



THE RESTORATIVE PRACTICES --ADVOCATE--

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A NEWSLETTER for EDUCATORS

Restorative Expression

“The way you get meaning into your life is to devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning.” –

Mitch Albom

“We cannot seek achievement for ourselves and forget about progress and prosperity for our community... Our ambitions must be broad enough to include the aspirations and needs of others, for their sakes and for our own.” – **Cesar Chavez**

“Some people think they are in community, but they are only in proximity. True community requires commitment and openness. It is a willingness to extend yourself to encounter and know the other.” –**David Spangler**

CALENDAR

FROM YOU!

SHARE RESTORATIVE EVENTS OF VALUE!

We'll promote them here. Write to:

rob.simon.rp@usd259.net.

For YOUR Information



The 10th National Conference on Community and Restorative Justice is in New Orleans, July 7–10, 2026. Join practitioners, advocates, educators, and community leaders from across the country and elsewhere for a transformative gathering, where your **Rob Simon will be presenting a breakout session!** For more: <https://www.nacRJ.org/2026-conference/>



REVOLUTION BY CONVERSATION

To see part of the Restorative Practices future, follow RP OG, Ted Wachtel, here. BANR is part of the new vanguard of community focused RP!

<https://mailchi.mp/b581e3d957eb/scholarship-opportunity-for-leadership-training-17273412?e=732e5fe915>



By **Rob Simon**
RP Consultant/Advocate

Curiosity Builds CONNECTION

If you are reading this, I am curious about you. For all the people who are not reading this, I am curious about them, too. I am also curious about what prevents people from being curious about other people, so I did a little digging. The result is a start on satisfying my curiosity – and maybe yours – and a beginning to how we might restructure our approach as educators and influencers to engendering curiosity in young people (and others) that we serve.

MANY forces can inhibit curiosity about others, but two are basic:

Curiosity about others basically requires (1) a sense of safety and (2) genuine openness. When either one is missing, curiosity often fades.

With this in mind, here are some attitudes that may be stifling curiosity:

1. **Fear of Judgment or Rejection** - If someone worries they'll say the wrong thing or that they will be disliked, they may avoid acknowledging others or asking questions altogether. Curiosity requires openness and some vulnerability.
2. **Self-Focus or Mental Overload** - If a person is stressed, anxious, or preoccupied, their attention is focused on their internal world. The individual does not feel comfortable devoting the mental bandwidth to learning about others.
3. **Social Anxiety or Low Confidence** - People who doubt their social skills may avoid engaging. It's safer to stay surface-level than risk awkwardness or connecting deeply.
4. **Past Negative Experiences** - If previous attempts to connect with others have led to embarrassment, conflict, rejection, or suppositions that are enhanced through internal repetition, a person may unconsciously shut down curiosity to self-protect.
5. **Distraction and Technology** – Screen time on social media, text messaging, and other stimulation from cell phones, digital notepads, and computers reduce attention to people present, or opportunities to explore, and curiosity stays dormant.
6. **Assumptions and Stereotypes** - When we think we already understand what something or someone is like (based on appearance, noticed similarities, background, context, group identity, etc.) curiosity shuts down because in the mind, one feels satisfied with what is understood – however erroneously.
7. **Lack of Modeling** – When someone is raised and/or influenced by those who don't demonstrate much interest in other people, new experiences or ideas, or other curiosities, they likely will not have naturally learned to explore or even notice things and people around them as being a useful practice.
8. **Cultural or Social Norms** - In some groups or environments, being curious can be deemed intrusive or inappropriate, so people choose to hold back curiosity and choose not to introduce themselves or ask questions.

So what do we do about this? We work to recognize the attitudes that limit curiosity, and we get creative about shifting perspectives, and ...

We. Stay. The. Course.

The "Fate of Empires" ... and Restorative Practices

A Rhetorical Question by Marquetta Atkins-Woods & Commentary by Rob Simon

A friend of mine asked a rhetorical question in a Facebook post recently about the "Fate of Empires" theory, developed by Sir John Glubb in 1976. (<https://people.uncw.edu/kozloffm/glubb.pdf>) It declares that major empires have approximately a 250-year lifespan, progressing through seven predictable stages over about ten generations – regardless of technology or the type of government. [1, 2, 3, 4, 5, 6]

Here are the 7 Key Stages of the theory (or its full life cycle) as Glubb outlines it:

