

# KIDS IN SOLITARY CONFINEMENT IN JAILS AND JUVENILE FACILITIES

**Solitary Confinement Causes Permanent Harm:** Solitary confinement has long-lasting and devastating effects on youth, including trauma, psychosis, depression, anxiety, and increased risk of suicide and self-harm. Research shows that more than half of all suicides in juvenile facilities occurred while young people were held in isolation. [SEP]

**Solitary Confinement Is Never Minor:** Thankfully, most young people do not spend years in solitary confinement, but periods of isolation lasting days, weeks, and months can be just as harmful to kids. Youth should not be in solitary confinement for any length of time.



**Thousands of Kids Are in Solitary:** Every day, thousands of kids across the country are subjected to solitary confinement in juvenile facilities, often for non-violent rule violations. According to the most current federal data, more than 30% of youth in facilities report being in solitary confinement. Nearly 50% of training schools and detention centers admit to putting kids in solitary confinement. Girls, LGBTQ youth, youth with disabilities and mental health disorders, and youth of color are likely to be most affected by solitary confinement. [SEP]

**Solitary Deprives Youth of Education and Services:** Most youth in solitary do not receive federally mandated education or special education, mental health services, or drug treatment.

**There Are Ways To Safely Stop Solitary for Kids, But Much Work Remains:** Several states have passed laws limiting solitary confinement for kids. Federal lawsuits have been filed to challenge youth solitary in others. In some states, facilities are changing practices.

## How Solitary Feels For a Kid

*"Being in lock-up makes me feel suicidal because I'm claustrophobic. And most of the time we're always in a cell. It makes me feel like going through the wall it causes me to be angry, frustrated, and confused."* - South Carolina

*"It made me feel like nothing, like an animal. Can't tell nobody, can't talk to nobody. You just feel worthless."* - New York

*"I felt like I aged ten years just by doing 20 days in there. Once I got out of [solitary], it was hard for me to readjust to interacting with people because I was so used to being alone."* - New York

Learn more at [stopsolitaryforkids.org](https://stopsolitaryforkids.org)



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