

Greetings,

I hope this message finds you in good spirits. My name is Reginald Washington and I am currently a senior at Friends Seminary, a small Quaker independent school in lower Manhattan. I have recently become more involved with the troubling institution of solitary confinement.

After extensive research into the institution of solitary confinement, I have realized that it is not only unjust, but nearly unconstitutional. It is inhumane for one to be held in solitary confinement for more than 15 days, it is also unjust for one to get less than 4 hours out of cell daily. It is necessary that this system is changed until it is just, and equal for all, including people of color, those with mental disabilities, and juveniles.

Eternally Yours,  
Reginald Washington