

Restraint and Seclusion: Alternatives (U.S. National) Quiz Answer Key

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| 1. De-escalation techniques are used to disengage and diminish conflict so that it doesn't lead to increasing anger or frustration. | 1. True |
| 2. There are no alternatives to restraint and seclusion. | 2. False |
| 3. There are three main kinds of restraints: mechanical, biological and physical. | 2. False |
| 4. A restraint that restricts breathing is occasionally permissible. | 2. False |
| 5. Seclusion and time out are the same thing. | 2. False |
| 6. Unlike restraint, seclusion is considered to be a safe and risk-free approach to handling emergency situations. | 2. False |
| 7. Restraint and seclusion are therapeutic and improve behavior. | 2. False |
| 8. Restraint and seclusion keep students who are out of control safe. | 2. False |
| 9. Any statement you make means exactly what the words say. | 2. False |
| 10. Crisis intervention training for school staff has consistently reduced the use of restraint and seclusion in schools. | 1. True |
| 11. Which of the following is NOT part of the "Acting-Out Cycle?" | 3. restraint |
| 12. In a direct teacher intervention, the goal is to ensure that students are safe and can continue to learn. | 1. True |
| 13. Students cannot be taught to monitor, evaluate and/or reinforce their own behavior. | 2. False |

14. Coping skills are important for students as they interact with the world around them.

1. True