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# Preparing for a Peace Circle

## HOW DOES A PEACE CIRCLE WORK?

A peace circle fosters a safe space for dialogue to occur. The participants use this space to engage in meaningful, solution-focused conversation that will improve relationships, strengthen rapport, resolve differences and be a catalyst for personal growth. Exploring the issue holistically, in-context and in-depth fosters shared responsibility and allows any harm done to be repaired. The intent of the peace circle is so that every participant has a voice, feels validated in their feelings/thoughts and finds a resolution particular to their individual need(s).

## WHO IS RESPONSIBLE FOR CREATING THE SAFE SPACE FOR THE PEACE CIRCLE?

Every participant. While the facilitator will do the preparatory work with each of the participants, create the circle guidelines and facilitate the dialogue, all participants are expected to practice the following:

Patience	Deep Listening	Openness/Honesty
Humility	Acceptance of Others	Responsible Sharing

## WHAT ARE THE TYPICAL COMPONENTS OF A PEACE CIRCLE?

1. Seating arranged in a close circle without barriers in between the participants
2. Opening/welcoming statements
3. Check-ins
4. Expectations/guidelines covered
5. Dialogue
6. Talking piece (if necessary)
7. Guiding questions
8. Agreement/Solution making
9. Check-outs
10. Closing statements

## HOW DO I PERSONALLY PREPARE FOR A PEACE CIRCLE?

Every participant prepares in a way that is unique to them. Here are some ways that may be helpful:

1. Identify what you would like to get out of the peace circle.
2. Recount the situation that will be discussed during the peace circle.  
Think about how it has impacted you, what the situation has been like for you, how you can help this situation and what you will need in order to move forward.
3. Think empathically about how this situation has affected the other participant(s) and identify your role and responsibility in that.
4. List important points you would like to discuss on a post-it or notebook.  
Focus on feelings and impacts rather than facts and details of the situation.
5. Identify positive qualities or experiences you have had with the other participant(s) so the solution can come from a strengths-based perspective.
6. Find a peaceful inner state to exist in.