

#### A non-(aggression)contract

- Describes the very firm intention of a person to put a stop to RED behaviour in the next ... (limited time) (with a little help from my friends)
- •Breaking the contract results in a **problem solving sanction**.
- (You are on RED grounds and have to undertake action to become Green again).

echo

HERSTELRECHT IN HET ONDERWIJS



## Non contract of ... with the support of ...

Statement:

 From ... till ... I'm going to stop the following destructive (RED) behaviour:

Reason behind the behaviour: (what are my needs)

• When I am ......, it's really because I need to ....

echo

HERSTELRECHT IN HET ONDERWIJS

#### Non contract of ... with the support of ...

 From ... till ... I'm going to stop the following destructive (RED) behaviour:

Reason behind the behaviour: (what are my needs)

• When I am ......, it's really because I need to ....

Prevention: (Best: call in the help of classmates and people who are harmed by the red behaviour)

• In order not to ...., I shall .... (constructive behaviour)

echo

HERSTELRECHT IN HET ONDERWIJS

#### Non contract of ... with the support of ...

Statement

From ... till ... I'm going to stop the following destructive (RED) behaviour:

Reason behind the behaviour: (what are my needs) When I am ......., it's really because I need to ....

Prevention: (Best: call in the help of classmates)
In order not to ...., I shall .... (constructive behaviour)

Sanction: (action must help to fulfil the needs). It leads from Red to Green. All concerned value the action of the contractor.

If I break the contract ..... I will ....

echo

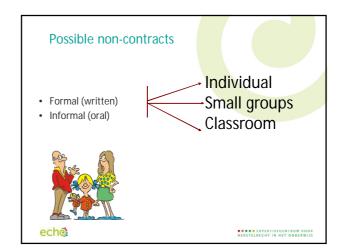
HERSTELRECHT IN HET ONDERWIJS

## Problem solving sanctions

- •In the sanction is laid down what someone must do after breaking the contract.
- •It is **no punishment**. It is restorative and fulfilling the needs.
- It offers a **second chance** to try to reach the aims of the contract and thus to become Green again.
- $\bullet$  Characteristic: When the sanction is performed it is to the benefit of all.

echo

HERSTELRECHT IN HET ONDERWIJS









# **NON-CONTRACT**

Non-contract made by :
With (a little) help of:
Statement: From I'm going to stop the following (read)behavior:
De reason behind the behavior (what are my needs I am trying to fulfill
Prevention In order not to
I will (Positive actions that helps to fulfill the needs)
Supporters People and friends I am going to ask to help me are
and
Sanction: If I will break the non-contract I will
(Stronger and bigger positive actions to fulfill the needs)
Date:
Signature: Signature teacher:
Signature supporters:



## **NON-CONTRACT**

Non-contract made by : Ellen With the help of: Jan

#### **Statement:**

From April 3 until April 24 I will not shout at my two children, Hester en Mike:

**De reason behind the behavior (what are my needs I am trying to fulfill)** I shout at them when I am nervous, tired and longing for rest. So shouting is a ineffective way to create rest.

#### **Prevention**

In order not to shout at Hester and Mike I will create rest by doing mindfullness exercises for half an hour, every day between 15:00 and 17:00 hour.

## **Supporters**

Hester, Mike and my husband Alfred will help me.

Alfred will help me by telling me when he notice when I become stressful and then by asking me to take a break. I case of *increasing stress* Mike and Hester will just hand me over a stick of incense.

#### **Sanction:**

If I will break the non-contract I will take all of them to the Zoo, take my guitar with me and preform three of their favorite songs in front of the apes.

Date: april the 2nd 2012		
Signature Ellen:	Signature Jan:	
Signatures Hester, Mike en Alfred:		
	• • • • • • • • • • • • • • • • • • • •	



## NON-

**CONTRACT** 

Non-contract made by : Johnny & Jones

With the help of: Jan

### **Statement:**

From april 3 until april 21 we will not disturb lessons by making funny remarks and jokes. So we will not be expelled.

## De reason behind the behavior

We love to make funny remarks and tell jokes because it brings fun, they make people laugh. And it gives us a lot of friends.

#### **Prevention**

In order not to disturb the lessons we will tell a joke at the beginning and the end of the first and the last lesson every day.

## **Supporters**

Michael, Susanne and Roy are going to help us.

They can help us by our search for jokes. And the can warn us when they see that we are making the teacher angry.

## **Sanction:**

Date: April 3th 2012.

If we will break this contract we will tell a very funny tail durin 10 minutes at the teachers meeting on Thursday afternoon at three o'clock.

1	
Signature Johnny:	
Signature Jones:	
Signature mr. Ruigrok:	
Signatures Michael, Susar	nne and Roy: