

What is Restorative Justice?

If you have been a victim of crime, you might feel hurt and confused. You might want to speak to the person who hurt you.

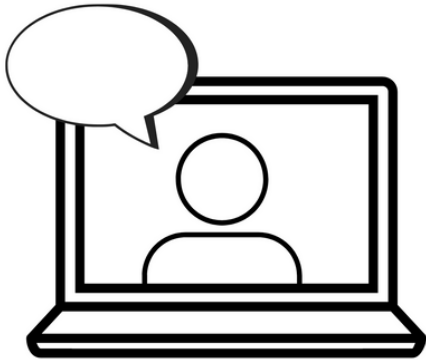
Restorative Justice means talking to the person who hurt you. Speaking to the person who hurt you can help you feel better and move on.

How does Restorative Justice work?

You can have a meeting with the person who hurt you to talk about what happened. There will be another person in the room with you the whole time, this person is called a facilitator.

The facilitator will:

- make sure that you are safe
- help you decide what you want to say before the meeting
- speak to you after the meeting to check you are ok



If you do not want to meet the person who hurt you, you can

- write a letter to the person who hurt you
- record a video for the person who hurt you
- just talk to a facilitator about what happened

The meeting will only happen if everyone wants it to. You can change your mind at any time.

Why should I do Restorative Justice?



If you have been hurt, you can ask the person who hurt you questions and tell them:

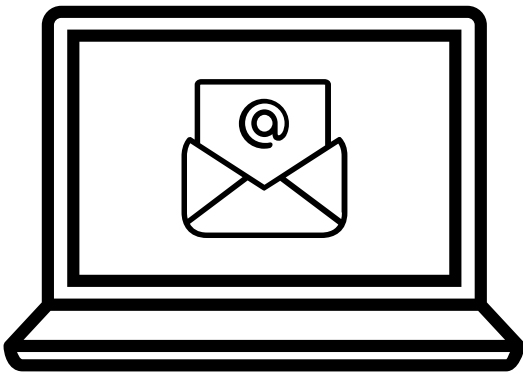
- how it made you feel
- not to do it again

If you have hurt someone, you can understand how the person you hurt feels and can tell them:

- why you hurt them
- that you are sorry
- and it can help you to not hurt anyone again.

What is 'Why me?'

Why me? is the name of a charity who helps people do Restorative Justice. Why me? have facilitators who do Restorative Justice with people who have been hurt or have hurt others.



If you want to speak to someone about Restorative Justice or find out more, you can email Why me? at info@why-me.org.