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(Original Signature of Member)

117TH CONGRESS
2D SESSION

H. RES. _____

Recognizing the harm associated with restraints in schools.

IN THE HOUSE OF REPRESENTATIVES

Ms. GARCIA of Texas submitted the following resolution; which was referred
to the Committee on _____

RESOLUTION

Recognizing the harm associated with restraints in schools.

Whereas there were 70,833 American public school students
subjected to physical restraint throughout the 2017 to
2018 school year;

Whereas the Government Accountability Office's report on se-
clusions and restraints revealed at least 20 student fatali-
ties linked to incorrect restraint techniques since 2009;

Whereas trauma resulting from physical restraint can inter-
rupt and impede a child's brain development throughout
early childhood;

Whereas elementary school-age children are sometimes too
small to be restrained using standard handcuffs and are
forced into unnatural, uncomfortable, and potentially

dangerous positions, such as being restrained by their biceps;

Whereas physical restraints may trigger short-term problems in sleep, learning, relationship building, and trust;

Whereas physical force can create a lasting distrust of adults and authority figures and has the potential to breed aggressive tendencies into adulthood;

Whereas some children who experienced physical restraints at an early age in a school setting were hospitalized after experiencing suicidal thoughts, while others were hospitalized for their bruises and physical injuries;

Whereas the Department of Education noted that restraints have not been shown to alter behavior;

Whereas secondary traumatic stress is defined as trauma developed by individuals who are exposed to the trauma of others through their professional roles;

Whereas law enforcement officers witness trauma daily, which increases the likelihood of developing post-traumatic stress disorder and other traumatic symptomatology; and

Whereas educators, administrators, educator support professionals, school resource officers, and law enforcement officers may experience secondary trauma as a result of witnessing or administering restraints on a child: Now, therefore, be it

1 *Resolved*, That the House of Representatives—

2 (1) recognizes the harm associated with re-

3 straints in schools, including—

1 (A) the short-term consequences of re-
2 strain experienced by children, such as—

3 (i) difficulties sleeping, learning, and
4 socializing;

5 (ii) mood instability;

6 (iii) academic difficulties; and

7 (iv) bruises, discomfort, suicidal idea-
8 tion, and even death;

9 (B) the long-term consequences of re-
10 strain experienced by children, such as—

11 (i) development of trauma;

12 (ii) distrust toward authority figures,
13 such as teachers, officers, and administra-
14 tors;

15 (iii) interrupted brain development;
16 and

17 (iv) aggressive tendencies in adoles-
18 cence and adulthood; and

19 (C) the development of secondary trau-
20 matic stress disorder in law enforcement offi-
21 cers, which may result in—

22 (i) burnout;

23 (ii) compassion fatigue;

24 (iii) vicarious trauma; and

25 (iv) other trauma symptomatology;

1 (2) encourages local and State governments to
2 implement rules, legislation, and trainings to pro-
3 hibit the use of physical restraints on young children
4 in schools in order to create a safer learning envi-
5 ronment and increase transparency between schools
6 and families; and

7 (3) acknowledges the secondary stress injuries
8 of educators, education support professionals, ad-
9 ministrators, school resource officers, and law en-
10 forcement officers across the United States and
11 moves toward substantial change through open and
12 frequent policy discussion.