



THE BARRISTER CIRCLE



JMHS AS RESTORATIVE JUSTICE DEMONSTRATION SCHOOL SITE

Restorative Language Through Affective Statements

Affective statements are called “I” statements and, when used effectively, reinforce positive actions and explain feelings without assigning blame or shame. They can be used at school sites or at home when addressing students. Here are some examples on how affective statements can be used effectively:

- 1.) Jack is talking while the teacher is trying to give directions to the class.
 - **Common response:** “Jack, stop talking!”
 - **“I” statement response:** “Jack, I find it very frustrating to hear a student talking while I'm trying to give directions to the class.”

- 2.) Jill becomes angry when her sister borrows her favorite coat and returns it with stains and a tear.
 - **Common response:** “You ruined my jacket! Are you ever going to grow up?!”
 - **“I” statement response:** “I am upset that my coat was damaged because I can't afford to replace it. I really appreciate it when the things I loan out are taken care of.”

- 3.) A teenage boy is annoyed with his parents, who ask him several times each night if he has completed his homework.
 - **Common response:** “Lay off me!”
 - **“I” statement response:** “I feel frustrated and annoyed when I am reminded over and over to do my homework. I am old enough to know how to complete my homework without reminders.”

Here are some affective statement sentence stems teachers, parents, and students can utilize to begin speaking with restorative language:

Affective Statement Sentence stems:

- | | |
|--|--|
| I am so proud to see/hear . . . | I am excited to see/hear . . . |
| I am appreciative of you/you . . . | I am grateful that/for . . . |
| I am thankful that/for . . . | I am delighted to learn/see/hear . . . |
| I am so pleased to see/hear/by . . . | I am impressed by . . . |
| I am touched that you . . . | I am worried about/by/to see/to hear that . . . |
| I am concerned about . . . | I am feeling frustrated about/by/to see/to hear that . . . |
| I am feeling irritated by . . . | I am angry about . . . |
| I am upset that . . . | I am having a hard time understanding . . . |
| I am uncomfortable when I see/hear . . . | I feel sad because I heard . . . |
| I am uneasy about . . . | I am feeling distracted by . . . |
| I am elated that. . . | |

Shout outs to Ms. Pearson, Ms. Lenny, Ms. Atwell, Ms. Diamond, Mr. Badiak, Mr. Okulitch, Mr. Inman, Ms. Mitchell, Mr. Saldana, Ms. Kato, Ms. Ward, and Ms. Turin for conducting community building circles with their classes.

Local District Central Operations

- Monty Moy: RJ Teacher Adviser
- Marco Flores: LD Central Restorative Justice Adviser
- Patricia Heideman: Principal