- **The Age of Pioneers:** A period of intense energy, courage, and unexpected expansion.
- **The Age of Conquests:** Expansion continues, creating immense territory.
- **The Age of Commerce:** Wealth is created through trade and innovation.
- **The Age of Affluence:** Society becomes rich, but inequality grows.
- **The Age of Intellect:** Focus shifts to academic pursuits, often resulting in skeptical, critical thinking over active service.
- **The Age of Decadence:** Characterized by wealth obsession, frivolity, and a decline in public morals.
- **The Age of Decline and Collapse:** The final stage, often marked by internal conflict and inability to face challenges, leading to economic collapse or conquest. [2, 3, 5, 7]

The added dark red font above highlights where America seems to be as it significantly approaches its 250th birthday, and contextualizes that restorative practitioners may well be in the vanguard that can help the US become the exception to the rule.

First, developing relationships and community as the primary RP goal is antithetical to the perpetuation of inequality as expected in the **Age of Affluence**. Second, where critics of restorative practices fuel skepticism of its effectiveness, they are often either not actively doing the work or not doing it with fidelity and perseverance. Their immersion in the **Age of Intellect** fails them. Third, the rugged individualism mythologically perpetuated in America not only makes people think they can survive and thrive outside of community, but it also makes them discount the true community in favor of a narrow exclusive slice of it. Their comparative success is hollow. And they either don't realize it, or they don't care. **The Age of Decadence** has them in its grip.

Last, as we sort ourselves into political red and blue camps thanks to misused intellect, those with exorbitant wealth are driving us to ruin day by day. At the same time, fears make those who should be our champions in the face of these challenges stick their proverbial heads in the sand as if that doesn't leave them exposed to the same ruin that, concurrently, is pounding the variously disenfranchised into the dirt. The **Age of Decline and Collapse** is upon us.

Meanwhile, we can poke our fingers in the leaking holes of the dike of a precarious empire like the proverbial Dutch boy of folklore, but we also represent the villagers who come along to restructure the dike after the boy's heroism has averted disaster for the time being. We have met the enemy ... and it is US, while paradoxically, WE (& RP) are the ones we have been waiting for.

[1] <https://quillette.com/2020/09/30/pasha-glubb-and-avoiding-the-fate-of-empires/> [2] <https://www.rozsavage.com/the-rise-and-fall-of-the-human-empire/> [3] <https://theworthyhouse.com/2022/03/31/emthe-fate-of-empires-em-john-bagot-glubb/> [4] <https://medium.com/@2davidspeakman/applying-glubbs-theory-of-empires-to-american-history-0558e5acb36e> [5] https://www.reddit.com/r/TheMotte/comments/awkdsy/the_fate_of_empires_and_search_for_survival_sir/ [6] <https://www.instagram.com/reel/DRzpZ0witz9/> [7] <https://www.theamericanconservative.com/look-around-the-last-stage-of-empire-is-all-around-us/>

For your...

RESTORATIVE
TOOLBOX



De-Escalating Dysregulated Individuals: One C.R.I.S.I.S. Acronym for Interventions*

NOTE: This is an example of several intervention outlines with a **C.R.I.S.I.S.** mnemonic.

C Connect and Calm – Regulate your own stress first... one breath, four seconds in, six seconds out. Address the escalated person by name if possible. This one difference often changes everything that follows.

R Recognize, Reassure, Respond – Respond to grief or pain – not the escalated behavior. Example: *"I'm sorry you're dealing with this right now."* Responding to what's underneath the noise instead of the noise itself... is what invites a conversation and starts deescalation.

I Implement Active Listening – A request like, *"Help me understand what's happening with you right now"* creates space for dialogue, but you don't interrupt, you don't jump to solutions, and paraphrasing what is shared lets the dysregulated person know they are being heard.

S Set a Limit – Communicate clear, calm boundaries with no ultimatums or threats, and deliver with specific language that engages without triggering another escalation.

I Inform of Options – People in crisis often feel powerless – which is usually why they're escalating. Giving them choices helps them restore a sense of control, and every option can still serve the outcome you need.

S Shift Control – You guide them to resolution, while they still feel empowered to make the decision. You actually ran the entire interaction from start to finish. The conversation ends on your terms, and they feel heard instead of handled.

The first three steps build relationship; the last three guide outcomes. It's the restorative balance of **Support** and **Expectation**.

*Source Unknown

For further information, questions or requests related to the contents of this newsletter and resources: rob.simon.rp@usd259.net