

# Repairing The Harm

## An Introduction to Restorative Justice



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## **REPAIRING THE HARM: A Guide to Restorative Justice**

**Repairing the Harm: A Guide to Restorative Justice** was developed for the John Howard Society of Manitoba's Basic Literacy Program. It contains 19 lessons dealing with Restorative Justice.

Each lesson is followed by an exercise designed to build basic literacy skills and reinforce materials contained in the lessons.

This workbook was written to assist people in understanding the impact that crime has on victims, their families, the community and offenders. And how to repair the harm caused by crime, based on the application of restorative justice principles.

While all can benefit from the use of this workbook, it is especially suited to low-level readers.

Words that are bold and underlined within each lesson are defined in the glossary at the end of **LESSON #19**.

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## **INTRODUCTION TO RESTORATIVE JUSTICE**

In this section we will learn about victims,  
offenders and the community.

We will also get an introduction to  
Restorative Justice.

## LESSON #1

### A Victim's Point of View

#### **Four important things to remember about victims:**

Victims have feelings.

Victims should not be ignored.

Victims need to heal.

Victims are not alone.

Read the story and answer the questions in the following exercise.

#### **Lucy's Story**

Lucy sat in the courtroom. Today was the day the guy who assaulted her was going to be sentenced. He pled guilty to a lesser charge so there was no trial. Lucy was nervous about the idea of a trial but at least she would have had a chance to tell her side of the story. Now, the Judge was going to make his decision without even talking to her. Lucy thought that the Judge should know how the assault had changed her whole life but she felt like nobody wanted to hear what she

had to say. Right from the first time she met the crown attorney, he just took over. She had only met him for 10 minutes. Lucy thought, how does he know how I feel or what I want when he only talked to me for 10 minutes? She felt like she was not important and everyone was **ignoring** her.

When the Judge was talking, Lucy looked at the man who had assaulted her. She could only see the back of his head. She wanted to know if he was sorry that he hurt her or if he just thought it was all a big joke. She wished she could talk to him and ask him some questions. Maybe that would help her deal with her feelings. Maybe then she could start to get on with her life. But the man did not even turn around.

As Lucy sat in the back of the courtroom waiting for the Judge's decision, she had so many different feelings but she did not think that the lawyers, the judges or the man who assaulted her really cared about listening to how she felt.

**EXERCISE #1**

**Answer the questions in the space provided**

1. Lucy had lots of different feelings while she was in the courtroom. What are 4 of them?

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2. Pick one of the 4 feelings from your answer to question #1

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Why do you think Lucy was feeling this way?

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3. Think of a time that somebody hurt you. How did you feel?

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4. Would it have made you feel better if you knew that the person who hurt you was sorry? Why?

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5. What are some other things that might have helped you to feel better?

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**LESSON #2****An Offender's Point of View****Four important things to remember about the offender's point of view:**

Offenders have feelings.

Offenders should not be ignored.

Offenders need to heal.

Offenders are not alone.

Read the story and answer the questions in the following exercise.

**Jim's Story**

Jim sat in his jail cell. He was getting out in two days. He was excited about getting out but he felt scared too. His friend Rick asked him if he was ready to go. Jim was not sure. Jim felt like he paid his debt to society for what he did, but he still felt badly. He had broken into an old woman's house. He didn't know she was home, he just wanted to steal some stuff. When the old woman came into the kitchen and saw him there, Jim got scared. The lady started screaming. He told her to stop but she wouldn't so he tied her to a chair and put a cloth in her

mouth to keep her quiet. He was sent to jail for 14 months for that robbery.

Now he was getting out. His buddy Rick slapped Jim on the back and said, “Way to go Buddy, you don’t owe anybody anything no more.” But Jim wasn’t sure. He went to jail and did his time so he didn’t think that he owed society or the courts or the lawyers. But what about the old woman? Jim thought about how scared she looked tied up in that chair and how she couldn’t stop crying. He felt like he had to do something for her. He wished that he could tell her how sorry he was. He wanted her to know how many times he thought about her and wished he could take it all back. Jim thought that maybe there was something he could do to make it up to her. Something that would maybe help him too. Even though he was getting out in two days he still felt badly. He wanted to have a fresh start and get on with his life but he kept thinking about that old woman.

**EXERCISE #2**

**Answer the questions in the space provided.**

1. Jim was feeling happy and he was feeling badly at the same time. Why?

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2. What do you think Jim could do so that he would feel better about the old woman?

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3. Think of a time when you did something that hurt someone else. How did you feel?

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4. Did you ever apologize to the person whom you hurt? Why or why not?

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5. What do you think you could have done to try to make it up to the person you hurt?

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**LESSON #3****The Community's Point of View****Four important things to remember about the community:**

People in the community have feelings.

