

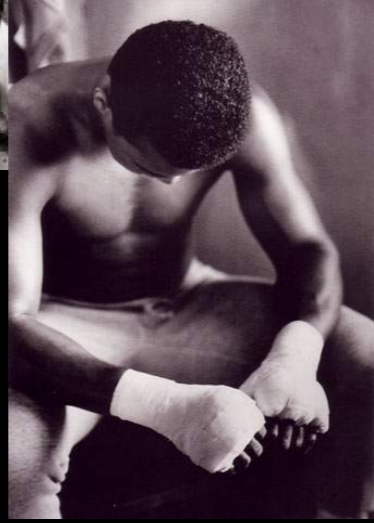
*'People will forget what you said,
people will forget what you did, but
people will never forget how you
made them feel.'*

-Maya Angelou

RESTORATIVE NARRATIVES
IN NON-FICTION MEDIA







RESTORATIVE NARRATIVES

From Images & Voice of Hope

- **Capture hard truths**
- **Reveal universal truths that awaken a sense of human connection**
- **Highlight a meaningful progression (story arc)**
- **Are sustained inquiries**
- **Are authentic**
- **Are strength-based**

- **Capture hard truths.** These narratives don't ignore the difficult situation that a person or a community has endured. They explore the rough emotional terrain of the situation, but instead of focusing on what's broken, they focus on what's being rebuilt. They reveal hope and possibilities.
- **Highlight a meaningful progression.** Restorative Narratives show progressions — from heartbreak to hope, tragedy to possibility, suffering to recovery. It's important to focus not just on where someone is today, but how they got there.
- **Reveal universal truths that awaken a sense of human connection.** Restorative Narratives speak to truths that others can relate to, and they may even teach us something in the process. Our hope is that by telling more stories about people and communities that are exhibiting resilience, the media can empower other people and communities to be resilient. Research shows that resilience is an acquired skill.
- **Are sustained inquiries.** Restorative Narratives are mindful of the fact that recovery is a process that takes time. These narratives may not come to fruition until months or years after a tragedy or period of disruption. Pursuing these narratives requires patience.
- **Are authentic.** Restorative Narratives are true to a person's or a community's experiences. Sustained inquiries into a person's life or a community enable us to determine the authenticity of the narrative.
- **Are strength-based.** Restorative Narratives speak to people's strengths and help others find strength. Instead of focusing on the most dismal aspects of a situation, these narratives get people to care and listen by highlighting what's possible. After attending our 2014 Mindful Media Summit, The Solutions Journalism Network's David Bornstein said: "To me, what's restorative is when journalism truly helps people understand the world in its fullness, so they can properly diagnose the ills, envision possibilities with a realistic eye, and see meaningful pathways forward."

1. CAPTURE HARD TRUTHS



FIRST TENANT OF RESTORATIVE NARRATIVE. DON'T SHY AWAY FROM TOUGH STORIES. SO OUT NORTH NEEDED TO TAKE ON THE BRUTAL OPPRESSION OF QUEER PEOPLE IN OUR PAST (AND PRESENT)

2. REVEAL UNIVERSAL TRUTHS



3. MEANINGFUL PROGRESSION/ARC



Highlight a meaningful progression. Restorative Narratives show progressions — from heartbreak to hope, tragedy to possibility, suffering to recovery. It's important to focus not just on where someone is today, but how they got there.

4. SUSTAINED INQUIRY



5. AUTHENTICITY



FIRST TENANT OF RESTORATIVE NARRATIVE. DON'T SHY AWAY FROM TOUGH STORIES. SO OUT NORTH NEEDED TO TAKE ON THE BRUTAL OPPRESSION OF QUEER PEOPLE IN OUR PAST (AND PRESENT)

6. STRENGTH BASED STORYTELLING





Jennifer Langford Brooks Oh! It's so beautiful! The production, the footage, the music! It brought tears to my eyes. Thank you, Daniel Pierce Bergin. Thank you Twin Cities PBS!

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