

# **Restorative Practices – Life Skills for Prisoners?**

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# WHAT ARE RESTORATIVE PRACTICES ABOUT?

Restorative practices help us develop and sustain strong, happy communities by:

- actively developing good relationships
- preventing conflict and
- resolving conflict in a healthy manner when it does arise

Different from restorative justice:

- fields of application
- proactive as well as reactive
- variety of approaches

# RP v RJ



# How does RP do this?

- Helps us to consciously work at developing and maintaining good relationships
- RP is about having high expectations of each other and offering high levels of support
- RP is both
  - a philosophy based on values such as respect and fairness
  - a set of skills, including use of restorative language and conversations
- It is easy to adopt and use an RP approach because RP
  - builds on skills that everyone has
  - provides a simple framework for using those skills more consistently and effectively.

# Benefits

- People who use RP as a way of working report that it makes their work easier, more enjoyable and more effective.
- Parents report better relationships with their children.
- Residents report better relationships with their neighbours.
- Young people report increased confidence and better relationships with their teachers, their families, their friends and their peers.
- Teachers report reduced stress, improved relationships, and better teaching outcomes
- Schools report fewer disciplinary incidents
- Service providers report better relationships with clients
- Victims and offenders report higher satisfaction/less offending

# Potential Content for Prisoner Learning

## Module – Getting Started with RP

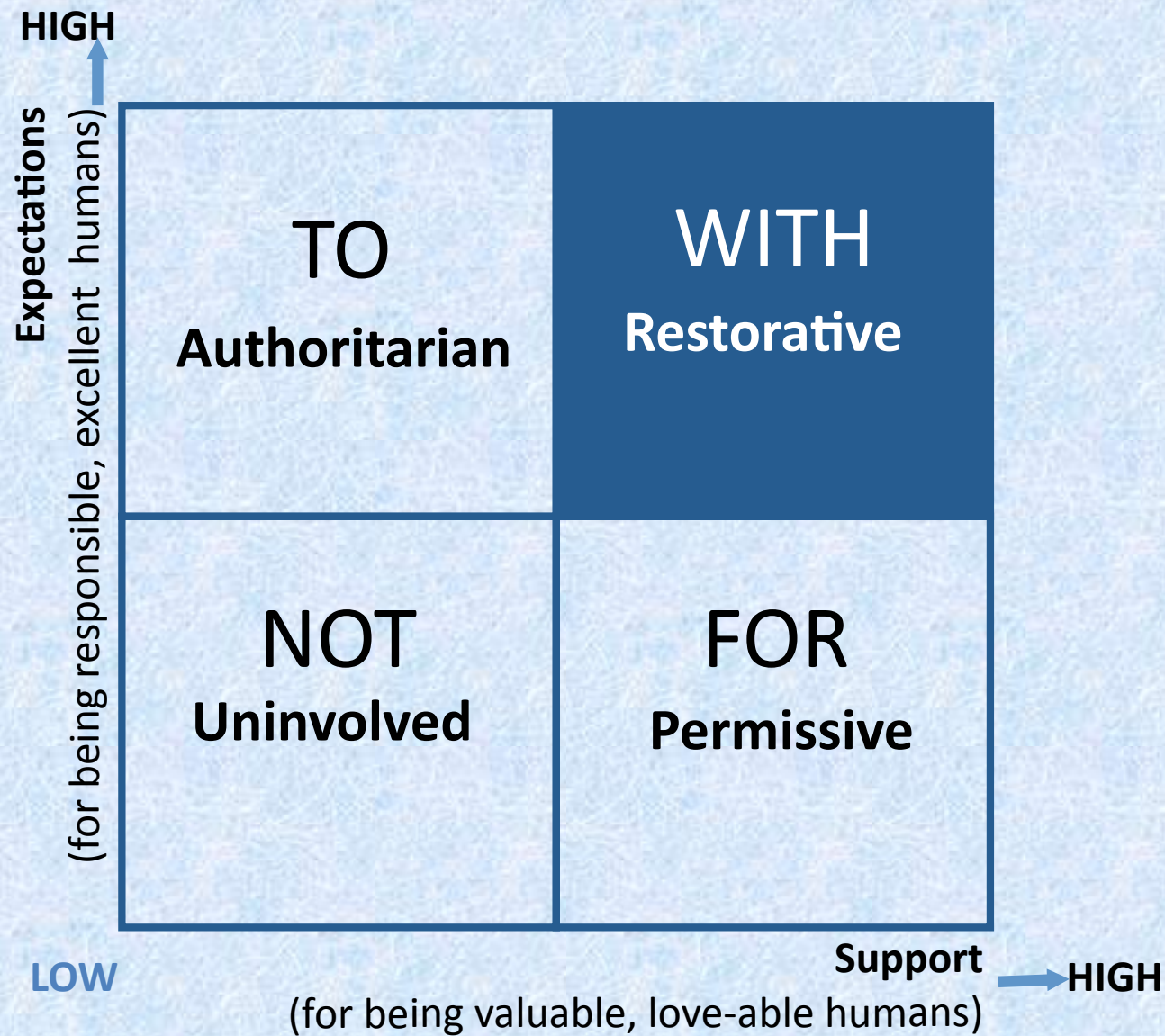
- Restorative Practices overview: aims, values, benefits, etc.
- Emotional intelligence – handling negative emotions positively
- Restorative language – getting comfortable expressing feelings
- Being fair – engaging, explaining, setting out expectations
- Understanding how we relate to each other
- Restorative conversations – using restorative questions

# RESTORATIVE VALUES

- Respect
- Fairness
- Personal Accountability
- Honesty
- Collaboration
- Problem-solving



# RELATIONSHIP WINDOW



Adapted from Vaandering, D., 2010 , Netcare, nd, and Baumrind, D., 1967)



## Restorative Questions to Address Harm

- \* **What happened?**
- \* **What were you thinking of at the time?**
- \* **What have you thought about it since?**
- \* **Who has been affected and in what way?**
- \* **How could things have been done differently?**
- \* **What do you think needs to happen next?**

# HOW THE RP QUESTIONS WORK

- They separate the person from their behaviour
- They are objective and respectful
- They allow everyone to tell their story
- They support people to listen to each other
- They are questions that get emotional responses
- They take everyone from the past (what happened) to the future (solution-focussed and repairing harm)
- They support people to take responsibility for their actions
- Using them consistently promotes fairness