People in the community should not be ignored.

People in the community need to heal.

People in the community are not alone.

Read the story and complete the following exercise.

**Tim's Story**

Tim walked into the community centre with his mom and dad and his little sister Lisa. All the chairs were taken. There were lots of people at the meeting. Everyone was mad about what was going on in their neighborhood. In the last three months there had been eight break-ins. Mr. Green, the man who lived next door, was there. Someone had broken into his house and stolen his TV and VCR. Tim's friend Billy was there with his mom. Someone had broken into their house and smashed all the windows. Billy's mom didn't know how she would pay to fix

all of them. Tim saw Jenny there too. She lived with her grandma. When someone broke into their house, they stole Jenny's stereo and spray painted on the walls. Other people had been broken into but Tim didn't know them.

Tim was aware that everyone was really mad. People were yelling. Some of them were swearing and a couple of people were crying. People were yelling about how the police didn't care and the courts were too easy on criminals. Mr. Green said he wrote a letter to the newspaper. He wanted the criminals to be caught and sent to jail for a long time. Everyone agreed. Some people called the police to complain and one person even called the Mayor.

Everyone was **frustrated**. They felt badly for the people who were victims. They wanted to help them but they didn't know what to do. People were scared too. They were scared that their house would be next. Mostly though, people were just fed up.

**EXERCISE #3**

Everyone at the meeting had lots of different feelings.

**Find these feelings in the word search.**

mad            scared          sad            ashamed          nervous          frustrated  
 upset          worried          angry          embarrassed          stressed out

S O N J P T I N A V O U  
 T E M B A R R A S S E D  
 R E B C E S C A R E D I  
 E Y G N F H J M A N K M  
 S R L E O R S O O S P A  
 S G F R U S T R A T E D  
 E N T V L A S F O C N L  
 D A N O B D F U P S E T  
 O W I U O B L R A F X O  
 U L A S H A M E D A M F  
 T V I O X W O R R I E D

**Answer the questions in the space provided.**

1. Think of a time that someone in your community was hurt by someone else.

How did you feel?

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## LESSON #4

### What is Restorative Justice?

In the first three lessons we learned about victims, offenders and the community. Now we are going to look at what these three groups have in common.

#### **Four important things to remember:**

Everyone has feelings.

Nobody should be ignored.

Everyone needs to heal.

Nobody is alone.

Restorative Justice is a new way of understanding justice. Restorative Justice is based on two very important ideas. They are:

1. When a crime is **committed**, three groups of people are harmed.  
the victim                      the offender(s)                      the community
2. Since three groups of people are harmed when a crime is committed, these three groups of people should all be involved in helping to find a solution and repair the harm.



## **RESTORATIVE JUSTICE**

In this section we will compare the ideas of the present justice system with ideas of Restorative Justice to get a better understanding of Restorative Justice and how it is different.

## LESSON #5

### What is a Crime?

The present justice system and Restorative Justice ideas are different. The definition of a crime is different.

#### Present Justice System Ideas

Crime takes place when a person breaks a rule or law as defined by the state.

#### Restorative Justice Ideas

A crime takes place when a person does something that causes harm to another person.

The definition of a crime is viewed differently within these two types of justice. Therefore, they also have different ideas of what should be done to try to deal with a crime.

#### Present Justice System Ideas

The offender breaks one of the laws so the offender must be **punished**.

The Crown Prosecutor, on behalf of the State, has to prove the offender is to blame.

#### Restorative Justice Ideas

The offender caused harm to another person, to himself and to the community and he owes something to all these people. The offender can try and help **repair the harm** he has caused.

**EXERCISE #5**

**Read the short story and draw lines to match up the people with the role they play in the story.**

1. Jane walks into the corner store at the end of her street. Bob, the owner of the store, is working at the store by himself when Jane comes in. Jane shoplifts some food and cigarettes when nobody is looking.

Victim	Jane
Offender	People that live near the store
Community	Bob

2. Mike is walking home from school. Joe comes up to him and pushes him down on the ground. While Mike is on the ground, Joe punches him and takes his jacket.

Offender	Mike
Victim	Joe's neighbors
Community	Joe

3. Leon, Ray and Tim are at a bar together. They have had a few beers. Leon and Ray start to argue. Leon punches Ray in the face and throws his beer bottle at him. The bartender breaks up the fight and kicks Leon and Ray out of the bar.

Community

Leon

Offender

Ray

Victim

Other people in the bar

**LESSON #6****Goals of Justice**

Both kinds of justice have a goal or something that they want to happen.

**Present Justice System Ideas**

The goal is: To find out if someone is **guilty** or **not guilty** according to all the rules of the law.

