



# Restorative Practices & Verbal De-Escalation

Changing our approach to make schools brighter



## DeKalb CARES

Calming Classrooms,  
Restoring Relationships

DeKalb CARES is a districtwide initiative to strengthen school climate by equipping staff and students with practical skills to prevent, de-escalate, and repair conflict.

The campaign highlights Verbal De-Escalation (a skillset to reduce crisis and avoid power struggles) and Restorative Practices (an approach that centers relationships, accountability, and repair). Together, these practices help us create classrooms that are safe, calm, and connected across all instructional areas.



### Verbal De-Escalation

Let's create a safe and respectful place to learn!

#### Make Choices – Build Trust

You have the power to choose how you respond!



#### No Power Struggles

Let's work with each other, not against each other.



#### Think Ahead, Not Just React

Let's plan for success, not just fix problems.



#### Everyone Can Succeed

We all do better when we help each other!



### Restorative Practices

When something goes wrong, we work together to make it right.



#### Focus on Feelings

Everyone deserves to be heard and understood.



#### Repair, Don't Blame

We solve problems by making things better, not worse.



#### Build a Kind Community

Let's create a place where everyone feels they belong.



#### Use Restorative Language

Model empathy with "I" statements and calm tone to address issues.



CARES: Choice, Accountability, Respect, Empathy, Support

For more information please visit: [dekalbschoolsga.org/dekalbcares](http://dekalbschoolsga.org/dekalbcares) or scan QR code above