

Fundamental Ideas for Restorative Practices

Fundamental Hypothesis:

“Human beings are happier, healthier and most likely to make positive changes in their behavior, when those in positions of authority do things with them, rather than to them or for them.”

Other Key Ideas:

- Working from the “Family” Model
- Building a strong/solid “house”
- Becoming Restorative is like growing up Physically

Jo Ann Freiberg, Ph.D.

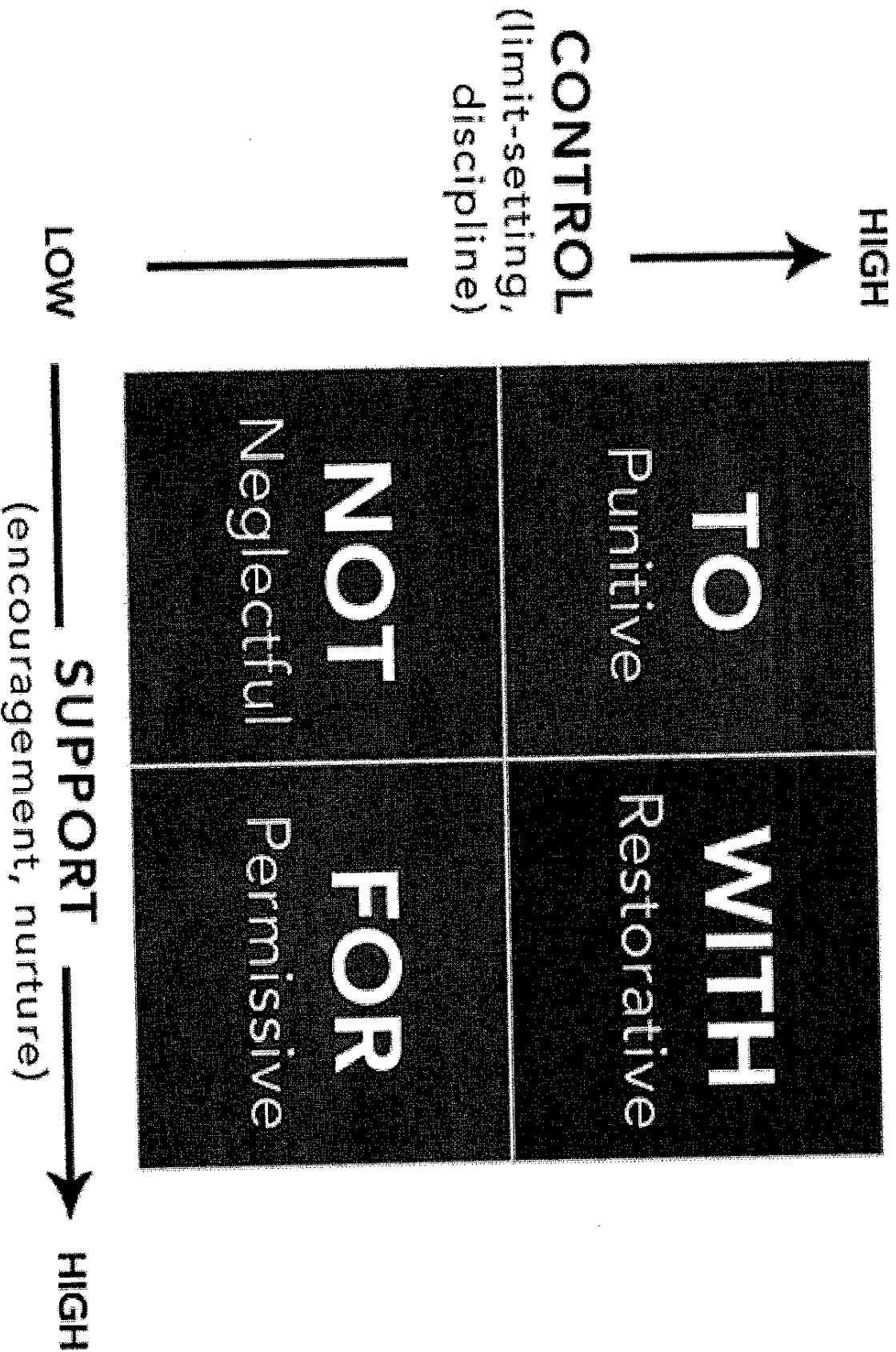
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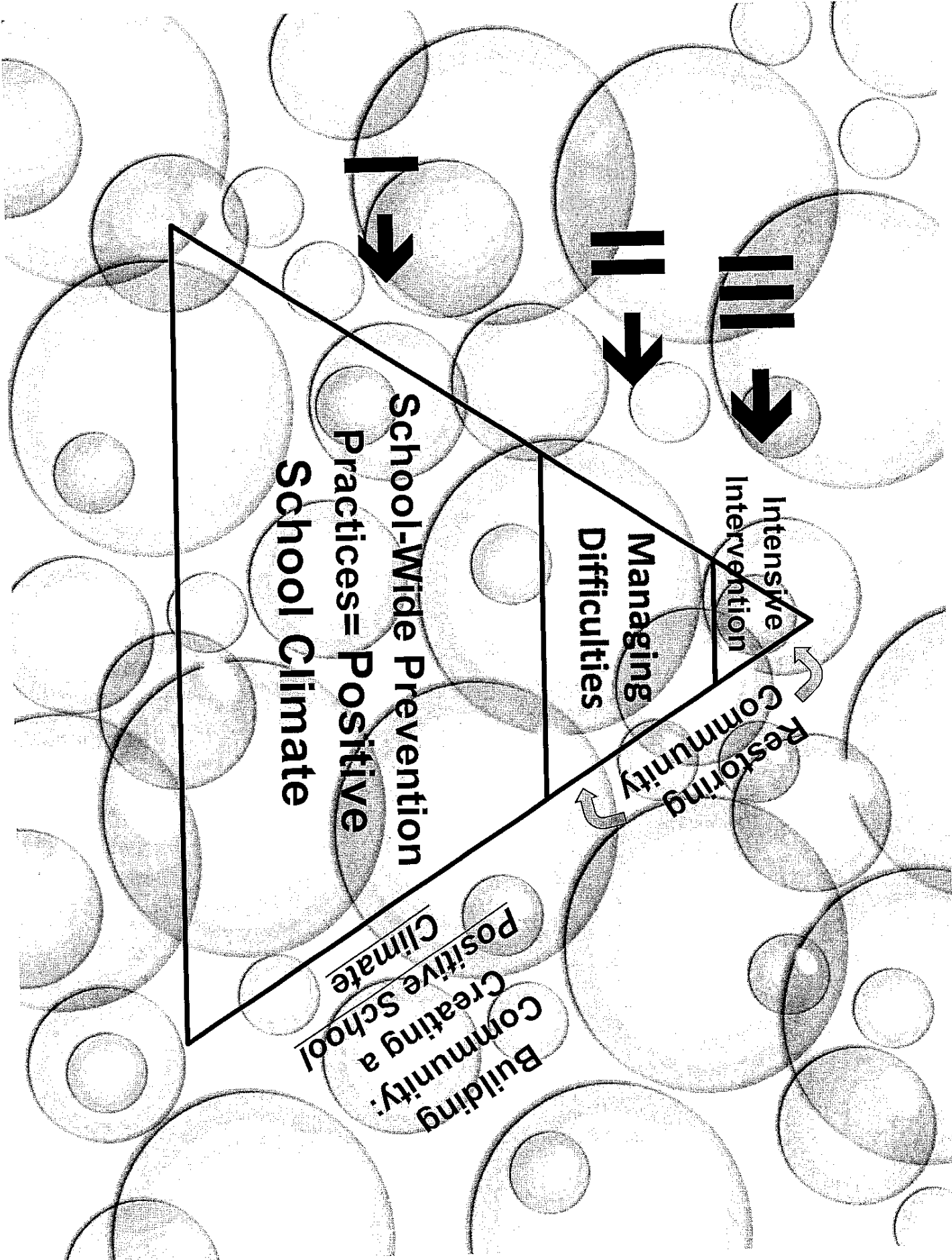
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Social Discipline Window