**Restorative Justice Ideas**

The goal is: To have people take **responsibility** for the harm that was caused and to find satisfying ways to repair this harm.

In the present Justice System, the offender's past is important. In Restorative Justice, the future is more important than the past.

**Present Justice System Ideas**

The **past** is more important because it **helps the court** to figure out if an offender is guilty.

**Restorative Justice Ideas**

The **future** is more important because it **helps the people involved** to find ways to live **respectful** crime free lives.

The present justice system and Restorative Justice focus on different things.

**Present Justice System Ideas**

The focus is on blaming the offender.

**Restorative Justice Ideas**

The focus is on solving problems with all the people involved.

**EXERCISE #6**

**Fill in the blanks with the words below.**

PAST      BLAME      PRESENT      RESTORATIVE JUSTICE  
HARM      PROBLEM-SOLVING

1. Restorative Justice focuses on \_\_\_\_\_.
2. The offender's \_\_\_\_\_ is very important to the Present Justice System.
3. The \_\_\_\_\_ Justice System pays more attention to the rules of law.
4. The Present Justice System focuses on \_\_\_\_\_.
5. In Restorative Justice, it is important to repair the \_\_\_\_\_.
6. Taking responsibility for the harm that you have caused is an idea of \_\_\_\_\_.

**List 3 differences between the Present Justice System and Restorative Justice.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## LESSON #7

Ways of Reaching the Goals

One of the biggest differences between the Present Justice System and Restorative Justice is the process, or the way of making justice happen.

Present Justice System Ideas

The process is very **formal** with strict rules to follow.

There is only one way of doing things according to the law.

Restorative Justice Ideas

The process is not as formal.

There can be different ways of doing things depending on what the people involved want.

Another big difference between the Present Justice System and Restorative Justice looks at the kind of relationships between the people involved, how people **relate** to each other.

Present Justice System Ideas

Relationships are **adversarial** which means that people involved are divided into two different groups that are **against each other**.

Restorative Justice Ideas

Relationships are **consensual** which means that the people involved may have different ideas, but they still **work together** to solve the problem.

**Present Justice System Ideas**

*Group 1: Defense*

The defense is made up of the offender and his lawyer.

The defense wants the offender to be found not guilty.

*Group 2: Crown*

The Crown is made up of the crown attorney and victims.

The Crown wants the offender to be found guilty.

**Restorative Justice Ideas**

The Defense, Crown, Victim, Offender and Community all treat each other with dignity and respect, and want the best outcome for others, not just themselves.

Because the relationships in the two kinds of Justice Systems are so different, each **approach** will have a different outcome.

**Present Justice System Ideas**

An adversarial relationship means **only one side can win.**

**Restorative Justice Ideas**

A consensual relationship means **everybody can win.**

**EXERCISE #7**

**Read the sentence then circle true or false.**

1. Adversarial means that there are two sides that are against each other. True False
2. In Restorative Justice only one side can win. True False
3. In the Present Justice System the community is involved. True False
4. Restorative Justice is not as formal as the Present Justice System. True False
5. It is important to have **input** from everyone in Restorative Justice. True False
6. Restorative Justice pays more attention to healing. True False

## LESSON #8

### Arguing vs. Understanding

We have learned how the goals and the processes are different in the Present Justice System and in Restorative Justice. Because they have different goals and processes, they also have different ways of **communicating**.

#### Present Justice System Ideas

The goal of communication is to make a better argument so that I look right and the other person looks wrong.

#### Restorative Justice Ideas

The goal of communication is to understand myself and the people I am talking to better.

The **focus** of communication is also different.

#### Present Justice System Ideas

The focus is on **competition** where one side must win and one side must lose.  
When someone else is speaking, I try to work on my argument so I can make them look wrong.

#### Restorative Justice Ideas

The focus is on **respect**.  
When someone else is speaking, I listen to them and try to understand what they are saying and how they are feeling.

**EXERCISE #8**

**Read the sentence and then write “yes” if it is an idea of Restorative Justice and “no” if it is not.**

1. I listen to try and understand. \_\_\_\_\_
  
2. I listen for any mistakes the other person is making so I can use them later. \_\_\_\_\_
  
3. When I am talking, I try to prove that I am right and the other person is wrong. \_\_\_\_\_
  
4. The person who is speaking has feelings that are just as important as mine. \_\_\_\_\_
  
5. When I talk, I only speak for myself. I don't try to pretend I know what everyone else is thinking or feeling. \_\_\_\_\_

