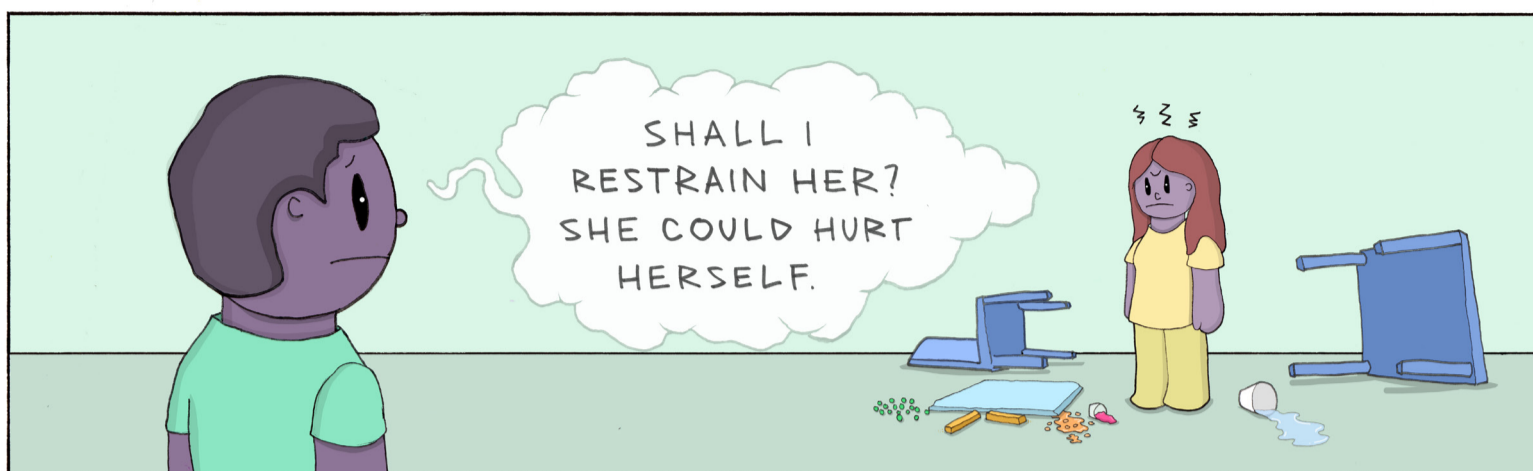


Restrictive practise



I'LL HAVE TO RESTRAIN YOU

THEN I'LL STRUGGLE

THEN I'LL RESTRAIN YOU **MORE**

THEN I'LL STRUGGLE **MORE**

LATER THAT WEEK.



Physical restraint can have negative consequences for all involved and should only be used as a last resort, to prevent harm to a young person or member of staff. It can leave the young person feeling scared and may trigger memories of past trauma. This can damage therapeutic relationships and mean a young person is less likely to engage in treatment. Staff may feel guilt and regret, even when they believe restraint was necessary. High-quality staff training (adopting Restraint Reduction Network standards) and good, needs-based, care planning can avoid unnecessary use of restraint.