


Trauma Informed Care through Restorative Practices

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A Multi-Tiered System of Supports



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Agenda

- Restorative Practices (RP) and Social Emotional Learning (SEL) Overview
- Affective Statements
- Classroom Circles




Objectives

1. Define the term “restorative practices”
2. Identify common restorative practices
3. Describe how restorative practices may be used within a multi-tiered PBIS framework





Social Emotional Learning (SEL) and Restorative Practices Overview




What is Social Emotional Learning (SEL)?

“Social and emotional learning (SEL) is the process through which children and adults **acquire and effectively apply** the knowledge, attitudes, and skills necessary to **understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.**”

Collaborative for Academic, Social, and Emotional Learning (CASEL) <http://www.case.org/what-is-sel/>

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What is Restorative Practices?

- "The emerging field of restorative practices is the study of restoring and developing social capital, social discipline, emotional well-being, and civic participation through participatory learning and decision making."

International Institute for Restorative Practices (IIRP) <http://www.iirp.edu/news/1894-definition-of-restorative-practices?highlight=WYJKZwZpbl0aW9ull0=>

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A restorative approach aims to...

Repair HARM

- To a relationship
- To the community
- To the offender, that created the conditions for his/her actions



People respond best when you do things with them, not to or for them.



Relationships

- Central to building an inclusive community
- Build systems that develop & strengthen healthy relationships



Respect

- Provide a voice for the victim
- Improve social behavior of staff & students



Responsibility

- Emphasis placed on the harm, rather than the offense.
- Understand the impact of the harm



Restoration

- Collaborative problem solving
- Empowers change & growth



Reintegration

- Offender is welcomed back into the environment

Guiding Principles of RP

5 R's

Eber, 2015; SFUSD; Gonsoulin, Schiff, and Hatheway 2013; IIRP, 2012; Restorative Practices Workgroup, 2014



Goals of RP



- Positive relationships are shared by all stakeholders
 - Reduction in number of offenses may be a by-product of positive relationships, strong community
- Inclusive school community
- Less reliance on exclusionary discipline practices
 - RP is **incompatible** with an approach that focuses on punitive, exclusionary consequences
- Needs of community members, including the offender, are addressed
- Stakeholder voice & collaboration is evident in practices



Categories of Practices

Proactive

- Prevention & Skill building
 - Affective statements
 - Circles (variety of circles may be included)
 - Informal conferences

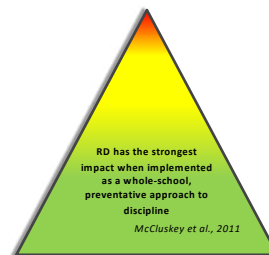


Responsive Practices

- Disciplinary actions
 - Restorative chat
 - Restorative meeting/conference
 - Restorative circle
 - Mediation (and shuttle mediation)
 - Peer juries
- Alternatives to suspension/expulsion
 - Family Group conferences
 - Community restorative conferencing



RD Across the Tiers



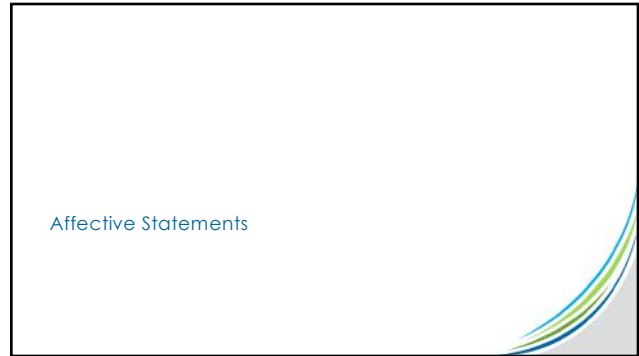
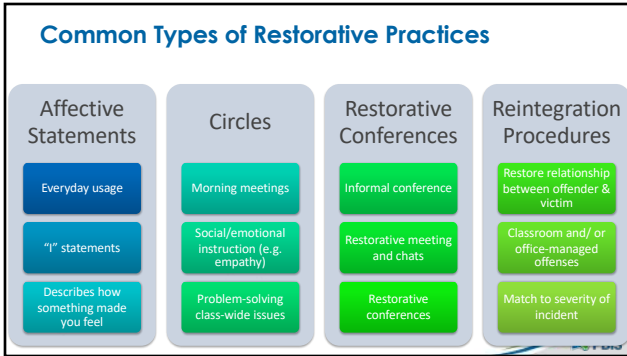
Structure