6. When I am talking about my feelings, I can learn a lot about myself. \_\_\_\_\_
7. I interrupt or change the subject when someone is talking. \_\_\_\_\_
8. I try to argue with what people are saying. \_\_\_\_\_
9. Everyone has a right to talk and to have others to listen to them and respect them. \_\_\_\_\_
10. When someone is talking about one of their experiences and I don't agree, I start to argue with them and tell them that I don't believe them. \_\_\_\_\_
11. When someone is talking about their feelings, I listen and accept what they are saying as real. \_\_\_\_\_
12. When there is silence in the conversation, I use it to jump in and start talking to make myself look like I am right. \_\_\_\_\_

**LESSON #9****What is Justice?**

There are many differences between the Present Justice System and Restorative Justice. Some examples of these differences are, the definition of crime, the process, the relationships and the communication. Some of the things that are very important to the Present Justice System, are not important to Restorative Justice and some of the things that are important to Restorative Justice are not very important to the Present Justice System. So what does this mean? It means that these are two very different ways of looking at justice. They both have different definitions of what justice is.

**Present Justice System Ideas**

The focus is on the process and the right application of the right rules.

**Restorative Justice Ideas**

The focus is on all the people who were harmed because of the crime and they determine how healing can occur so that people can live in peace.

Because the Present Justice System and Restorative Justice have different ideas about what is justice, they also have different ways to measure if justice was served or not.

**Present Justice System Ideas**

Justice is served if every part of the justice process worked as it was supposed to according to the law.

**Restorative Justice Ideas**

Justice is served if all the people harmed by the crime have been given a chance to take part in repairing the harm done, have their needs met and the harm is repaired.

**EXERCISE #9**

**Answer the question in the space provided.**

- The Present Justice System and Restorative Justice have different ideas of what justice is. Lots of people have different ideas. In your own words, what do you think justice is?

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**Use the number and letter code to figure out what this sentence says.**

<b>A=1</b>	<b>B=2</b>	<b>C=3</b>	<b>D=4</b>	<b>E=5</b>	<b>F=6</b>	<b>G=7</b>	<b>H=8</b>
<b>I=9</b>	<b>J=10</b>	<b>K=11</b>	<b>L=12</b>	<b>M=1</b>	<b>N=14</b>	<b>O=15</b>	<b>P=16</b>
<b>Q=17</b>	<b>R=18</b>	<b>S=19</b>	<b>T=20</b>	<b>U=21</b>	<b>V=22</b>	<b>W=2</b>	<b>X=24</b>
			<b>Y=25</b>	<b>Z=26</b>			

20 8 5            16 5 15 16 12 5            8 1 18 13 5 4  
 — — —            — — — — — —            — — — — — —

2 25            1            3 18 9 13 5            1 18 5            20 8 5  
 — — —            — — — — — —            — — —            — — —

2 5 19 20            15 14 5 19            20 15            11 14 15 23  
 — — — —            — — — —            — —            — — — —

23 8 1 20            10 21 19 20 9 3 5            9 19  
 — — — —            — — — — — —            — —

## LESSON #10

### What Happens to the Offender?

In **Lesson #5**, we learned that the Present Justice System and Restorative Justice have different definitions of crime. The Present Justice System believes that a crime is committed when a person breaks the law of the State. Restorative Justice believes that a crime is committed when a person does something to harm another person. So, the Present Justice System and Restorative Justice also have different ideas of who the offender owes.

#### Present Justice System Ideas

The offender broke the State's law so **he/she owes the State.**

#### Restorative Justice Ideas

The offender caused harm to another person, to the community and to himself so **he/she owes the other person, the community and himself /herself.**

The Present Justice System and Restorative Justice have different ideas of what the offender should do to pay his/her debt.

**Present Justice System Ideas**

To pay his/her debt to the State, the offender must be **punished**.

He/she should pay a debt to society by a fine or serving time in prison.

**Restorative Justice Ideas**

To pay his/her debt to the victim, the community and to himself/herself, the offender must help **repair the harm that he/she has caused**.

**EXERCISE #10**

**Read the short story and then answer the questions.**

Henry and Lisa live in a small house with a garage. Last Friday night, Luke, Alan and Joan broke all the windows in the garage, kicked in the door, knocked over a couple of tables with things on them and spray painted on the outside of the garage. Henry and Lisa were mad and scared about the crime. The police caught all three of the troublemakers that night.

**If Luke, Alan and Joan each get 30 days in jail how do you think these people will feel?**

1. The victims, (Henry and Lisa)
- 

2. The community, (neighbors in the area)
- 

3. The offenders, (Luke, Alan, Joan)
-

**If Luke, Alan and Joan agreed to meet with the police, the victims, a mediator and some members of the community and then at the meeting, they apologized for what they did, offered to pay for the broken windows and wash the paint off of the garage how do you think these people would feel?**

4. The victims, (Henry and Lisa)

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5. The community, (neighbors in the area)

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6. The offenders, (Luke, Alan, Joan)

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## LESSON #11

### Healing vs More Harm

Both the Present Justice System and Restorative Justice believe that when a crime is committed there is **injury**. But the way that they deal with that injury can either be helpful or make the injury worse.

