



Mandatory Post-Incident Debriefing proforma

Restraint and seclusion should not be viewed as, or become, routine practice in schools. They should not routinely form part of any child or young person's support plan. In line with the principles outlined in [Included, Engaged and Involved Part 3](#), the use of restraint should only be used as a last resort and to prevent/ interrupt injury. Seclusion should only ever be used in an **emergency situation** to avert an immediate risk of significant harm, where no less restrictive option is viable. Where restraint or seclusion have been used, it is now **mandatory** to report on the post-incident debrief that has taken place following the incident.

Post-incident learning review is a factual review, which takes place at a later date (often referred to as a debrief) and is a vital tool for promoting a culture of learning, reducing restrictive practice and maintaining wellbeing of both staff and children/young people receiving support. It is recommended that this takes place as close to the time of the incident as possible, taking full cognisance of the emotional wellbeing of the child or young person and all those involved in the incident. Its purpose is to examine the factors that led to the restraint/seclusion being used, the decisions taken, establish a timeline and agree actions to support a preventative approach to avoid future incidents of distressed behaviour.

Two debriefing proformas have been developed for the use of debriefing children and young people. Depending on the needs of child/young person, staff should complete one of these and return to TeamTeach@dumgal.gov.uk. These are available at (Glow login required):

1. [Standard version - Child and young person Post Incident Debrief form.docx](#)
2. [Supporting Communication Needs Child and Young Person Debriefing Form.docx](#)

It is recognised that many children and young people with additional support needs can find the process of debriefing challenging. The supporting communication needs form

should be used in collaboration with [Hear my voice debriefing resource.pdf](#). Please note, permission has been granted by Emotion Works for use of their materials.

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