

Glossary of Healing Justice Concepts

治療正義概念詞彙表

Crafted by Restore Oakland Inc. & APEN
由 Restore Oakland Inc. 和亞太環境網絡製作

1 Accountability

Taking responsibility for your actions and their impacts on others. Accountability is a process that involves reflecting on what happened and why, apologizing, repairing or making amends to those who were impacted, and changing your behavior to prevent this impact in the future. Accountability is not about punishment: it does not involve harming or shaming a person who caused harm. Taking accountability helps to heal, rebuild trust, and make relationships stronger. Source: Mia Mingus.

1 責任

為你的行為及其對他人的影響負責。責任是一個涉及反思發生了什麼及其原因、道歉、修復或彌補受影響者，以及改變你的行為以防止未來此類影響的過程。責任不關乎懲罰：它不涉及傷害或羞辱造成傷害的人。承擔責任有助於癒合、重建信任並加強關係。

2 Agency/Autonomy

Every individual's ability to influence their own perspectives and thoughts, behaviors and actions. Having agency or autonomy is empowering; it means that, even though we live under oppressive systems like racism, classism, ableism, etc, we all have freedom to make choices based on our values.

2 主體性/自主性

每個個體影響自己的觀點和思想、行為和行動的能力。擁有主體性或自主性是一種才能；這意味著，即使我們生活在種族主義、階級主義、殘疾歧視等壓迫性體系下，我們都有根據自己的價值觀做出選擇的自由。

3 Bail

The sum of money that the court system requires from a defendant (someone charged with a crime) in exchange for the freedom to remain out of custody before their trial. The system of bail is fundamentally unjust because only defendants who can pay their bail are able to remain out of custody, while their less privileged counterparts must remain incarcerated in jail before their trials – despite not having been convicted of a crime. The bail system is part of the reason why the vast majority of people in jails are poor (they can't afford to pay their way out of custody) and why jails are filled mostly by people who haven't been convicted of a crime.

3 保釋

法庭系統要求被告（被控犯罪的人）為保持在審判前不被拘留的自由而支付的一筆錢。保釋制度本質上不公平，因為只有能支付保釋金的被告能夠保持自由，而那些條件較差的人則必須在審判前留在監獄中，儘管他們尚未被定罪。保釋制度是監獄中絕大多數人是窮人（他們負擔不起支付保釋金）和監獄主要充斥著尚未被定罪的人的原因之一。

4 Capitalism

An economic and political system in which the industries and means of production are controlled by private owners – rather than by the public, or the workers whose time and labor produces the goods and services – with the goal of increasing profits and accumulating private wealth.

4 資本主義

一個經濟和政治體系，其中工業和生產手段由私人企業控制——而不是由公眾或其時間和勞動生產商品和服務的工人所控制——目的是增加利潤和積累私人財富。

5 Carceral System

A way of organizing, distributing, and justifying power that relies on punishment, policing, imprisonment, and surveillance to achieve social control. Carceral simply means: related to imprisonment. Components of the carceral system include police, jails, prisons, borders, border patrol and immigration detention facilities, criminal courts and legal codes, and welfare agencies that collaborate with these institutions.

5 監獄系統

一種組織、分配和合理化權力的方式，依靠懲罰、警察、監禁和監視來實現社會控制。監獄簡單地說：與監禁有關。監獄系統的組成部分包括警察、監獄、邊境、邊境巡邏和移民拘留設施、刑事法庭和法典，以及與這些機構合作的福利機構。

6 Care

The many types of support, resources, attention, and protection that we all need in order to be healthy, safe, and well. This can include medical, emotional, physical, relational, financial, and spiritual support, and it can be provided by individuals, communities, institutions, the natural world, or the spiritual realm.

6 關懷

我們所有人為了保持健康、安全和良好所需要的各種類型的支持、資源、關注和保護。這可以包括醫療、心理、生理、關係、財務和精神支持，並可由個人、社區、機構、自然世界或精神境界提供。

7 Care Work

A category of labor that is focused on tending to the physical, psychological, emotional and developmental needs of others. This can include the unpaid work of parenting, cooking, cleaning, looking after elderly or disabled family members, or supporting community members with various needs; as well as formal or professional care work like being a nurse, babysitter/nanny, therapist/counselor, social worker, housekeeper, and countless other essential roles. Care work is generally undervalued/underpaid or taken for granted, perceived as easy or invisibilized altogether, and assumed to be the responsibility of women (often women of color).

