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# What is Restorative Justice?

Restorative Justice is a transformative tool that empowers everyone affected by crime to communicate and move forwards.

Restorative Justice gives people who have been harmed the chance to talk about the impact of the incident and seek answers about why it happened in a face-to-face meeting, via video, or through letters.

Victims of crime often feel excluded, confused, and revictimized by the criminal justice process. Restorative Justice brings them back to the heart of the discussion and allows them to have their voices heard – to detail the impact the crime had on them, and to seek answers to questions they have.

It also helps the person responsible for the harm to understand the impact of their actions, and can encourage them to change their behaviour.

**The people who have been through Restorative Justice can attest to how powerful it is. [Take a look at our ambassador stories \(https://why-me.org/ambassadors/\)](https://why-me.org/ambassadors/) to understand just how it helps people affected by crime.**

## **[Access Restorative Justice \(https://why-me.org/do-you-want-restorative-justice/\)](https://why-me.org/do-you-want-restorative-justice/)**

We run our own **[Restorative Justice service \(https://why-me.org/do-you-want-restorative-justice/\)](https://why-me.org/do-you-want-restorative-justice/)** for those who can't access a restorative process from their local provider. If you want to speak to someone about your options regarding Restorative Justice, email us on **[info@why-me.org \(mailto:info@why-me.org\)](mailto:info@why-me.org)** or **[find out more about accessing Restorative Justice here. \(https://why-me.org/do-you-want-restorative-justice/\)](https://why-me.org/do-you-want-restorative-justice/)**

## **[Frequently Asked Questions about Restorative Justice \(https://why-me.org/what-is-restorative-justice/faqs/\)](https://why-me.org/what-is-restorative-justice/faqs/)**

You can **[read our full FAQs here \(https://why-me.org/what-is-restorative-justice/faqs/\)](https://why-me.org/what-is-restorative-justice/faqs/)** or watch the video below.

Frequently Asked Questions - Restorative Justice



## **[The process of Restorative Justice \(https://why-me.org/the-restorative-justice-process/\)](https://why-me.org/the-restorative-justice-process/)**

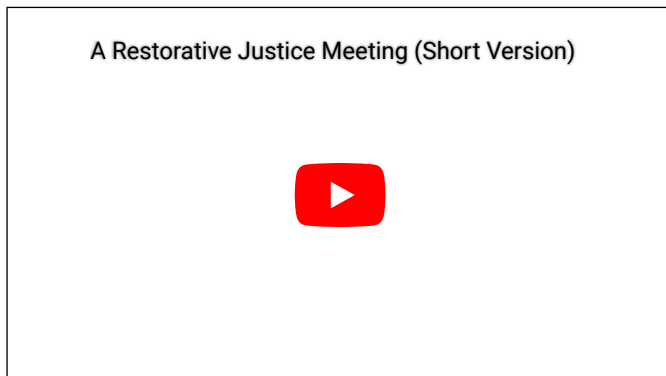
A Restorative Justice meeting only goes ahead with both parties' consent, and is mediated by a trained Restorative Justice facilitator. The facilitator has an important role in the process, speaking to both parties a number of times in advance, and helping them to understand what they hope to get out of the process. The facilitator also manages any risks, and a meeting is only arranged if they



agree that it is safe to do so.

Some people find that an initial restorative conversation with a facilitator is all that they require, and they don't need to pursue direct or indirect communication with the person who harmed them. Restorative Justice is flexible around the needs of the person who was harmed, which makes it a unique and powerful intervention in the Criminal Justice System.

The short film below is based on a real Restorative Justice meeting and shows how the process works. **Find out more about the process here.** (<http://Restorative Justice does not happen overnight.>)



**Watch the full video here.** (<https://vimeo.com/rjcouncil/recovering-from-crime>)

### How can I access Restorative Justice?



You will have a Restorative Justice service in your area that you could contact for support. Why me? also run our own Restorative Justice service.

Find your local service 

## About Why me?

Why me? is a national charity that promotes and delivers Restorative Justice.

Why me? began with a crime. Will Riley, an Islington business man, was burgled and assaulted by Peter Woolf. Will met Peter in prison through Restorative Justice. The crime had affected him greatly, making him afraid every time he opened his door.

Following the meeting, Will better understood what happened and was glad to have explained how much harm Peter had done to him. Having previously committed over 20,000 crimes, Peter never offended again after meeting Will. Seeing the damage he had done encouraged Peter to change his life.

The two remained good friends and Will set up Why me? with Peter's help, to fight for more people to have the opportunity to access Restorative Justice.

Why me? are a charity who rely on donations to continue our work. To support us, please donate via the link on our website: [www.why-me.org](http://www.why-me.org)



Transforming lives through Restorative Justice

## What is Restorative Justice?



### Find out more

[www.why-me.org](http://www.why-me.org)  
[info@why-me.org](mailto:info@why-me.org)  
[@whymeUK](https://twitter.com/whymeUK)

To keep up to date with our latest news, subscribe to our newsletter. 