#### Present Justice System Ideas

This process does not recognize that **conflicts** and problems in an offender's life are linked to the crimes they commit.

This is **harmful** because if you do not understand what the offender's life is like and why they committed the crime then you **can't understand that the offender needs to heal.**

#### Restorative Justice Ideas

This process recognizes that conflict and problems in an offender's life are linked to the crimes they commit.

This is **helpful** because if you understand what the offender's life is like and why they committed the crime then you can **understand that the offender needs to heal.**

Once a crime has been committed and there is injury, people can be treated in a way that causes more injury or a way that helps to repair the harm done.

**Present Justice System Ideas**

This process **replaces** the injury of the crime with another kind of injury-**jail**.

**Restorative Justice Ideas**

This process replaces the injury of the crime with **healing**.

**EXERCISE #11**

**Answer the questions in the space provided.**

1. Do you think it is important to look at the offender's life and his/her problems if you were trying to understand why he/she committed a crime? Why?

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2. Do you think it is important to look at the offender's life and his/her problems if you were trying to think of the best way to help the offender?

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3. How is sending someone to jail replacing one kind of injury with another?

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## LESSON #12

### Offender Responsibility

The Present Justice System and Restorative Justice both agree that the offender should be **responsible** for his/her behavior. But they have different ideas about who the offender should be responsible to.

#### Present Justice System Ideas

The offender is responsible to the state.  
The offender owes a 'debt' to society and the state.

#### Restorative Justice Ideas

The offender is responsible to the victim, the community and to himself/herself.  
The offender owes a 'debt' to the victim.

The Present Justice System and Restorative Justice also have different ideas about what the offender is responsible for.

#### Present Justice System Ideas

The offender is responsible for taking his punishment, (jail, probation, fine, etc.) and completing it.

#### Restorative Justice Ideas

The offender is responsible for understanding the impact of his/her actions upon the victim.  
The offender is responsible for helping to decide how to make things right.

**EXERCISE #12****Read the short story and answer the questions.**

Debbie was walking down the street one night at 11:00 p.m. when a man jumped out from behind a tree. He grabbed her around the neck and said that she better not move because he had a knife. He told Debbie that he just wanted money and he wouldn't hurt her if she just gave him her purse and her jewelry. Debbie took off her watch and her bracelet and ring. They were not worth very much money but they meant a lot to her because her Mom gave them to her before she died. She gave the jewelry and her purse to the man. He grabbed the stuff, pushed her down on the ground and ran away.

1. It is important for offenders to try and understand how victims feel after a crime. What are some of the feelings that Debbie would have because of this crime?

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2. It is important for offenders to try and understand how victim's lives change after a crime. Many people say that after they became the victim of a crime, they change their daily routine. Things like walking to the store or taking the bus at night can be very scary. What are some of the things that Debbie might change or stop doing?

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**LESSON #13****Victims and Offenders**

Both the Present Justice System and Restorative Justice recognize that there are victims and offenders in every crime. But the way that the Present Justice System treats the victims and offenders is different from how Restorative Justice treats them.

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**HOW THE OFFENDER IS TREATED****Present Justice System Ideas**

The offender is involved in the process but he/she does not really have to do anything.

The offender is **passive**, which means that someone else can talk for him/her.

The offender does not have to admit what he/she did.

Healing the offender is not important.

**Restorative Justice Ideas**

The offender is very involved in the process and he/she is expected to take part.

The offender has to take responsibility for his/her actions.

The offender admits what he/she did.

Healing the offender is very important.

## HOW THE VICTIM IS TREATED

### Present Justice System Ideas

The victim is often ignored.

The victim hopes that the prosecutor will talk for them and the decisions that the prosecutor makes may or may not be in the victim's best interests.

What the victim wants is not important.

Healing the victim is not important.

### Restorative Justice Ideas

The victim is not ignored. The victim has rights.

The victim may not have anyone else talking for them. The victim gets to do the talking and make the decisions.

What the victim wants and needs is very important.

Healing the victim is very important.

**EXERCISE #13**

**Unscramble the words and then match them with the right word.**

SPISLREBOEN

RIGHTS

GALHINE

RESPECT

RGSITH

RESPONSIBLE

POIMTRNAT

JUSTICE

PRECTES

HEALING

TICJESU

IMPORTANT

**Answer the questions in the space provided.**

1. Which system, the Present Justice System or Restorative Justice, treats victims with more respect? Why?

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2. Which system, the Present Justice System or Restorative Justice, treats offenders with more respect? Why?

