are taught physical restraint and seclusion as the default approach for students who are acting out.

Instead, educators should receive **proper training** on meaningful intervention including safe, physical alternatives.



**Learn more about eliminating restraint & seclusion in the classroom at [ukerusystems.com](http://ukerusystems.com)**

