

# 2022 – 2023 Restorative Justice Workshops

## Social and Emotional Learning through Transformative and Restorative Practices

As part of Glassboro's SEL Program, twice a month, students may voluntarily attend Restorative Justice workshops. Restorative Justice workshops cover a wide range of topics to help students with mindfulness, building community and strengthening relationships, among other topics that benefit their social-emotional well-being. Restorative approaches address underlying reasons for behavior and nurture an intrinsic desire to treat others with care and respect.

DATE	EVENT	TIME
<b>Victim-Offender Mediation/ Collaborative Negotiation</b>		
<b>Ongoing</b>	With the assistance of a guidance counselor, students are given the opportunity to talk through an issue or conflict directly with the person with whom he/she disagrees to arrive at a mutually satisfactory resolution. All parties must come to the process willingly. Mediation is not used where one individual has been victimized (for example, in cases of harassment or bullying) by another.	<b>Scheduled with Guidance</b>
<b>What We See, We Remember</b>		
<b>September &amp; January</b>	Art is the thread that connects all Restorative Justice projects and programs, uniting students whose rights have been violated (verbally, sexually, or physically) and those seeking to absolve his/her own feeling through shared creative expression. Finished portraits of justice serve as a visual representation of the human spirit and resilience; highlighting a hopeful path forward and the will, perseverance, and strength of us all.	<b>2:00 – 3:00</b>
<b>Let's Talk it Out</b>		
<b>October &amp; June</b>	Group session offering help/support related to code of conduct infractions and how they impact the school as a whole.	<b>2:00 – 3:00</b>
<b>Apologies and Verbal Restitution</b>		
<b>November &amp; May</b>	Restoring relationships when "harm" has occurred, whether it is physical or verbal. Workshops will focus on writing letters of apology to students, staff, and faculty who were impacted by harmful practices/behaviors.	<b>2:00 – 3:00</b>
<b>Turning the Mirror Inward</b>		
<b>November &amp; March</b>	Workshop focusing on I-Statements and self-reflection.	<b>2:00 – 3:00</b>
<b>Growth Mindsets</b>		
<b>October &amp; February</b>	Focusing on success through learning how to have a growth mindset rather than a fixed mindset.	<b>2:00 – 3:00</b>
<b>Restorative Circles (Group Mediation)</b>		
<b>December &amp; April</b>	With the assistance of a mediator, students are given the opportunity to express their feelings and perceptions. The goal of the meeting is conflict resolution and closure to all involved. Mediation recognizes that there is validity to conflicting points of view and helps the participants work through their emotions, often resulting in a solution that meets the needs of all participants. A circle can also be used in response to a particular issue that affects the school.	<b>2:00 – 3:00</b>
<b>Mindfulness</b>		
<b>January &amp; May</b>	Clearing our minds in order to be our best selves.	<b>2:00 – 3:00</b>

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<b>Repairing and Caring for the School &amp; Community</b>		
<b>December, April &amp; June</b>	Service-learning projects devoted to fostering a positive impact on the school and community.	<b>2:00 – 3:00</b>
<b>Vision Boards</b>		
<b>January &amp; April</b>	Students create vision boards representing future aspirations. Sessions are designed to serve as a source of inspiration and motivation and aim to educate students on the interconnectedness of their emotions, actions, and attitude in setting and achieving goals.	<b>2:00 – 3:00</b>
<b>Absolution Narratives</b>		
<b>February</b>	Writing workshop focusing on acknowledgment and ownership over one's actions, learning to forgive ourselves and others.	<b>2:00 – 3:00</b>
<b>Hardwiring Happiness</b>		
<b>March</b>	Neuroscience, Biology, and Psychology; the purpose of positive emotions	<b>2:00 – 3:00</b>
January and April will have three (3) Bulldog Workshops to accommodate student needs.		
<p>Twice a month, students may earn ten (10) pts for attending workshops (max 20 pts. per month). Note - workshops are voluntary. In addition, students wanting to participate must be clear of any outstanding discipline. Points may only be earned back by attending the workshops below. Substitutions and/or replacements will not be accepted. Ex – Attend two workshops (-20 pts) + 30 days' discipline free (-10 pts) = -30 pts in one month. (Students may not attend workshops if they have infractions that have yet to be served)</p>		