7 照顧工作

一類專注於照顧他人的身體、心理、情感和發展需求的勞動。這可以包括養育、烹飪、清潔、照顧年老或殘疾的家庭成員的無償工作，或支持社區成員的各種需求；以及正式或專業的照顧工作，如護士、保姆/保育員、治療師/顧問、社工、家政人員和無數其他基本角色。照顧工作通常被低估/低薪或被視為理所當然，被認為容易或根本看不見，並被認為是女性（通常是有色人種女性）的責任。

8 Circle (Restorative Justice Circle)

A practice of sitting with a group to discuss issues, share stories, make decisions, or build relationships; the process is rooted in global indigenous traditions of collective healing and community interdependence. Restorative circles can also be used to address harm and make amends, by bringing together the people who caused harm and those who were impacted by the harm to understand each other's experiences and needs.

8 小組（修復性正義小組）

與一群人坐在一起討論問題、分享故事、做決定或建立關係的做法；該過程起源於全球本土傳統的集體癒合和社區相互依存。修復性正義小組也可用於解決傷害和彌補，通過將造成傷害的人和受到傷害的人聚集在一起，以理解彼此的經歷和需求。

9 Community

A group of people who are connected by shared experiences, identities, physical location, beliefs, values, needs, or goals. Strong communities are rooted in a sense of trust, belonging, interdependence, and caring for each other. We all are part of multiple communities (i.e. religious groups, racial/ethnic groups, neighborhoods, groups convened to achieve specific goals, etc) and our identification with these communities may change over time.

9 社區

一群因共享經歷、身份、物理位置、信念、價值觀、需求或目標而相互聯繫的人。強大的社區植根於信任、歸屬感、相互依賴和彼此關懷的感覺。我們都是多個社區的一部分（即宗教團體、種族/民族群體、鄰里、為實現特定目標而聚集的團體等），我們對這些社區的認同可能會隨著時間而改變。

10 Conflict

A struggle or disagreement resulting from opposing needs, perceptions, interests, or values. Conflict is an inevitable part of any relationship, and conflict does not necessarily result in harm or fracture in a relationship.

10 衝突

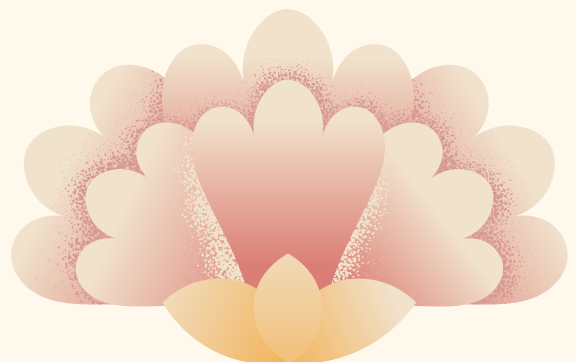
由於對立的需求、觀點、利益或價值觀而產生的鬥爭或分歧。衝突是任何關係中不可避免的一部分，衝突不會必然導致傷害或關係破裂。

11 Criminalization

A government or society's decision to make certain behaviors, actions, or activities illegal and to invest resources in policing and punishing people for engaging in those activities/behaviors. It's important to remember that the decision to criminalize certain behaviors is not objective; it reflects the values and priorities of dominant groups, and these determinations can change over time.

11 刑事化

政府或社會決定將某些行為、行動或活動定為非法，並投資資源來監管和懲處從事這些活動/行為的人。重要的是要記住，刑事化某些行為的決定不是客觀的；它反映了主導群體的價值觀和優先順序，這些決定可以隨著時間而改變。



12 Crime vs. Harm

Crime refers to an action that is deemed illegal and therefore is punishable by law; whether or not an action is considered a crime depends on the legal code in a specific place and time, rather than the impact that the action has. Harm refers to an action that damages someone or something; whether or not an action is harmful depends on how it impacts people.

