



Introduction to Restorative Practices

Restorative Practices is a way we can care for our community.

When we use restorative practices:

- All voices are heard.
- When we speak, we speak about our own experiences.
- We gather to understand each other.

When we do this:

- We build relationships
- We maintain our community
- We repair harm

Repairing Harm

- We repair harm by understanding our mistakes.
- We repair harm by making amends and taking responsibility for our actions.

The Youth Restoration Project helps people who have made poor choices “clean up” those mistakes as part of a support system that works with all affected parties, and ultimately the community itself.

We facilitate conversations with groups who want to solve problems by first stepping back to imagine what the community would look like if they had it right.

Restorative Practices Ideas



Move from punitive to restorative.

Move from external controls to teaching internal motivation and controls.

Create a trauma-informed environment.

(among adults Assume as well trauma as is students) by being mindful of treating one another with a kind, care-giving focus.

What can this problem's best ending be?

How can we work together to, as much as possible, satisfy the needs of the community when addressing conflict or harm.

Restorative Practices Tools

Ask Questions. Shifting from statements to questions.

- We ask questions to understand or to clarify.
- We listen patiently for answers.

Expressing with “I” statements

- We speak about what we saw, felt, what we did or want to do.
- We avoid “you” statements that might sound like accusing.

Circling Up. Regularly gathering in groups and as a community.

- Each person gets heard.
- We do not interrupt.
- We wait our turn.
- We listen to each person.
- We speak from the heart.

Building Relationships

Maintaining Community

Repairing Harm

Restorative Practices Continuum

Always:
Ask Questions, Use “I” statements, and Circle Up

Together, we build our relationships, care for our community and repair harm.



Youth Restoration Project
Cultivating Relationships; Restoring Community

yrpofri.org info@yrpofri.org