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**LESSON #14****What Can the Community Do?**

Whenever a crime is committed, the community is harmed. The Present Justice System and Restorative Justice treat the community in different ways.

**Present Justice System Ideas**

The Crown Attorney represents the state.

The community is not involved in the process.

The point of view of the community is not considered.

Healing the community is not important.

**Restorative Justice Ideas**

The community is represented by members of the community.

There are lots of ways the community can be involved in the process.

The point of view of the community is welcomed and considered.

Healing the community is important.

**EXERCISE #14****Read the short story and answer the questions.**

Janice and Tyler are walking home from school. On their way home a group of older kids who are in a gang surround them and start teasing them and threatening them. They knock both kids down and steal their jackets, hats and shoes. They tell the kids that if they ever tell anyone about this that they will come back and get them. The kids run home and tell their parents. Their parents tell other parents who live on the street and teachers at the school. So now everybody on the street and at the school knows what happened to Janice and Tyler.

1. Even though most of the community members were not directly harmed by the crime, they will have feelings about it because it happened in their neighborhood. What are some of the things that the community may be feeling?

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2. If the community found out who the older kids were, do you think that the community would treat them differently. Why?

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3. Do you think it would be hard for the older kids to live in the community after everybody found out what they did? Why?

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**LESSON #15****Shame**

When someone is convicted of a crime, other people give them a label, criminal. The Present Justice System and Restorative Justice have different ideas about what the label means.

**Present Justice System Ideas**

The system does not understand that the label is harmful.

The system does not know that getting rid of the label is important.

**Restorative Justice Ideas**

The process understands that the label is harmful.

This approach knows that getting rid of the label is very important for the healing process.

Getting rid of the label, criminal, is very important for the offender to be able to heal and get on with his life. It is also important to get rid of the label so that the community will accept the offender back. When someone has a label that the community does not like, that person usually feels a lot of shame.

Shame is a feeling that makes us feel badly about ourselves. It is also important to get rid of the label for the offender so he/she can get rid of his/her feelings of shame.

#### **Present Justice System Ideas**

There is no chance to get rid of the label.

The system does not encourage any apology or forgiveness.

#### **Restorative Justice Ideas**

There is a chance to get rid of the label by taking part in the restorative justice process and trying to repair the harm that was done.

There is a chance for apology and forgiveness.

**EXERCISE #15**

**Try to make as many words as you can from the letters in the word:**

**R E S T O R A T I V E**

\_\_\_\_\_

\_\_\_\_\_

**Answer the questions in the space provided.**

1. “Criminal” is a label that is used for people who have committed a crime. Can you think of some other harmful labels?

\_\_\_\_\_

2. Do you think forgiveness is important for the community to be able to heal? Why?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**LESSON #16****Forgiveness**

Forgiveness is very important for everyone who has been harmed by the crime.

1. **The victim-** it is important for victims to forgive offenders so that the victims can deal with what has happened to them and then move on with their lives, free from anger and hate.

2. **The offender-** it is important for the offender to be forgiven by the victim so that he can let go of his shame and the bad feelings that he has about himself as a person so that he can get on with his life in a healthy and crime free way.

3. **The community-** it is important for the community to forgive the offender so that the offender can be accepted back into the community and the members of the community can deal with their feelings and get on with their lives.

**Present Justice System Ideas**

The system does not understand that forgiveness is important for healing.

The system does not encourage any apology or forgiveness.

**Restorative Justice Ideas**

The process understands that forgiveness is important for healing.

There is a chance for apology and forgiveness.

**EXERCISE #16**

**Answer the questions in the space provided.**

1. Do you think that forgiving the offender is important for the victim to heal? Why?

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2. If a victim forgives an offender, does that mean the offender is no longer responsible for the harm that he/she has caused? Why?

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3. Do you think that forgiveness is important for the offender to heal? Why?

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4. If an offender apologizes for the harm he/she has caused, how can that help the victim?

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5. If an offender apologizes for the harm he/she has caused, how can that help the offender?

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## LESSON #17

### Who is Running the Show?

Both the Present Justice System and Restorative Justice System have a process, a set of relationships and ways of communicating. But who are the key people in the process who do the communicating?

#### Present Justice System Ideas

The process is very complicated.

The system needs highly trained Professionals to do the communicating.

The process cannot work without the Professionals, (Judges and Lawyers).

Professionals know what is best for the people harmed by the crime.

The people harmed by the crime do not need to get involved in the process.

#### Restorative Justice Ideas

The process is easy to understand.

This process does not need highly trained Professionals to do the communicating.

The process can work well without the Professionals, (Judges and Lawyers).

The people harmed by the crime know what is best for themselves.

The people harmed by the crime do need to get involved in the process.