Many harmful actions are legal and many criminal acts are not necessarily harmful. For example, in some states, it is a crime to: receive an abortion as a patient or provide an abortion as a doctor; smoke marijuana; sell homemade food without a business license; sleep on the sidewalk; use plastic straws; live in an abandoned home. These actions are criminalized even though they are not harmful. On the other hand, these harmful actions are not crimes: when bosses exploit workers by paying them minimum wages; when landlords evict tenants who are too poor to access safe housing; when hospitals deny healthcare to sick people who have no insurance; when companies destroy natural resources to make products or create toxic waste that makes communities sick; when our government bombs and kills civilians in other countries. It is important to distinguish between crime and harm because this helps illuminate the fallacies and underlying assumptions of the carceral system.

12 犯罪與傷害

犯罪是指被視為非法並因此受到法律懲罰的行為；某個行為是否被視為犯罪取決於特定地點和時間的法律條文，而不是該行為的影響。傷害是指對某人或某物造成損害的行為；某個行為是否有害取決於它對人們的影響。

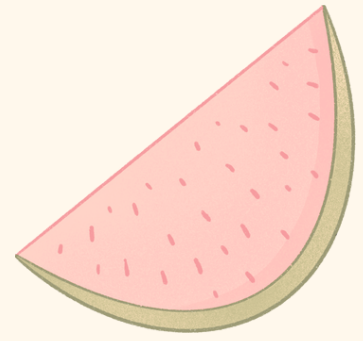
許多合法的行為實際上是有害的，許多被定義為犯罪的行為並不一定具有傷害性。例如，在某些州，接受或提供墮胎、吸食大麻、未經商業許可銷售家製食品、在人行道上睡覺、使用塑料吸管、居住在廢棄住宅中的行為被視為犯罪，儘管這些行為本身可能並不具有傷害性。另一方面，許多有害的行為卻不被定義為犯罪，例如老闆以最低工資剝削工人、房東驅逐無力支付安全住房的租客、醫院拒絕為無保險病人提供治療、企業破壞自然資源或產生有毒廢物影響社區健康、政府在其他國家的轟炸行動殺害平民。區分犯罪與傷害有助於揭示刑事司法系統的謬誤和底層假設。

13 Exploitation

The misuse or manipulation of people, resources, or situations in order to gain a personal advantage, often in the form of money or power. Exploitation typically occurs in transactions or relationships where people have unequal power; for instance, in the relationships between employers and their workers (where workers may be compelled to accept poor working conditions and pay due to limited job opportunities or other vulnerabilities) or between suppliers and consumers of an essential product/service (where consumers may be compelled to pay high prices for a product/service if there are limited alternatives).

13 剝削

利用人、資源或情況以獲取個人優勢，通常以金錢或權力的形式。剝削通常發生在權力不平等的交易或關係中；例如，在雇主與其工人之間的關係中（工人可能因工作機會有限或其他脆弱性而被迫接受糟糕的工作條件和薪酬），或在供應商與消費者之間的必需產品/服務（消費者可能被迫為產品/服務支付高價，如果替代品有限的话）。



14 Freedom

A state of being able to act, choose, and live without unnecessary constraints or limitations. Freedom requires not only the absence of coercion and oppression, but also the presence of resources and structures that make it possible for us to live in alignment with our own values, goals, and desires.

14 自由

能夠行動、選擇和生活而不受不必要的限制或約束的狀態。自由不僅需要沒有強制和壓迫的存在，還需要資源和結構的存在，使我們能夠按照自己的價值觀、目標和願望生活。

15 Healing

An ongoing process of restoring, recovering, or becoming whole; healing occurs on the emotional/psychological, physical, spiritual, and community levels. It involves the repair of damage and the restoration of a state of balance or well-being, within the individual or the collective. Healing is not a linear process with a clear end goal, and it often requires a combination of time, care, and supportive interventions to facilitate the natural processes of recovery and growth.

