

# What is Restorative Justice?

Why me?

Transforming lives through  
Restorative Justice



# What is Restorative Justice?

Restorative Justice is about putting victims of crime at the heart of the justice process. It works by facilitating a structured dialogue between the person who has been harmed (the victim of crime) and the person that caused the harm (the perpetrator of the crime) in a carefully controlled and safe way.

Victims of crime often feel excluded, confused, and revictimized by the criminal justice process. Restorative Justice empowers them to explain the impact the crime had on their life and seek answers about what happened. For the person who caused the harm, the process helps them to see the consequences of their actions and gives them a chance to make amends.

The people who have been through Restorative Justice can attest to how powerful it is. Take a look at our [ambassador stories](#) to understand just how it helps people affected by crime.

## What are the benefits of Restorative Justice...

For the person who was harmed?

**They can ask any unanswered questions they may have about the crime**

**They can explain the impact that the crime had on their life**

**They can encourage the person who committed the crime to avoid future offending**

For the person who caused the harm?

**They can hear the consequences of their actions**

**They have the opportunity to make amends for the harm that they caused**

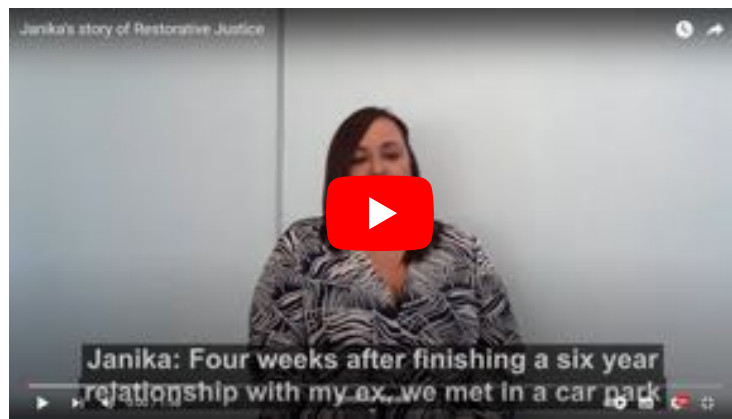
**Encourages them to change their behaviour and avoid future offending**

# Who is it for?

- ✓ Voluntary
- ✓ Safe
- ✓ Withdraw at any time

We believe that Restorative Justice can be used to address any type of crime, as long as both parties give voluntary consent and a trained facilitator agrees that it is safe to go ahead. This includes crimes such as murder, domestic and sexual violence and hate crime. Anyone can withdraw at any point in the process.

Janika suffered a violent knife attack at the hands of her former partner. He was convicted for attempted murder. She said, *“Taking part in restorative justice was the key that unlocked the door to my future.”*



# What are the different types of Restorative Justice?

Restorative Justice often involves a face to face meeting where the harmed person and the person who harmed them sit in a room together with the facilitators to discuss what happened.

However, if an in-person meeting is not suitable, the dialogue can take place online, through letters or a shuttle process. Alternatively, the process can simply be a conversation between one party and the facilitator.



# What does the process look like?

Before the Restorative Justice meeting takes place there will be a period of preparation. During this time, the facilitators will meet with each party and help them establish what they want to get out of the process.



*This video shows what a Restorative Justice meeting looks like*

## Restorative Justice works

Evidence has shown that...

**85%** of victims who took part in Restorative Justice were satisfied with the process

Restorative Justice can reduce reoffending rates by up to **27%**

For every £1 invested in Restorative Justice, **£14** is saved

But, only **5.5%** of victims with a known offender recall being told about Restorative Justice

Hear the thoughts of people who have taken part...



"It was his determination to change his life around that convinced us that our attacker was truly sorry for what he had done."

- Paul, Restorative Justice Ambassador

"It's taken away all the mystery and given us back our confidence. We also hope we've helped him to turn his back on offending once he's released."

- Rachel, Restorative Justice Ambassador

"I am much stronger. Suddenly, I'm not an outcast of the family anymore. This all happened because of Restorative Justice."

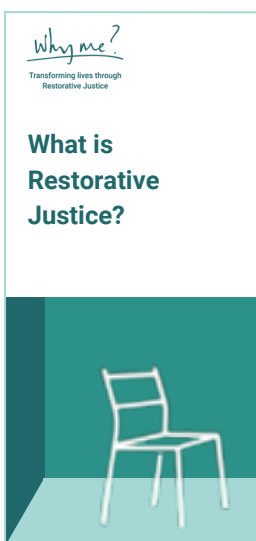
- Teresa, Restorative Justice Ambassador



Sherrill, Restorative Justice Ambassador

"It was good to have the opportunity to talk about the incident and not be judged in any way. I can finally move forward"

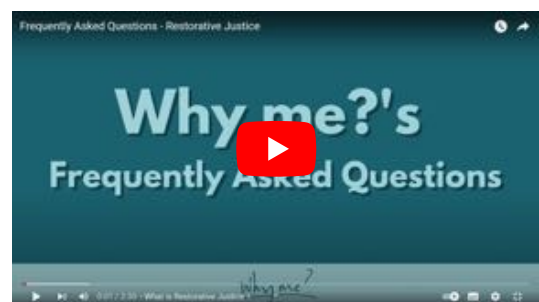
## Further resources



Leaflet



Easy Read



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www.why-me.org