

Electric Shock

AAIDD says that using electric shocks to control the behavior of people with intellectual and developmental disabilities (IDD) is wrong and should be banned forever.

What do world leaders say?

The United Nations (UN) agrees. In 2010, a UN expert on torture said that using electric shocks on disabled students *is* torture — because the victims cannot protect themselves. A 2013 UN report backed this up and called for it to stop worldwide.

Why is it harmful?

Electric shock can cause:

- Physical pain and injury
- Long-term emotional damage
- Humiliation
- In rare cases, even death

It also hurts family members and caregivers who have to watch it happen.

What should be done instead?

AAIDD supports a better approach called **Positive Behavior Support (PBS)**. Instead of punishing people, PBS:

- Teaches new skills
- Figures out *why* someone is acting out
- Changes the person's environment to help them succeed
- Builds communication and social skills

The bottom line:

Every person with IDD deserves to be treated with kindness and respect. Electric shock is never okay — no matter how challenging someone's behavior is. The U.S. Food and Drug Administration (FDA) has also moved to ban electric shock devices, calling them a serious risk to public health.