15 治癒

恢復、康復或變得完整的持續過程；治癒發生在情感/心理、身體、精神和社區層面。它涉及修復損害和恢復平衡或良好狀態，在個人或集體中。治癒不是一個有明確終點的單一過程，它通常需要時間、關懷和支持性干預，以促進恢復和成長的自然過程。

16 Healing Justice

A political framework which affirms that, in order to effectively fight for liberation and justice, we must also take care of ourselves and each other – and that the act of taking care can also be revolutionary work that helps us dismantle systems of oppression. The healing justice (HJ) framework was created by Black and Brown women and queer community organizers in the American South.

16 治癒正義

一個政治框架，肯定為了有效地爭取解放和正義，我們必須也照顧自己和彼此——而照顧的行為也可以是革命性工作，幫助我們廢除壓迫制度。治癒正義框架由美國南部的黑人和棕色女性及酷兒社區組織者創建。

17 Incarceration

The process, enacted by the government/legal system, of confining someone in a prison or jail. Incarceration is usually used as a punishment for committing a crime, but people may also be incarcerated while awaiting trial or for behaving in ways that defy social norms (i.e. manifesting symptoms of mental illness, engaging in protest). During incarceration, people are deprived of their freedom and placed under the custody of the government or relevant authorities; incarceration can last anywhere from days to decades of a person's life.

17 監禁

政府/法律系統執行的將某人關押在監獄或監牢中的過程。監禁通常作為犯罪的懲罰使用，但人們也可能在審判期間或因行為違反社會規範（如表現出精神疾病症狀、參與抗議）而被監禁。在監禁期間，人們被剝奪了自由並置於政府或相關部門的監管之下；監禁可以從幾天到幾十年不等。

18 Individualism/Individualistic

The prioritizing of personal independence, self-reliance, and individual rights over collective interests or social issues. In an individualistic society or mindset, the focus is on the qualities, goals, responsibilities, and interests of individual people, rather than the needs or goals of the community as a whole; this framework can lead to the neglect of larger social/collective issues and a diminished sense of responsibility to support others.

18 個人主義/個人主義化

優先考慮個人獨立、自力更生和個人權利，而不是集體利益或社會問題。在個人主義社會或心態中，重點是個人的品質、目標、責任和利益，而不是社區的需求或目標；這種框架可能導致忽視更大的社會/集體問題，減少對支持他人的責任感。

19 Interdependence

The idea that we are all connected (by virtue of living on the same planet and being part of the same cycles of life and death), so the well-being of any one person or group is mutually dependent on the well-being of all others. Interdependence is a concept that counters the Western/American ideas of individualism: it recognizes that cooperation and mutual respect are essential for the overall success and stability of all people, and it affirms that no entity truly exists in isolation but is part of a larger, interrelated system.

19 相互依賴

我們所有人都相互聯繫（因為生活在同一個星球上並且是生死循環的一部分），因此任何一個人或團體的福祉都依賴於所有其他人的福祉。相互依賴是對西方/美國個人主義觀念的反駁：它認識到合作和相互尊重對於所有人的整體成功和穩定至關重要，並肯定沒有實體真正孤立存在，而是部分更大、相互關聯的系統。

20 Isolation

Being cut off, separated, or disconnected from others, either physically or emotionally. Isolation can have negative effects on our health and well-being, because humans are social beings who often thrive on social interactions and connections.

20 隔離

從身體或情感上與他人斷絕、分開或失去聯繫。隔離可能對我們的健康和福祉產生負面影響，因為人類是社會性生物，通常依靠社會互動和聯繫來茁壯成長。

21 Jail vs. Prison

Although sometimes the words jail and prison are used interchangeably, they are two distinct institutions. Jails are local facilities run by city or county governments, designed for short-term periods of incarceration, often holding individuals awaiting trial or serving short sentences (typically weeks or months); prisons are state or federal facilities designed for long-term incarceration (anywhere from several months to multiple decades) of individuals who have been convicted of crimes.

21 監獄與監牢

雖然有時會交替使用監獄和監牢這兩個詞，但它們是兩種不同的機構。監牢是由市或縣政府運營的地方設施，設計用於短期監禁，通常容納等待審判或服刑短期（通常是幾週或幾個月）的個體；監獄是為長期監禁（從幾個月到數十年不等）設計的州或聯邦設施，用於監禁被定罪的個體。

22 Justice

The fair, equitable, ethical, and humane treatment of all people. Achieving justice may require restoring and repairing harm done, or ensuring that people are treated fairly. Justice is a complex, multifaceted, and socially determined concept that may vary across cultures, places, and time periods.

