



Restorative Thinking (with Odd Arts): A Restorative Justice Toolkit Developed with Young People, for Young People



Delivered as part of a Referral Order Contract, ISS Programme or Youth Rehabilitation Order, this programme gives young people access to a full understanding of restorative justice in the criminal justice system, explaining how RJ 'looks and feels', identifying how each young person can engage with RJ to help resolve their own offence. The programme equips young offenders and those at risk of offending with the skills, knowledge and understanding to adopt restorative practice as a key life skill to manage daily challenges and conflicts, to become solution-focused problem solvers. Download our [YOS PowerPoint Presentation](#) to find out more about how and when to deliver the programme.

Outcomes for young people who engage with the programme:

- Greater victim satisfaction: greater take-up of RJ at request of victim/s.
- Victim empathy.
- Young people understand the restorative process and the opportunities for involvement in RJ in the criminal justice system (supports the revised 'Code of Practice for Victims of Crime', 2013).
- Take-up of RJ by young offenders, relating to their own crime/s, potentially increases.
- Young people acquire a key life skill in restorative practice, able to support a reduction in re-offending.
- Young people have access to a restorative education, to resolve disputes and to support future choices.
- Familiarisation with restorative 'language' and concepts.

Delivered with small groups and 1:1, this programme has been produced in collaboration with our partners [Odd Arts](#).

Why is the Restorative Thinking programme effective?

- The programme has been developed with young people at Sheffield YOS; they helped to develop the style (look and feel), activities and content of the programme, making it relevant to young people.
- The programme appeals to all learning styles (visual, auditory, kinaesthetic).
- Restorative Thinking promotes responsibility-taking and improves positive self-talk, leading to changes in attitude and behaviour, improving maturity and life chances and facilitating desistance, supporting a reduction in reoffending.
- The programme draws on cognitive behavioural therapy, solution focused therapy and development psychology.
- Improves the capacity to change (positivity, resilience, self-talk, responsibility-taking).
- Facilitates the process of change (constructive development).

A group of young people from Sheffield YOS delivered a hard-hitting performance to showcase their learning through the programme at the 2013 Youth Justice Convention in Birmingham. Click here for a copy of our YJC flyer: [Restorative Thinking \(with Odd Arts\) RJ intervention programme](#).

Comments from our focus groups, including Sheffield YOS:

“I will now think before I do things. I understand the consequences a lot better.”

“There can be a positive outcome at the end.”

“Thinking from their point of view.”

Included in the programme: 105-page Facilitator Handbook with six sequential session plans, facilitator notes and evaluation tools; Participant Handbooks (full-colour copies); Restorative Thinking bookmarks (100); Needs cards; ‘The Woolf Within’ DVD; Post-it notes; Audio CD with three short plays (case studies); DVD case study; Felt mat; Velcro tabs; Talking piece; Feelings poster (laminated); Laminated figures and fine line pen; Travel bag (to contain all of the above).

The programme is supported by an annual Licensing Agreement which includes:

- Rights to deliver the programme in agreed setting.
- Wrap-around support for delivery staff.
- Feedback forms returned to RT for quality control.
- Annual updates - new resources to support delivery, based on emerging literature and thinking around restorative justice and restorative practice.

Training options:

1. Creative tactics to engage hard to reach young people (Odd Arts, full day)

This training session provides staff who lead group work sessions with creative skills to deliver the *Restorative Thinking* programme. We will equip non-drama specialists with effective, creative tactics to engage hard to reach young people. Participants work through the programme, learning innovative group work and discussion techniques, character development for debate, flip-chart and note-book exercises, presentation techniques, flexible lesson plan outlines and behaviour management for classroom settings.

“It was helpful to model different ways of introducing ideas, particularly the social discipline window and the ripple effect.”

“Useful to remind myself that there are ways to engage young people – empathy.”

“Different approach to letters of explanation.”

“Better ways of introducing RJ to young people.”

“Thanks for a really useful day, full of ideas.”

“Loved it. Really relaxed but clearly well planned and skilfully executed.”

2. Delivering the Restorative Thinking intervention programme (Restorative Thinking, full day)

This training session guides practitioners through each of the six sessions, explaining the theory that underpins the programme. Our trainer models delivery styles, leading practical and interactive exercises to deliver the programme both 1:1 and with small groups.

In the afternoon, participants are given time to plan and present one of the programme activities, followed by facilitator debrief.

“Really well delivered, clear, simple and always checking understanding throughout.”

“Practice delivery gave me a chance to deliver to peers and see what challenges we may face.”

“My own thinking around certain situations has been changed. I will try to always take into account others’ needs.”

“Working with a partner and delivering to the group – helpful, fun and gained greater understanding.”

“Felt like I got a lot from it. Knowledge feels much greater.”

Facilitators should already be trained in restorative justice/practice to a minimum of Level 1 before attending our training session around programme delivery. We can incorporate Level 1 training, as part of a two-day training course.

For further information, please contact: Mrs Lesley Parkinson, Executive Director, Restorative Thinking Limited: Lesley@restorativethinking.co.uk



Restorative Thinking is a Registered Training Provider with the Restorative Justice Council, and adheres to the RJC Trainers' Code of Practice.