Adapted by Paul McCold and Ted Wachtel from Glaser, 1969



Five Measures of School Connectedness

1. Close to People at School

- a. Friends/Other Parents/Guardians within the school community
- b. A Special Relationship with at least one adult on the school faculty/staff
 - i. (someone with whom you can share freely...as a warm/caring professional)

2. Happy to be at School

- a. The School is a “joyful” place; a destination

3. Feeling as though you are a Part of the School

- a. A true sense of “belonging” as a parent/guardian of the school community

4. Feeling as though faculty/staff in School Treat You Fairly

- a. Not “equal,” but equitable treatment
- b. Listening to your views and perspectives

5. Feeling Safe in the school

- a. Physically
- b. Emotionally (being included/treated respectfully) joann.freiberger@ct.gov (860) 713 – 6805
- c. Intellectually (treated as though your ideas/input matters)

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Paradigm Shift

- From Punitive → ■ To Restorative
 - Rule broken
 - Establish guilt or innocence
 - Suppress misbehavior
 - Authority driven disciplinary action
 - Accountability = Punishment
 - Using fear of punishment and exclusion to motivate positive behavior (or the use of “carrots”)
- Who has been harmed and how
- Address needs
- Recognize misbehavior as a learning opportunity
- Those impacted determine resolution collectively in Circles
- Accountability =
 - Understanding the impacts
 - Taking responsibility
 - Suggesting ways to repair harm
- Positive Behavior results from the opportunity to make amends and honorably reintegrate

Restorative Questions

Can you explain what happened?

How did it happen?

What was the harm?

Who do you think was affected?

How were you affected?

How were they affected?

How do you feel about what happened?

What needs to happen to make things right?

How are you doing now in relation to the event and its consequences?

What were you looking for when you chose to act?

What would you like to offer and to whom?

Questions *Never* to Ask Adolescents

Why did you do that?

What were you thinking?

Restorative Questions
From Restorative Works learning network
RestorativeWorks.net

Restorative Questions I (To respond to challenging behavior)

- What happened?
- What were you thinking at the time?
- What have you thought about since?
- Who has been affected by what you have done? In what way?
- What do you think you need to do to make things right?

Restorative Questions II (To help those harmed by other's actions)

- What did you think when you realized what had happened?
- What impact has this incident had on you and others?
- What has been the hardest thing for you?
- What do you think needs to happen to make things right?