

PHYSICAL RESTRAINT DEBRIEF

School:	Date:
Student:	

REFLECTION/DEBRIEF
Events leading to the incident Describe what was happening before the behaviour started to escalate. What was the student doing? What do you think might have triggered the behaviour? How were other students reacting to the student?
Behaviour of the student What did you notice about the student's behaviour that alerted you that they were struggling to cope? Think about the way they looked. Examples: facial expressions, physical signs, language.
What did you try before the restraint? Describe the alternative techniques and interventions tried to prevent the emergency, including a description of the de-escalation strategies you used. What was the response from the student?
The restraint method used Describe the nature of the physical restraint. Include the type of hold and number of people required.

MONITORING
How about you? How are you feeling and what support do you need?
Describe how the student's physical and emotional distress was monitored while they were restrained.
After the restraint ended Describe the mood of the student following the restraint. What help and support were they offered?
If there's a next time What could be done differently in the future to prevent the need for restraint?

PHYSICAL RESTRAINT DEBRIEFING FORM PARENTS/CAREGIVERS AND STUDENT	
Date of Incident:	
Date of Debriefing:	Time of Debriefing:
Names of the people at the debriefing	
Findings of debriefing	
Parent or caregiver – comments and suggestions	
Student (if applicable) – comments and suggestions	
Next steps/actions agreed	
Signatures	
Principal:	
Parents or caregivers:	
Student (if applicable):	