

# Solitary Watch

## Criminal Justice Issues and Prisoners' Rights

**<https://solitarywatch.org/2019/05/21/preguntas-frecuentes-our-faq-on-solitary-confinement-now-available-in-spanish/>**

## Policy Issue Resources

close

Search

close

close

by [Valerie Kiebala](#) | May 21, 2019

Solitary Watch is pleased to announce the release of the Spanish translation of our FAQ page. This is by far our most visited resource, and we wanted to make it available to all Spanish speakers as well. From basic statistics to psychological and neurological effects to costs, legal precedents, and reform efforts, our FAQ provides well-sourced answers to widely held questions about the use of solitary confinement in the United States.

Recently updated, the FAQ can be found in English [here](#) and in Spanish [here](#). In addition to online versions, each of these web pages includes a link to a four-page PDF that can be printed and used as a handout for classrooms and advocacy events, and sent to incarcerated loved ones and friends.

Solitary Watch se complace en anunciar el lanzamiento de la traducción al español de nuestra hoja de Preguntas Frecuentes. Este es, por lejos, nuestro recurso más visitado, y queremos hacerlo disponible a todos los hispanohablantes también. De las estadísticas básicas a los efectos psicológicos y neurológicos, los costos, los precedentes legales y los esfuerzos de reforma, nuestras Preguntas Frecuentes ofrecen respuestas bien fundamentadas a preguntas ampliamente difundidas sobre el uso del confinamiento solitario en los Estados Unidos.

Recientemente actualizado, las Preguntas Frecuentes se pueden encontrar en inglés [aquí](#) y en español [aquí](#). Además de las versiones en línea, cada una incluye un PDF de 4 páginas que se puede imprimir y utilizar como folleto para salones de clase y eventos de defensa, y se puede enviar a seres queridos y amigos encarcelados.

Valerie Kiebala was a contributing writer and editorial and project manager for Solitary Watch, and is now the media director of Straight Ahead, which is building a decarceration movement throughout Pennsylvania. Her work has also appeared in The Root, Truthout, the Chicago Reporter, and Shadowproof.

Accurate information and authentic storytelling can serve as powerful antidotes to ignorance and injustice. We have helped generate public awareness, mainstream media attention, and informed policymaking on what was once an invisible domestic human rights crisis.

Only with your support can we continue this groundbreaking work, shining light into the darkest corners of the U.S. criminal punishment system.

by [Jean Casella](#)

December 29, 2021

by [Jean Casella](#)

December 23, 2021

by [Events and Announcements](#)

December 3, 2021

Solitary Watch encourages comments and welcomes a range of ideas, opinions, debates, and respectful disagreement. We do not allow name-calling, bullying, cursing, or personal attacks of any kind. Any embedded links should be to information relevant to the conversation. Comments that violate these guidelines will be removed, and repeat offenders will be blocked. Thank you for your cooperation.

P.O. Box 11374  
Washington, DC 20008

[info@solitarywatch.org](mailto:info@solitarywatch.org)

Solitary Watch

Copyright 2022, Solitary Watch

Read about [rights and permissions.](#)



**Solitary Watch News**