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This is a clear definition of what solitary confinement really is, a form of confinement of a human being in a single cell without any meaningful contact with other people. The United Nations, which also adopted a resolution called The Nelson Mandela Rules, uses the same words in its definition. Locking people in a cell for more than 22 hours a day with almost no interaction with other people is punishment and has no long-term positive effect. In fact, it is counterproductive because it breaks all hope in people. It is a disproportionate punishment with detrimental consequences for the individual and for the community to which they will return. Though this bill does not change any county jail or Department of Corrections policies, having a common definition allows us to have more meaningful conversations.