

# Restorative Justice Theatre

## Findings from the Baseline Evaluation



### About the Project

A year-long evaluation of Theatre of the Beat's Restorative Justice Theatre program took place during the 2018/2019 program cycle. The findings below highlight the experiences and opinions of those involved in the program. A full [report of the baseline findings](#) is also available.



### Positive Impacts for Participants

#### Improvements to personal wellbeing

- ✓ 72% improved emotional wellbeing
- ✓ 78% were better able to cope with stress
- ✓ 100% benefited from the program

*"This experience meant I matter; I have a voice and I don't need to avoid conflict. I need to figure out the best possible way to express my anger and conflict." (Participant)*



#### Learning (and enhancing) new skills

- ✓ 83% of participants learnt new skills; 94% are more creative
- ✓ 78% improved communication skills
- ✓ 67% improved confidence in public speaking

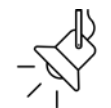
*"This experience has been a good start for future careers that might include stage performances." (Participant)*



#### Connecting with others in a safe space

- ✓ 100% said the program was a positive environment
- ✓ Many commented that it helped them cope
- ✓ 94% of agreed that the group worked well together

*"The group was not fragmented along social lines for once, everyone was listening to each other and sharing stories." (Facilitator)*



### Challenges & Suggestions

- Prison hierarchy, dominant voices and personal relationships have an occasional impact on the group dynamic
- Logistical barriers with secure unit participants, more frequent programming, and encouraging regular attendance should be considered in future programming

