

An Overview of Restorative Practices

3 CONCEPTS

1. What does it look like when we get it right?
2. Move from punitive to restorative
3. Be trauma informed

1. What does it look like when we get it right?

Find out (establish) what the community or interested parties would like to see as the best outcome. What do they want? Collectively figure out the ideal scenario before taking action.

2. Move from punitive to restorative

Move from external control to teaching internal motivation and controls.

3. Be trauma informed

Practice being aware that anyone could have trauma – kids and adults.

Be aware that your behavior and feelings can trigger trauma in others, however accidentally. Be aware of your own triggers.



3 TOOLS

1. Circles
2. Questions
3. “I” Statements



I feel...
I want...
I saw...

1. Circles

Regularly engage your community (family, friends, colleagues).
Speak from the heart.
Listen carefully.

2. Questions

Shift from statements to questions.

3. “I” statements

Handle your own emotions responsibly.



**Youth
Restoration
Project**

Cultivating Relationships; Restoring Community

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