22 正義

對所有人進行公平、公正、倫理和人道的對待。實現正義可能需要恢復和修復造成的傷害，或確保人們被公平對待。正義是一個複雜的、多面的、社會決定的概念，可能會因文化、地點和時間而有所不同。

23 Justice System/Legal System

The complex system of laws, institutions, and procedures established within a society to maintain social order, regulate behavior, protect individual rights and property, criminalize and punish people for behaving in certain ways. The justice/legal system includes laws and legal procedures, courts and legal professionals, police and other law enforcement officials.

23 司法系統/法律系統

在社會中建立的一套複雜的法律、機構和程序，用於維持社會秩序、調節行為、保護個人權利和財產、刑事化和懲處某些行為的人。司法/法律系統包括法律和法律程序、法院和法律專業人士、警察和其他執法官員。

24 Liberation

A transformative process of dismantling oppressive structures and systems, and achieving collective freedom, empowerment, and self-determination. We work toward liberation by challenging systems of domination and control, and cultivating a more just, abundant, and equitable world.

24 解放

廢除壓迫架構和系統、實現集體自由、賦權和自決的轉變過程。我們通過挑戰統治和控制的系統，培育一個更公正、優厚和平等的世界來實現解放。

25 Mass Incarceration

A phenomenon, beginning in the 1970s and continuing today, of significant and rapid increase in the number of individuals being criminalized and held in prisons and jails, particularly in the United States. This phenomenon includes the disproportionate incarceration of Black, Latinx, Indigenous, and Asian/AAPI people and low-income people, spurred by harsh and discriminatory laws and policies (i.e. Tough-on-Crime legislation and increased policing).

25 大規模監禁

從1970年代開始至今的現象，大量且迅速增加被刑事化和關押在監獄和監牢中的個體數量，特別是在美國。這一現象包括對黑人、拉丁裔、原住民和亞洲人/亞裔美國人及低收入人群的不成比例監禁，這是由嚴厲和歧視性的法律和政策（即嚴厲打擊犯罪立法和加強警察力量）所推動形成的。

26 Mental Health

Our psychological, emotional, social and spiritual wellbeing, including how we think and feel, how we relate to ourselves and others, how we handle stress and hardship, and how we make decisions. Mental health is an integral part of our overall health and wellbeing, and can be influenced by many factors, including environmental stressors, life experiences, brain chemistry/physiology, and what we consume.

Mental health disorders (or mental illnesses) are conditions that negatively impact a person's mental health by impairing one's thinking, feeling, mood, or behavior and making it difficult to function in daily life and cope with stress.

26 心理健康

我們的心理、情感、社會和精神福祉，包括我們如何思考和感受，如何與自己和其他人相處，如何處理壓力和困難，以及我們如何做決定。心理健康是我們整體健康的一部分，可以受到許多因素的影響，包括環境壓力、生活經歷、大腦/生理作用以及我們所接觸到的內容。

心理健康障礙（或稱心理疾病）是那些對一個人的心理健康產生負面影響的狀況，它會損害一個人的思考、感覺、情緒或行為，使其難以發揮功能，以應對在日常生活中的壓力。

27 Policing

The practice of using surveillance, punishment, and force to maintain the social order and protect private property. In theory, the goal of policing is to uphold the law and ensure community safety, but we see that the reality of policing is quite different: police officers themselves frequently use aggressive tactics and excessive force, fail to prevent interpersonal harm and protect community members from danger, break laws with relative impunity, and subjectively decide where/when/with whom to enforce laws. Policing is primarily conducted by law enforcement officers – workers that are employed by the government to uphold the state's laws and priorities – but community members and private entities (i.e. security guards) can also engage in the act of policing others.

