

PROTECT OUR STUDENTS. LET OUR KIDS BREATHE.

Prone Restraint Is Dangerous



Prone restraints are a type of physical restraint in which an individual is placed in a face-down position and can impact an individual's ability to breathe or express distress.

From 1993 to 2018, there were 79 child fatalities due to prone restraints.

In 2023, Minnesota outlawed the use of these holds in our schools. We cannot allow any adult in our buildings to use these restraints on our children if we want to keep our students safe.

Why Prone Restraints Should Remain Banned In MN Schools

1 The use of prone restraint has been banned in several settings in MN

Minnesota **banned the use of prone restraints on students with disabilities** in 2015. In 2021, **Minnesota banned the use of the prone restraint position in MN prisons** with bipartisan support after learning how dangerous the position was during the trial of Derek Chauvin.

2 Prone restraint can lead to brain damage and cardiac arrest

The Minnesota Chapter of the **American Academy of Pediatricians** opposes the use of prone restraints in schools calling it an **“extreme act”**. The US Department of Education stated prone restraints or other restraints that restrict breathing should never be used because they can cause serious injury or death.

3 Students ages 6-10 are most frequently put in physical holds

According to the Restrictive Procedures report completed in 2023 by the Minnesota Department of Education, **our youngest students are the ones most often placed in physical holds**.

4 Disproportionate Use of Restraints

According to the Minnesota Department of Education, **students with disabilities who identify as Black, are of two or more races, or are Indigenous** experienced a disproportionate number of restrictive procedures,

“Make MN the best state in the country for kids”

-Governor Walz

If we truly want to make Minnesota the best state in the county for kids to grow up, then we should prioritize a solution that limits how any adult can put their hands on our children while in school.