**EXERCISE #17**

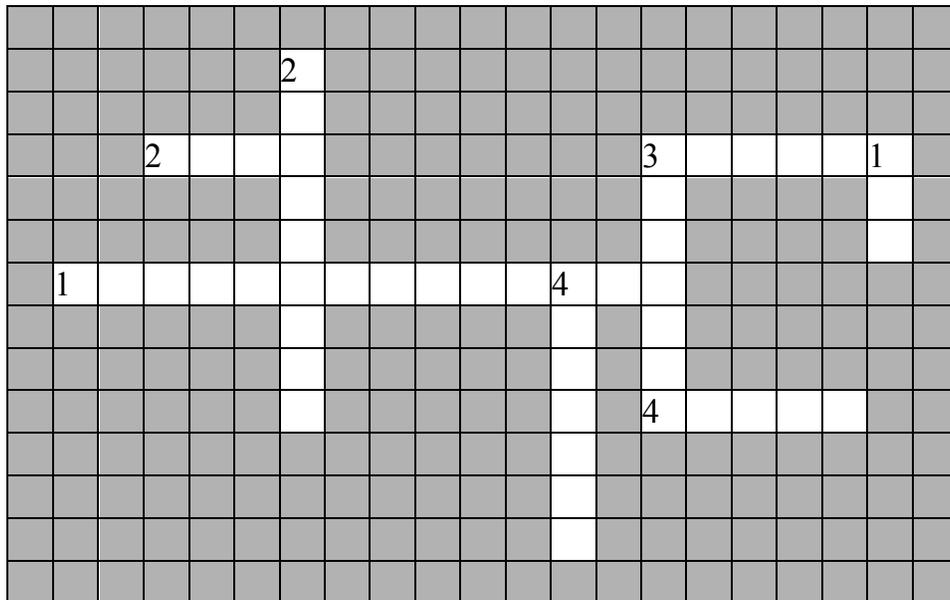
**Use your knowledge to complete the crossword puzzle.**

**ACROSS**

1. In restorative justice, the offender must take \_\_\_\_\_ for the harm he/she has caused.
2. Restorative justice defines a crime as when one person causes \_\_\_\_\_ to another.
3. When someone is talking about their experiences, others should \_\_\_\_\_ and try to understand.
4. Restorative justice programs can only work if the offender is \_\_\_\_\_ for the harm he/she has caused.

**DOWN**

1. Restorative justice is a \_\_\_\_\_ way of thinking about justice.
2. Restorative justice ideas involve victims, offenders and the \_\_\_\_\_.
3. In the present justice system the \_\_\_\_\_ speak for the victim and the offender.
4. Nobody's feelings should be \_\_\_\_\_.



## LESSON #18

### A Review of Restorative Justice Ideas

1. Everyone has feelings!
2. Nobody should be ignored!
3. Everyone needs to heal!
4. Nobody is alone!
5. A crime is committed when one person causes harm to another.
6. When a crime has been committed, three groups of people are harmed:  
The victim  
The offender  
The community
7. All three groups were harmed so all three groups should take part in deciding what would be the best way to repair the harm that was done.
8. Punishment is not the answer to crime. The answer is to help offenders accept responsibility for the harm they have caused and encourage them to help to repair that harm.

9. If offenders help to repair the harm they have caused, the label of “criminal” can be removed.
10. Restorative Justice recognizes that the victim, the offender and the community all have feelings and are all important.
11. Everybody who was harmed by the crime needs to heal.
12. Apology and forgiveness are important for healing.
13. The victim, the offender and the community know what is best for themselves! Professionals should not take control away from them.

## EXERCISE #18

**Circle the things that might be considered for Restorative Justice programs.**

Apology	Jail	Restitution
Doing work to repair the harm	Paying a fine to the Courts	Painting over graffiti
	Paying back the victim with money	

**Read the short story and then use what you have learned about Restorative Justice. Decide what you think would be the best way to repair the harm that was done.**

Last weekend Kevin and Ann were at a party at Frank's house. They stole the keys to Frank's van and went outside to take off in the van. When they were still in the driveway, Frank came running outside and begged them not to steal his van. Ann pushed Frank down and they yelled at him not to call the police or "he would be sorry". As they drove away, they threw a rock at Frank's house and broke one of his windows. Kevin and Ann crashed the van into a tree. Frank called the police and they arrested Kevin and Ann but Frank is still very scared that they will come after him.

