



## **Restorative Practices is the social science of building and maintaining relationships.**

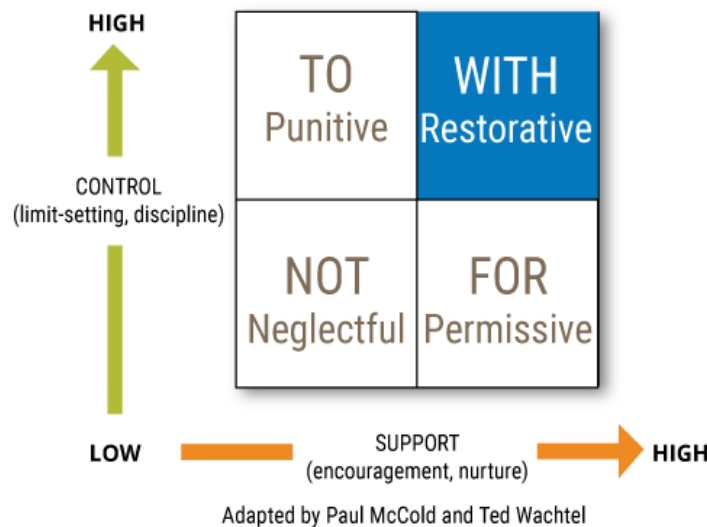
Restorative Practices can help any community to:  
**Develop and strengthen relationships, manage conflict and tensions, and address harm when it happens.**

The *Fundamental Hypothesis* of Restorative Practices is that:

**Human beings are happier, more cooperative and productive, and more likely to make positive changes in their behavior when those in positions of authority do things *with* them, rather than *to* them or *for* them.**

–*International Institute of Restorative Practices (IIRP)*, [www.iirp.edu](http://www.iirp.edu)

**The Social Discipline Window** is a tool that describes four different approaches to working with people. It is a cornerstone in the field of Restorative Practices.



### Reflection Questions:

- Which boxes do you default to under stress?
- What behaviors in others trigger your “TO” self? “FOR” self? “NOT” self?
- What boxes have you been taught to be in based on your social identities (race, class, gender identity, etc.) and the identities of those you work with?