

SUPPORTING STUDENT BEHAVIOUR – PHYSICAL RESTRAINT AND SECLUSION

Definitions and Terminology

Behaviour

All behaviour is a form of communication. When a student is unable to communicate their needs verbally, their behaviour may indicate they are stressed, distressed or that there is a problem that needs to be resolved.

Seclusion

Seclusion is the involuntary confinement of a student alone in a room or area where the student cannot freely exit or is physically prevented from leaving.

Physical Restraint

Physical restraint refers to a personal restriction that limits the ability of a student to move their torso, arms, legs, or head freely in order to secure and maintain the safety of the person or the safety of others.

Time Out

Time out occurs when a student is removed for a period of time following the occurrence of an identified problem behaviour in order to reduce or stop that behaviour. Time out may involve removing a student from sources of positive reinforcement as a consequence of a specific undesired behaviour. If a student chooses to be alone in a room, space or area, and is free to leave at any point, this is not considered to be time out or seclusion.

Sensory/Regulation Spaces

Sensory/regulation spaces is a term that encompasses a broad variety of therapeutic spaces (e.g. calming space, sensory modulation/integration room, multi-sensory room). The use of a sensory/regulation space is not to be confused with the use of seclusion. A sensory/regulation space is used proactively to meet a student's needs and promote self-regulation.

Accomplish Anything

Adopted	Reviewed	Revised	Page
BD20220512.1004			1 of 1