

RESTORATIVE PRACTICES & PRINCIPLES

UNIT 1 – RESTORATION BASICS

RESTORATIVE JUSTICE:

- Restorative Justice – Restorative Practice
- Restorative Justice – The Labeling Theory
- Restorative Justice – Learned Definitions & Context
- Restorative Justice – Being Patient with the Process
- Restorative Justice – Absence of a Parent

SELF-PUNISHMENT:

- Self-Punishment – Why We Punish Ourselves & Others
- Self-Punishment – Regret
- Self-Punishment – Anxiety & Guilt
- Self-Punishment – Accepting Your Flaws
- Self-Punishment – Breaking the Cycle

MINDFULNESS AND ACCOUNTABILITY:

- Mindfulness and Accountability – What Happened from My Perspective?
- Mindfulness and Accountability – What Was I Feeling?
- Mindfulness and Accountability – Perspective-Taking
- Mindfulness and Accountability – Respecting the Rights and Interests of Others
- Mindfulness and Accountability – Repairing the Harm

RESTORATIVE CIRCLES:

- Restorative Circles – Affective Statements
- Restorative Circles – Reflecting on Your Feelings with Others
- Restorative Circles – Asking the Right Questions
- Restorative Circles – Establishing Trust
- Restorative Circles – Saying Sorry

UNIT 2 – RESTORATIVE PREVENTION

MY ENVIRONMENT:

- My Environment – A Product of Your Environment or Your Mindset
- My Environment – Managing Codependency
- My Environment – Life Stress
- My Environment – Creating Boundaries
- My Environment – Put Yourself First

MENTAL AND EMOTIONAL REGULATION:

- Mental and Emotional Regulation – Who I Am and What I Value
- Mental and Emotional Regulation – Feel What You Need to Feel, Then Move Forward
- Mental and Emotional Regulation – Breaking Free from Inherited Family Expectations
- Mental and Emotional Regulation – Don't Be So Hard on Yourself
- Mental and Emotional Regulation – Be Vocal About Your Hardships

WHO I AM AND WHAT I'VE DONE:

- Who I Am and What I've Done – Tracing My History
- Who I Am and What I've Done – Gaining Control Over the Present
- Who I Am and What I've Done – Dictating My Future
- Who I Am and What I've Done – Each Day is a New Opportunity
- Who I Am and What I've Done – Be Teachable

FOSTER CARE AND HOME LIFE:

- Foster Care and Home Life – Handling the Rejection from Family
- Foster Care and Home Life – Regret and Resentment
- Foster Care and Home Life – Incarcerated Family or Friends

UNIT 3 – RESTORATIVE INTERVENTION

VIOLENCE:

- Violence – School Violence
- Violence – Learned & Unlearned Violence
- Violence – Verbal Assault and Emotional Abuse
- Violence – Physical Assault
- Violence – Domestic Violence

TRUANCY:

- Truancy – Truancy and Absenteeism
- Truancy – Skipping Class and School
- Truancy – Frustrations with Studies
- Truancy – Meaningful Attachments
- Truancy – Assigning Purpose to Learning

HATE SPEECH & GRAFFITI:

- Hate Speech & Graffiti – The Impact of Negative and Hateful Words
- Hate Speech & Graffiti – Vandalism and Graffiti
- Hate Speech & Graffiti – Creating a Safe Environment
- Hate Speech & Graffiti – Be What You Want to Receive
- Hate Speech & Graffiti – Reflect on Your Perspective

DRUG ABUSE & REHABILITATION:

- Drug Abuse & Rehabilitation – What is Drug Abuse & Rehabilitation?
- Drug Abuse & Rehabilitation – Substance Addiction
- Drug Abuse & Rehabilitation – My Family or Friends Use
- Drug Abuse & Rehabilitation – The Process of Rehabilitation
- Drug Abuse & Rehabilitation – What Can Go Right & Wrong

UNIT 4 – THE PROCESS OF RESTORATION

OVERCOMING THE PAST:

- Overcoming the Past – Choosing Change
- Overcoming the Past – Accepting Our Mistakes
- Overcoming the Past – Learning from Our Mistakes
- Overcoming the Past – Finding a New Crowd
- Overcoming the Past – Avoiding Recidivism

UNDERSTANDING CULTURES & DIVERSITY:

- Understanding Cultures & Diversity – The Value in Diversity
- Understanding Cultures & Diversity – Encouraging and Respecting Diversity
- Understanding Cultures & Diversity – Learning about Other Cultures
- Understanding Cultures & Diversity – What Is Cultural Appropriation?
- Understanding Cultures & Diversity – Acknowledging Cultures and Diversity

HEALTHY LIFESTYLES:

- Healthy Lifestyles – The Weakness in Being “Tough”
- Healthy Lifestyles – Don’t Limit Your Dreams
- Healthy Lifestyles – Be a Self-Starter
- Healthy Lifestyles – Learn from Others
- Healthy Lifestyles – Critical Thinking

MOVING FORWARD:

- Moving Forward – Competency
- Moving Forward – Establishing Trust
- Moving Forward – Be Clear on What You Want and What You Don’t
- Moving Forward – Where Focus Goes, Energy Flows
- Moving Forward – Establishing a Strong Foundation