**What would be a way to repair the harm that was done instead of going through the Present Justice System?**

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## LESSON #19

### Is Restorative Justice Right for Me?

Deciding if Restorative Justice is right for you is a tough job. Every time that we make a decision we consider two things:

#### What Can I Get Out Of This?

I can be accepted back into the community.  
 I can get rid of the label “criminal.”  
 I can help get rid of the guilt I have.  
 This will help to keep me out of trouble by teaching me what crime does to people.  
 I can feel like I don’t owe anyone and get on with my life.  
 I can tell the victim that he/she doesn’t have to be afraid of me.  
 I can apologize to the victim.  
 I can help the victim understand why I did it.  
 I can pay the victim back for his/her losses.  
 Maybe the victim will forgive me.  
 I can do the right thing.  
 I can feel good about myself.  
 I can make others proud of me.

#### What Do I Have To Do?

I have to admit what I did. I can’t plead not guilty if I really did it.  
 I have to face the victim and maybe his/her family and friends.  
 I have to face the community.  
 I have to talk for myself. Nobody will talk for me.  
 I have to admit that I have feelings and that I need to heal.

**EXERCISE #19**

**Answer the questions in the space provided. Really think about your answers, they will help you to decide if Restorative Justice is right for you.**

1. Do you think that offenders are harmed by the crimes they commit? How?

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2. Do you think that the community is harmed when a crime is committed? How?

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3. How do you think a Restorative Justice program could help a victim?

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4. How do you think a Restorative Justice program could help the community?

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5. How do you think a Restorative Justice program could help an offender?

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6. Do you think that Restorative Justice programs would work with every offender? Why or why not?

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## GLOSSARY

### LESSON #1

ignoring: not listening to

### LESSON #3

frustrated: discouraged

embarrassed: feeling uncomfortable or nervous

### LESSON #4

committed: carried out, did, acted upon

solution: an answer to a problem

### LESSON #5

state: the politically organized body of people, government

### LESSON #6

respectful: decent, correct behaviour

### LESSON #7

formal: according to established custom or rule

relate: the connection between

adversarial: two groups that are against each other, one will win and one will lose.

consensual: where all people involved agree

approach: way of doing something

input: offering an opinion, having a say

### **LESSON #8**

communicating: ways of expressing one self through speech and actions

focus: a centre of activity, attraction or attention

### **EXERCISE #10**

mediator: a middle person who does not take sides

### **LESSON #11**

injury: harm or pain

conflicts: disagreements

### **LESSON #12**

responsible: to take ownership of, admit you caused something to happen

### **LESSON #13**

passive: shy, quiet

prosecutor: the person who represents the state

interests: what is important to you

### **LESSON #17**

professionals: people that have special training in something

This questionnaire is for you. You do not have to hand it in and nobody will see it unless you want them to. The reason for the questionnaire is to help you think about your life and if you would like to be a part of a restorative justice program.

## QUESTIONNAIRE

1. Was I harmed by the crime? How?

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2. Did my opinion of myself change after I committed the crime? How?

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3. Do I know why I committed the crime? Why?

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4. Do I have problems in my life that I could use some help with? Which ones?

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5. Am I sure that I never want to commit another crime again?

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6. Am I going to need some support if I want to stay out of trouble?

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7. Am I sorry for the harm that I caused?

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8. Would I like a chance to repair the harm that I have caused?

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9. Would it make a difference in my life to meet with the victim and the community about the harm that was caused and try to fix it?

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10. What are some of the feelings that I have about being involved in a Restorative Justice Program?

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11. Do you know the name of your victims? Have they contacted you, or have you contacted them, if contact has not been prohibited?

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12. Do you know community members who can support you through a Restorative Justice process?

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13. Do you know ways that you can help the victim, community and yourself in repairing the harm?

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**REFERENCES**

Zehr, Howard. Changing Lenses, Scottsdale, Pa: by Herald Press, 1990.

### What do you think of this Workbook?

What is the title of this workbook?

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Did you find this workbook useful? Yes\_\_ No\_\_ Why or why not?

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Did you learn things that you wanted to know about? Yes\_\_ No\_\_

Example: \_\_\_\_\_

Do you think that you will use any of the ideas in your everyday life? Y\_\_N\_\_

How: \_\_\_\_\_

Was the reading too easy\_\_ just right\_\_ or too difficult\_\_?

Was the reading boring\_\_ or interesting\_\_?

I suggest: \_\_\_\_\_

Were the exercises too easy\_\_ just right\_\_ or too difficult\_\_?

Were the exercises boring\_\_ or interesting\_\_?

I suggest: \_\_\_\_\_

Which other workbooks, if any, have you completed?

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What other topics would you like to learn about in a workbook?

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Do you think the workbooks are a good way to learn about these topics?

Yes\_\_ No\_\_

Do you think there are other ways to learn about these topics? Do you have any suggestions for us? \_\_\_\_\_

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#### **Thank you for taking the time to complete this form.**

Please return the completed form to the John Howard Society instructor or send it to:

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