

“Pick 3” Challenge

Try any 3 for a month and see how it goes

10 WAYS

← TO →

Live Restoratively*




#1 Take relationships seriously.
Envision yourself in an interconnected web of people, institutions, and the environment.

*Adapted from Appendix IV of Howard Zehr's *The Little Book of Restorative Justice*

#2 Be aware.
Try to be aware of the impact of your actions on others and the environment.





#3 Take responsibility.
When your actions negatively impact others, take responsibility by acknowledging and seeking to repair the harm--even when you could probably get away with avoiding or denying it.



#4 Respect others.
Treat everyone respectfully, even those you don't expect to encounter again, even those you feel don't deserve it, even those who have harmed or offended you or others.



#5 Be inclusive.
Involve those affected by a decision as much as possible in the decision-making process.

#6 Look for opportunity.
View the conflicts and harms in your life as opportunities.



#7 Listen.
Listen, deeply and compassionately, to others, seeking to understand even if you don't agree with them.



#8 Dialogue.
Engage in dialogue with others, even when what is being said is difficult, remain open to learning from them and the encounter.



#9 Be cautious.
Be cautious about imposing your "truths" and views on other people and situations.

#10 Confront injustice.
Sensitively confront everyday injustices including sexism, racism, homophobia, and classism.

Creating a Culture of Caring in Lanark County Schools and Youth Centres Through Restorative Practices.