- Community Restorative Conferencing
- Family Group Conferencing (FGC)
- Family Group Decision Making (FGDM)
- Peer juries
- Peer mediation
- Shuttle mediation
- Mediation
- Restorative meetings
- Restorative conversations
- Informal conferences
- Problem-solving circles
- Restorative meetings
- Restorative questioning
- Affective statements & scripts
- "Checking-In" circles
- Using social/emotional curriculum

Reactive strategies

Preventative strategies





Affective Statements

- “Personal expressions of feeling in response to specific positive or negative behaviors of others.”
 - ‘I statements’
 - Makes ‘offender’ aware of the impact of their actions
 - Changes the dynamic between individuals

I feel frustrated when you don't address my questions during training.

I feel angry when you disrupt the class because it makes it harder for other students to learn.

I feel happy when you complete your homework because it shows me how well you understand the topic.

International Institute for Restorative Practices:
http://www.iirp.edu/article_detail.php?article_id=161&id=161&id=161&id=161

“I” Statement Format: Step 1

Step 1: Refer to the Behavior

1. When I’m shouted at I
2. When I’m sworn at I
3. When I hear please and thank you I
4. When I see you following directions the first time
5. When I hear you talking while I am talking
6. When I see you come in late
7. When I see you raise your hand

“I” Statement Format: Step 2

Step 2: State how the Behavior Affects You

1. I feel unappreciated because ...
2. I feel hurt because...
3. I feel appreciate because...
4. I am concerned that...
5. I get scared that...
6. I feel respected by...
7. I feel disrespected by ...

“I” Statement Format

I feel _____ when you _____ because _____

and/or

I feel _____ when _____ because _____

I think...

I feel...

I believe...

I want...

<http://www.therapistaid.com/worksheets/i-statements.pdf>



Circles

- A structured process for bringing people together to:
 - Understand one another
 - Strengthen bonds
 - Share & understand feelings
 - Solve problems

Kay Pranis (2005). The Little Book of Circle Processes. Good Books Publishing, PA.

Topography of a Circle

- Participants sit in circle
- All members have equal status
- Designated facilitator
- Identify expectations:
 - Be Honest
 - Speak with respect
 - Follow structure
- Everyone has the opportunity to participate
- Participation is encouraged but optional

Components of a Class Circle

Greeting/Focus Moment - *Breathe & Visualize your happy place!*

- Greeting/Focusing moment
 - Happens first to set positive tone
 - Everyone in circle is included
 - Their name is said once
 - Respectful and friendly
 - Short time frame (between two to five minutes)

Examples of Greetings:

- Group greeting
- Match card greeting
- Spider web greeting
- I wonder...

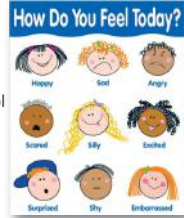
Examples of Virtual Greetings or when Social Distancing

Image from: <https://familyhold.com/stores/Teacher>

Connection/Feelings Check-in

Keep it fresh
– use a variety of greetings

- Builds relationships among students
- Creates connections among teachers and students and school and home
- Encourages multiple perspectives
- All have a chance to share



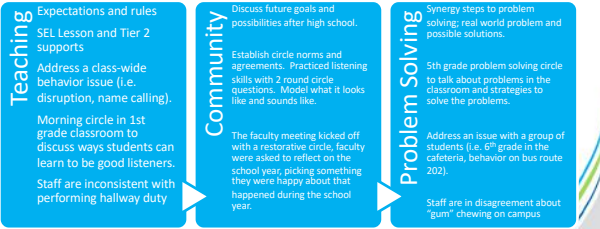
Circle Activity



- Makes up the bulk of the circle
- Can have many different purposes:
 - To discuss a classroom issue
 - Example: Issue with name-calling
 - To review school-wide expectations
 - Example: review what 'be respectful' looks like in the classroom
 - To review procedures
 - Example: Review the process for getting ready for lunch
 - To teach social/emotional skills
 - Example: How to handle disappointment



