

Mending the Bond: A Teacher's Guide to Post-Conflict Repair

A restorative framework to rebuild trust and respect following classroom conflict



DE-ESCALATION AND PRIVATE DIALOGUE

Cool Down the "Reptile Brain"

Wait for high-stress "fight or flight" responses to subside before attempting a conversation.

Prioritize One-on-One Dialogue

Speak privately to prevent the student from feeling "called out" in front of peers.



Listen Before Defending

Asking open-ended questions allows students to feel heard and validates their perspective.

ACCOUNTABILITY AND COLLABORATIVE RESOLUTION

Model Maturity with an Apology

Admitting your contribution to the conflict disarms defensiveness and sets a powerful example.



Co-Create "Win-Win" Solutions

Brainstorm mutual agreements together to give the student a voice in the resolution.



Separate the Deed from the Doer

Reaffirm your respect for the student while holding them accountable for the specific behavior.



Restorative Questioning Guide

THE QUESTION	THE GOAL
• What happened?	• To establish a shared understanding of the incident.
• Who was affected and how?	• To build empathy by acknowledging the impact on the community.
• How can we repair the harm?	• To shift the focus from punishment to making amends.

