

RESTORATIVE PRACTICES & PRINCIPLES

UNIT 1 – RESTORATION BASICS

RESTORATIVE JUSTICE:

- Lesson 1 – Restorative Justice – Restorative Practice
- Lesson 2 – Restorative Justice – The Labeling Theory
- Lesson 3 – Restorative Justice – Learned Definitions & Context
- Lesson 4 – Restorative Justice – Being Patient with the Process
- Lesson 5 – Restorative Justice – Absence of a Parent

SELF-PUNISHMENT:

- Lesson 6 – Self-Punishment – Why We Punish Ourselves & Others
- Lesson 7 – Self-Punishment – Regret
- Lesson 8 – Self-Punishment – Anxiety & Guilt
- Lesson 9 – Self-Punishment – Accepting Your Flaws
- Lesson 10 – Self-Punishment – Breaking the Cycle

MINDFULNESS AND ACCOUNTABILITY:

- Lesson 11 – Mindfulness and Accountability – What Happened from My Perspective?
- Lesson 12 – Mindfulness and Accountability – What Was I Feeling?
- Lesson 13 – Mindfulness and Accountability – Perspective-Taking
- Lesson 14 – Mindfulness and Accountability – Respecting the Rights and Interests of Others
- Lesson 15 – Mindfulness and Accountability – Repairing the Harm

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- Lesson 16 – Restorative Circles – Affective Statements
- Lesson 17 – Restorative Circles – Reflecting on Your Feelings with Others
- Lesson 18 – Restorative Circles – Asking the Right Questions
- Lesson 19 – Restorative Circles – Establishing Trust
- Lesson 20 – Restorative Circles – Saying Sorry

UNIT 2 – RESTORATIVE PREVENTION

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- Lesson 21 – My Environment – A Product of Your Environment or Your Mindset
- Lesson 22 – My Environment – Managing Codependency
- Lesson 23 – My Environment – Life Stress
- Lesson 24 – My Environment – Creating Boundaries
- Lesson 25 – My Environment – Put Yourself First

MENTAL AND EMOTIONAL REGULATION:

- Lesson 26 – Mental and Emotional Regulation – Who I Am and What I Value
- Lesson 27 – Mental and Emotional Regulation – Feel What You Need to Feel, Then Move Forward
- Lesson 28 – Mental and Emotional Regulation – Breaking Free from Inherited Family Expectations
- Lesson 29 – Mental and Emotional Regulation – Don't Be So Hard on Yourself
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WHO I AM AND WHAT I'VE DONE:

- Lesson 31 – Who I Am and What I've Done – Tracing My History
- Lesson 32 – Who I Am and What I've Done – Gaining Control Over the Present
- Lesson 33 – Who I Am and What I've Done – Dictating My Future
- Lesson 34 – Who I Am and What I've Done – Each Day is a New Opportunity
- Lesson 35 – Who I Am and What I've Done – Be Teachable

FOSTER CARE AND HOME LIFE:

- Lesson 36 – Foster Care and Home Life – Handling the Rejection from Family
- Lesson 37 – Foster Care and Home Life – Regret and Resentment
- Lesson 38 – Foster Care and Home Life – Incarcerated Family or Friends
- Lesson 39 – Foster Care and Home Life – Personal Empathy
- Lesson 40 – Foster Care and Home Life – Adapting to New Homes & Schools

UNIT 3 – RESTORATIVE INTERVENTION

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- Lesson 42 – Violence – Learned & Unlearned Violence
- Lesson 43 – Violence – Verbal Assault and Emotional Abuse
- Lesson 44 – Violence – Physical Assault
- Lesson 45 – Violence – Domestic Violence

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- Lesson 46 – Truancy – Truancy and Absenteeism
- Lesson 47 – Truancy – Skipping Class and School
- Lesson 48 – Truancy – Frustrations with Studies
- Lesson 49 – Truancy – Meaningful Attachments
- Lesson 50 – Truancy – Assigning Purpose to Learning

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- Lesson 51 – Hate Speech & Graffiti – The Impact of Negative and Hateful Words
- Lesson 52 – Hate Speech & Graffiti – Vandalism and Graffiti
- Lesson 53 – Hate Speech & Graffiti – Creating a Safe Environment
- Lesson 54 – Hate Speech & Graffiti – Be What You Want to Receive
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- Lesson 57 – Drug Abuse & Rehabilitation – Substance Addiction
- Lesson 58 – Drug Abuse & Rehabilitation – My Family or Friends Use
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- Lesson 60 – Drug Abuse & Rehabilitation – What Can Go Right & Wrong

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- Lesson 62 – Overcoming the Past – Accepting Our Mistakes
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- Lesson 69 – Understanding Cultures & Diversity – What Is Cultural Appropriation?
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- Lesson 71 – Healthy Lifestyles – The Weakness in Being “Tough”
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- Lesson 78 – Moving Forward – Be Clear on What You Want and What You Don’t
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