

“Pick 3” Challenge

Try any 3 for a month and see how it goes

10 WAYS



Live Restoratively*



*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.



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.



#3 Take responsibility.

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.

#4 Respect 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.

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

#9 Be cautious.

#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.