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Page 1

Q1

Your name

Elisabeth Sotak

Q2

What school board are you running for?

Northshore School Board, district 2 position

Q3

Yes

Are you worried about use of restraints and isolation in your school district?

Q4

Yes

Do you support ending isolation, chemical restraint, prone (floor) restraint, and supine (wall) restraint?

Q5

Yes

Do you want to invest in training on alternatives to restraint and isolation?

Q6

What should voters know about your commitment to keeping everyone, including students with disabilities, safe in school?

I am committed to creating policies which require training around behavior management, alternatives to removing children from their least restrictive environment and reassessing what gaps in skills educators have where they feel the need to touch or inhibit a child in ways that do not support a child's social emotional and physical well being. Behavior is communication and what tools do we need as adults to understand and support skill building for our children who need support and understanding and a plan to keep them safe the most? Those children who are impulsive, who have trauma, whose behavior doesn't fit neatly into the expectations of neurotypical society. Children often communicate in difficult ways, it is the adult caring for and teaching the child to figure out how to unlock that child's potential and give them skills to get their needs met safely and without restraint.