### What is Restorative Justice?

Have you been affected by crime or conflict? Do you still think about it? Do you have unanswered questions? Is there more that you need to say?

Restorative Justice is a way for someone who has been harmed by a crime to communicate with the person who caused the harm.

The meeting only goes ahead with both people's consent and is mediated by a trained facilitator. The facilitator will speak to both people a number of times in advance and help them to understand what they hope to get out of the process.

### Who is Restorative Justice for?

At Why me? we believe that **everyone who has been affected by crime** should be told about Restorative Justice and given information on how they can access it, **regardless of the type of crime** they experienced.

The only criteria are that both people, or groups of people, consent to the process and that a trained facilitator agrees that it is safe to go ahead.

### What does Restorative Justice look like?

There are two main types of Restorative Justice, direct and indirect.

**Direct** Restorative Justice would involve a face to face meeting between the person that was harmed and the person who caused the harm. A facilitator would be present in the room at all times.

**Indirect** Restorative Justice means that the dialogue takes place through letters, videos or a shuttle process.

Restorative Justice is flexible around the needs of the person who was harmed. Some people find that an initial conversation with a facilitator is all that they need.



**Write a letter**



**Meet face to face**



**Send a video**

### 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

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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



Transforming lives through Restorative Justice

[Download the PDF version of the leaflet above. \(https://why-me.org/wp-content/uploads/2022/11/What-is-RJ-leaflet-2.pdf\)](https://why-me.org/wp-content/uploads/2022/11/What-is-RJ-leaflet-2.pdf)

## What is Restorative Justice?

### Easy Read







[. \(https://why-me.org/wp-content/uploads/2022/12/Easy-Read-2.pdf\)](https://why-me.org/wp-content/uploads/2022/12/Easy-Read-2.pdf)

[Download our Easy Read document on 'What is Restorative Justice?' \(https://why-me.org/wp-content/uploads/2022/12/Easy-Read-2.pdf\)](https://why-me.org/wp-content/uploads/2022/12/Easy-Read-2.pdf)

Are you a journalist interested in Restorative Justice? Read our [guidance for media professionals interested in Restorative Justice. \(https://why-me.org/wp-content/uploads/2020/09/Guidance-for-media-professionals-interested-in-Restorative-Justice-1.pdf\)](https://why-me.org/wp-content/uploads/2020/09/Guidance-for-media-professionals-interested-in-Restorative-Justice-1.pdf)

### Contact us

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## News from Why me?

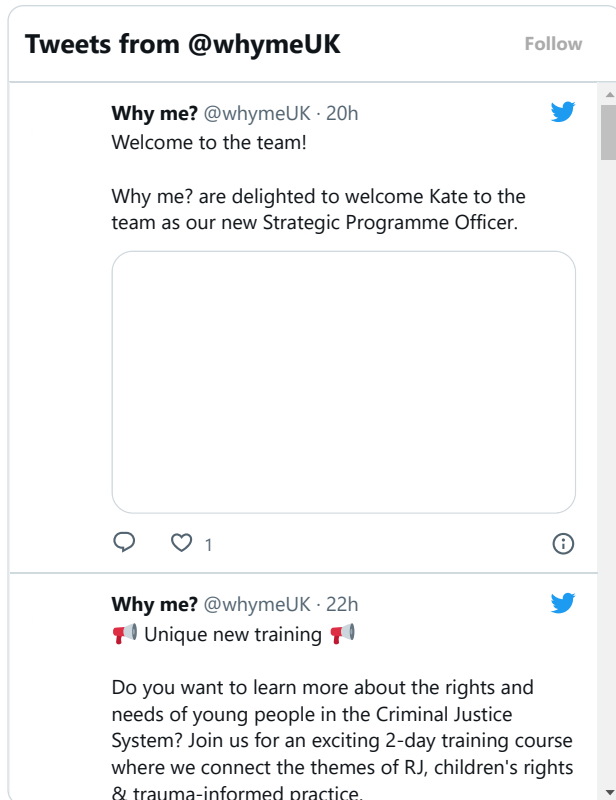
[Restorative Justice from a Children's Rights Perspective \(https://why-me.org/2023/restorative-justice-from-a-childrens-rights-perspective/\)](https://why-me.org/2023/restorative-justice-from-a-childrens-rights-perspective/)

[Restorative Justice works: improving victims' access to justice \(https://why-me.org/2023/restorative-justice-works-improving-victims-access-to-justice/\)](https://why-me.org/2023/restorative-justice-works-improving-victims-access-to-justice/)

[Restorative policing: rebuilding public trust \(https://why-me.org/2023/restorative-policing-rebuilding-public-trust/\)](https://why-me.org/2023/restorative-policing-rebuilding-public-trust/)

[Read our Privacy Policy \(https://why-me.org/privacy-policy/\)](https://why-me.org/privacy-policy/)

## @whymeUK on Twitter



## Subscribe to Newsletter

For updates on our work and all things Restorative Justice:  
[Sign up to our email newsletter \(http://eepurl.com/droKWz\)](http://eepurl.com/droKWz)

