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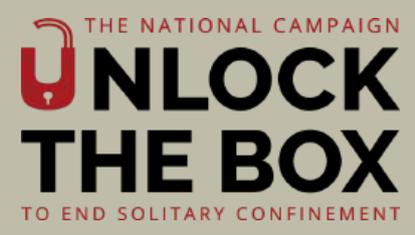
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# BOXED IN

## Discussion Guide



Thank you for becoming an  
impact partner for BOXED IN.

**This event, led by solitary survivors, has been crafted to bring individual voices and communities together during the month of horror, to focus on the issue of solitary confinement in a virtual and immersive way. The hook is that October is the month of witches, ghouls, and goblins...but survivors of solitary want the public to know that horror is real and exists right under our noses in our criminal justice system.**

**The BOXED IN experience has been co-written and produced with solitary survivors and bolstered by solitary experts who guided the creative team in making an experience that is trauma-informed, includes appropriate trigger warnings, and centers the experiences and wants of survivors with reverence.**

**Thank you for becoming our partner and advocating to help us bring solitary confinement to an end in the United States.**



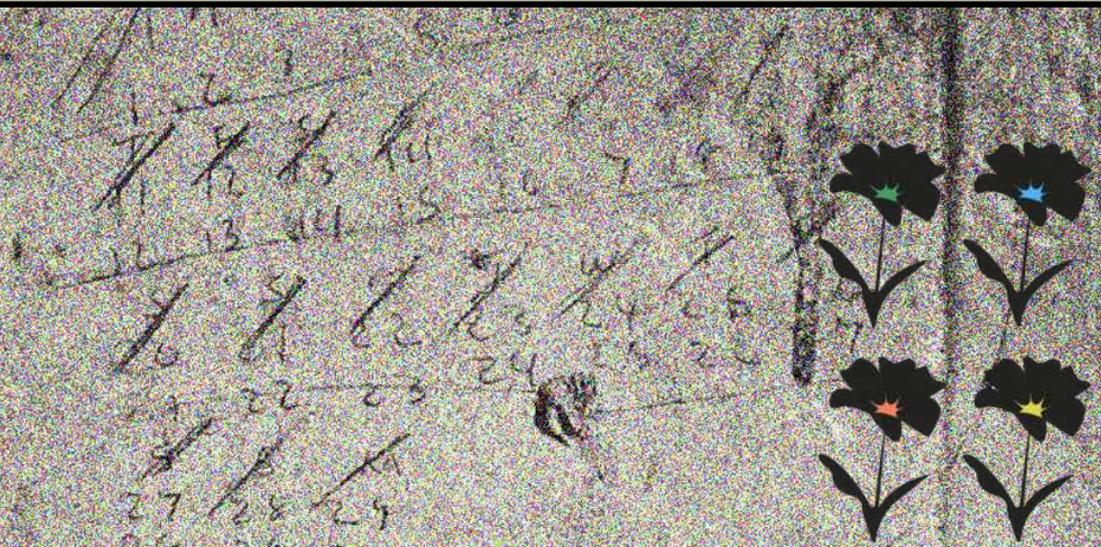
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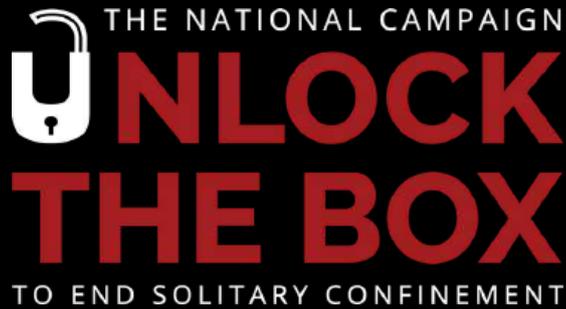
**2 ISSUE CONTEXT**

**3 DISCUSSION GUIDE**

**4 TAKE ACTION**



# 1: About UnlOCK the Box



**Unlock the Box is a national advocacy campaign aimed at ending solitary confinement in all U.S. prisons, jails, detention facilities, and juvenile facilities, and bringing the United States into full compliance with the UN's Mandela Rules for the Treatment of Prisoners within 10 years.**

**We pursue this goal by working simultaneously on national, state, and local levels with solitary survivors, family members, advocates, community and faith groups, legislators, and others dedicated to ending state-sponsored torture.**

**FIND OUT MORE ON  
OUR WEBSITE**



## 2: Issue Context

**THE MONTH OF HORROR MAY ONLY COME AROUND ONCE A YEAR, BUT FOR THOSE PLACED IN SOLITARY CONFINEMENT THEIR TRUE VERSION OF TERROR CAN LAST FOR WEEKS, MONTHS AND EVEN YEARS...**

**In our groundbreaking report 'Calculating Torture' created in collaboration with Solitary Watch, it was reported that at least 122,840 people are locked daily in solitary confinement in U.S. prisons and jails for 22 or more hours a day. People placed in solitary confinement will be put in a cement cell no larger than a parking space and often with no window to the outside world.**

**The result of solitary confinement is severe human, social, and sensory deprivation. In turn, solitary confinement inflicts immense suffering and causes people to deteriorate mentally, physically, and socially. Research has shown that solitary confinement does not make facilities or communities safer and there are humane alternatives that are proven to be effective.**

**Like mass incarceration itself, research shows that solitary confinement is disproportionately inflicted on Black people, Latinx people, Native people, and other people of color. People of color are far more likely to be isolated than their white counterparts.**

**READ THE CALCULATING  
TORTURE REPORT**



# 3: Discussion Guide

BOXED IN is live from 12am ET and will be streaming on our [Facebook](#), [Twitter](#), [YouTube](#), [website](#) and on [realhorror.us](#).

Take a look below at these points to discuss with your community during or after BOXED IN.

- **Definition and Purpose**: What is solitary confinement and what is its intended purpose within the criminal justice system?
- **Psychological Impact**: What are the psychological effects of long-term isolation on inmates, such as depression and anxiety?
- **Costs and Resources**: What are the financial costs associated with maintaining solitary confinement units and how can these resources be better allocated elsewhere in the criminal justice system?
- **Alternatives**: What are alternative methods of managing problematic or dangerous inmates without resorting to solitary confinement?
- **International Comparisons**: How does the use of solitary confinement in the US compare with its use in other nations?
- **Juveniles and Vulnerable Populations**: What are the ethical concerns surrounding the use of solitary confinement for juveniles and mentally ill prisoners.
- **Recent Reforms**: Are you aware of recent reforms or policy changes related to the use of solitary confinement such as the End Solitary Confinement Act?
- **Take Action**: How can you take proactive steps to deepen your understanding of the issue of solitary confinement and actively champion its abolition?



# 4: Take Action

## SHARE ON SOCIAL MEDIA

1

Spread the word about **BOXED IN** to encourage your community to attend the livestream on Friday the 13th on social media! Use ready-made posts from our social press kit now.

[SPK](#)

## RESOURCES

2

Read reports from our campaign partners, advocacy organizations, field experts, and medical and academic journals; get up-to-date statistics on the use of solitary in your state; and download our toolkits to help you stay informed and spread the word about our mission.

[RESOURCES](#)

## VISIT OUR ACTION CENTER

3

Join our mission to eradicate solitary confinement, and contribute to our cause through a range of effective and impactful actions.

[ACTION CENTER](#)

## JOIN OUR COMMUNITY

4

Sign-up to our newsletter to stay up-to-date on crucial news, events, and other Unlock The Box happenings.

[SIGN-UP](#)

