

# Restraint and Seclusion Policy information for students

The following information about physical restraint and seclusion is for students attending Victorian government schools.

## Overview

- All students have the right to be safe at school.
- School staff must try to make sure students aren't hurt; this is called duty of care.
- Students are also protected by laws and policies like the [Child Safe Standards](#).
- In certain situations, school staff can stop a student doing something if it is to keep the student or someone else safe.

## What are physical restraint and seclusion

Physical restraint is when an adult uses their body to stop a student from moving. This is usually when the adult holds part of the student's body and the student can't move away.

Seclusion is when a student is alone in a room or place and they can't get out. If the student is not alone, they are not secluded.

Special seclusion rooms, removing door handles, and locking mechanisms that stop students from leaving an area normally used by students are not allowed.

## The use of physical restraint and seclusion in schools

Physical restraint and seclusion must only be used in an emergency. This means that staff cannot plan to use them, and they cannot be written into Behaviour Support Plans or Safety Plans.

School staff can only use physical restraint and seclusion to protect a student from hurting themselves or to stop a student hurting another person and there is no other way of keeping them safe.

School staff must stop physical restraint and seclusion as soon as the danger has stopped.

If a student is secluded, then staff must watch them the whole time.

No one – not doctors, specialists, you, or your parents/carers – can ask school staff to use physical restraint or seclusion.

If you are restrained or secluded at school, the school will:

- make sure everyone, including you, is safe
- tell you what happened and why physical restraint or seclusion was used
- tell your parents/carers what happened and why physical restraint or seclusion was used
- report it to the Department of Education and Training
- try new things to stop the situation happening again
- talk to you about what they think might be helpful to you.

## For more information

If you would like more information

- talk to your teacher, assistant principal, or principal
- go to the [Restraint and Seclusion Policy](#) on the Department of Education and Training's website.

## Complaints

If you want to speak to someone about being physically restrained or secluded in your school, speak to your parents/carers. They can help you talk about it with the school.

If you don't feel safe to do that, you can call the Kids Helpline on 1800 55 1800 or go to <https://kidshelpline.com.au/>

## Advice last updated

May 2021

## Scope

For schools

## Who makes sure this form is correct?

Principal Behaviour Support Adviser

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