Examples of Circles at a School



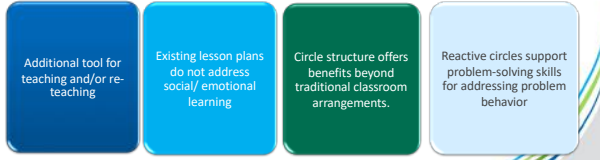
Closing

- Use a signal that indicates the circle is closing
- Reflections
 - What went well
 - What did they learn
 - What do they need to do as a result of activity or discussion
- "Daily News" – Review the schedule for the day



Using Circles to Teach Necessary Skills

Why use circles in addition to existing teaching methods?



Components of a Class Circle

- Greeting/Focusing Moment
- Connections/Feelings Check-In
- Activity
- Closing



Sample Circle Videos

- Elementary example (4 minutes): <https://www.youtube.com/watch?v=qTr4v0eVigM>
- <https://www.healthiersf.org/RestorativePractices/media/5th%20Grade%20Circle%20Feinstein%20Elementary-HD.mp4> (5th Grade)
- <https://www.healthiersf.org/RestorativePractices/media/Flynn%20Elementary%20Kinder%20Circle-HD.mp4> (Kindergarten)
- Secondary example (9:30 minutes):
- <https://www.youtube.com/watch?v=RdKhcOrLD1w&feature=youtu.be&sa%20fe=active>
- Part 1:** <https://www.healthiersf.org/RestorativePractices/media/Wallenberg%20High%20School%20Circle%20Part%201-HD.mp4>
- Part 2:** <https://www.healthiersf.org/RestorativePractices/media/Wallenberg%20High%20School%20Circle%20Part%202-HD.mp4>



Resources for RP

- International Institute for Restorative Practices: <http://www.iirp.edu/>
- Safer, Saner Schools: <http://www.saferanerschools.org/>
- Illinois Balanced & Restorative Justice: <http://ibarj.org/default.asp>
- RTIPS Circle templates: <http://rtips.cceb.org/rtips-in-schools/resources-for-teachers/restorative-practices-sample-circles>
- San Francisco Unified School District: <http://www.healthiersf.org/RestorativePractices/Resources/>
- National Opportunity to Learn Campaign – Restorative Practices Guide (<http://www.otlcampaign.org/sites/default/files/restorative-practices-guide.pdf>)



FLPBIS Recorded Chats

YouTube Links

- Connecting and Building Relationships Through Community Building Restorative Practices at Home and Virtually: <https://www.youtube.com/watch?v=U7AAq3H92oE>
- Family Circles/Meetings with Tweens and Teens https://www.youtube.com/watch?v=WzD3atz4oVM&list=PLDTurrcdLwvJ7aHM0bFFD5zo8_hfqn-mG&index=6



Family Essentials
View this brief webtool on how families can use the 3 PBIS Essentials to learn to encourage positive behavior.

<https://myurl.com/PBISforFamilies>

Put these 3 essentials into practice for your family:

- Minimize Structure
- Child Engagement
- Expectations & Rules
- Acknowledge Appropriate Behavior with Positive Feedback
- Respond Calmly to Inappropriate Behaviors

<https://myurl.com/PBISforFamilies>

<https://myurl.com/VirtualPBIS>

Adapting Classwide PBIS for Virtual Learning Environments

Click the link below to access 10 recorded webinars and related resources to support educators with adopting classwide PBIS practices to better align with virtual learning environments.

<https://myurl.com/VirtualPBIS>

- Minimize Structure
- Student Engagement
- Expectations & Rules
- Acknowledge Appropriate Behavior
- Respond Calmly to Inappropriate Behaviors



Thank you!!



I will teach you in a room.
 I will teach you now on Zoom.
 I will teach you in your house.
 I will teach you with a mouse.
 I will teach you here and there.
 I will teach you because I care.
 So just do your very best.
 And do not worry about the rest.

Image from www.blog.zoom.us/zoom-for-education-top-10-frequently-asked-questions



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