



## **ROMS students want our school community to:**

### **LOOK LIKE**

Clean walls and stalls; sanitary throughout  
No bullying, peaceful, and happy  
Sports and activities going on  
A social, fun place to be in  
Garbage/litter-free, a green school, Eco-friendly  
Vandalism free  
Substance and alcohol free

### **SOUND LIKE**

Peaceful and quiet during appropriate times  
Calm in hallways  
A fun and safe environment  
No rumors being spread; no gossip  
Positive attitudes from each and every person  
Supportive comments instead of gossip  
No swearing; only respectful and positive language

### **FEEL LIKE**

Calm, comfortable, secure, friendly, and joyful  
Mutual respect  
A fun and safe environment  
A positive and friendly school where people  
can be themselves  
Open to new thinking  
A school where everyone belongs

### **WHAT WE WILL DO TO MAKE THIS HAPPEN**

Welcome new students and teachers  
Respect others and property  
Help others, include everyone  
Work hard at school  
Make the school feel like home to everyone  
Help others, and be a friend  
Reduce, reuse, recycle  
*Treat others the way we would want to be treated*



## Restorative Process

### Making It Right

1. What happened?
2. What were you thinking/feeling at the time?
3. What are you thinking/feeling now?
4. Who has been affected by what you have done?  
In what ways?
5. What do you need? (see Basic Needs Circle)
6. What are you going to do to make things right?
7. Why is this a better plan?

### Basic Needs Circle



Glasser, W. (1988) Choice Theory



## The "I" Message Formula

1. I feel \_\_\_\_\_  
(name the feeling).
2. When \_\_\_\_\_  
(describe the situation or behaviour).
3. I need or I wish \_\_\_\_\_  
(state what you need to make things better).

## Conflict Resolution - Talking it Out

When a problem needs to be solved

### Steps

1. Agree to the ground rules of discussion.
2. Use "I" message to say what happened.
3. The second person re-states the problem for the first person.
4. Switch roles. Repeat 2 and 3.
5. Suggest possible solutions.
6. Develop an agreement that is specific, balanced and realistic.

Gibbs, J. (2001) *Discovering Gifts in Middle School Tribes*