

Restorative practice is about how we build relationships by listening carefully, asking questions and expressing empathy; enabling everyone to have a voice, participate, cooperate and model the behaviour we would like to see. Restorative Practice seeks to repair harm by enabling and empowering people to take responsibility for behaviour that has affected others, it is used to resolve conflict when it arises by allowing others to freely express emotions, have a voice and be part of finding the solution.

### Why is it important?

Restorative Practice encourages people to work **with** others at every opportunity, in a way that sets clear boundaries and holds people to account (high challenge) as well as providing the support and encouragement for those challenges to be met (high support).

"The essence of restorative practice is disarmingly simple: that human beings are happier, more productive and more likely to make positive changes in their behaviour when those in positions of authority do things **with** them, rather than **to** them or **for** them" (Wachtel 2004).

**By enabling and empowering others we are more likely to improve outcomes for children**

### How do we do it?

The five question framework helps us to understand the language we can use to enable others to share their perspective, express emotions, understand impact and find a solution:

- What happened?
- What were you thinking / feeling?
- Who is affected by what happened?
- How are they affected?
- What needs to happen to make it better?

### For more information:

Visit the Portsmouth Safeguarding Children Board [website](#)

Visit the Restorative Justice Council [website](#)