27 警務

使用監視、懲罰和力量來維持社會秩序和保護私有財產的實踐。理論上，警務的目標是維護法律並確保社區安全，但我們看到警務的實際情況很不一樣：警察本身經常使用激進的策略和過度武力，未能防止人與人之間的傷害和保護社區成員免受危險，違法而相對不受懲罰，主觀地決定在何處/何時/與誰執法。警務主要由執法官員執行——這些工作人員由政府雇用來維護國家的法律和優先事項——但社區成員和私人實體（如保安人員）也可以參與警務他人的行為。

28 Power

The capacity to influence, control, or affect the behavior, actions, or decisions of others, as well as the ability to achieve one's own desired goals and live in alignment with one's values. Holding power can mean having a position of formal authority, control of valuable resources, belonging to dominant social groups and being able to exert social influence. Power is neither inherently good nor bad, but rather can be wielded and exercised to accomplish various outcomes

28 力量

影響、控制或影響他人行為、行動或決定的能力，以及實現自己所希望的目標並按照自己的價值觀生活的能力。擁有權力可以意味著擁有正式的權威地位、控制有價值的資源、屬於主導社會群體並能夠施加社會影響。權力本身既不是好也不是壞，但可以被利用和行使來實現各種結果。

29 Prison Industrial Complex (PIC)

The intersecting interests of the government and industries that use surveillance, policing, and incarceration as solutions to economic and social problems. The PIC is a far-reaching and powerful web that includes not only police, prisons and jails – but also the news media, politicians, educational institutions, organizations, and industries that fuel them. The PIC is upheld by oppressive systems, including racism, classism, ableism, sexism/misogyny, capitalism, and individualism. The PIC helps people in power maintain their authority by marginalizing, villainizing, and discriminating against people of color, poor people, immigrants, queer people, disabled people, and others at the bottom of the social ladder.

29 監獄產業鏈 (PIC)

政府和產業的利益交織，利用監視、治安和監禁來解決經濟和社會問題。**PIC** 是一個廣泛而強大的網絡，不僅包括警察、監獄和監牢，還包括新聞媒體、政治人物、教育機構、組織和支持它們的產業。**PIC** 由壓迫系統，包括種族主義、階級主義、殘疾歧視、性別歧視、資本主義和個人主義等支持。**PIC** 幫助掌權者維持他們的權威，通過邊緣化、妖魔化和歧視社會底層的有色人種、窮人、移民、酷兒、殘疾人等。

30 (PIC) Abolition

A political vision (which we can also engage with as everyday practices) that aims to make imprisonment, policing, and surveillance absent and obsolete, and to create life-affirming ways of lasting alternatives to punishment and imprisonment. PIC abolition is not simply about eliminating the systems that hurt our communities but also about building the systems and practices that cultivate healing, justice, and care for our communities.

30 監獄產業鏈 (PIC) 廢除

一個政治願景（我們也可以作為日常實踐來參與），旨在使監禁、警務和監視變得不再需要和退役時，能創造肯定生命的方式，以持久取代懲罰和監禁。PIC 廢除不僅僅是消除傷害我們社區的系統，而是建立培養治癒、正義和關懷我們社區的系統和實踐。

31 Probation vs. Parole

Both probation and parole are forms of legal supervision and surveillance that are imposed on people who have received a criminal sentence. Probation is a process that allows a person to avoid incarceration or be released early from incarceration and, instead, serve their criminal sentence in the community; however, during probation, the person must abide by specific conditions and rules determined by the court. Parole is a process that allows early release from prison after serving a significant portion of a criminal sentence inside prison, and also requires adherence to specific conditions determined by the court. In both cases, if people violate the conditions of their probation or parole, they may be reincarcerated or required to pay fines.

31 緩刑與假釋

緩刑和假釋都是對收到刑事判決的人實施的法律監督和監視形式。緩刑是一種程序，允許一個人避免監禁或從監禁中提前釋放，並在社區中服刑；然而，在緩刑期間，該人必須遵守法院確定的特定條件和規則。假釋是一個允許從監獄提前釋放的程序，在監獄內服刑一段重要時間後，同樣需要遵守法院確定的特定條件。在這兩種情況下，如果人們違反了他們的緩刑或假釋條件，他們可能會被重新監禁或被要求支付罰款。

32 Punitive/Punishment

Imposing penalties, negative consequences, or pain as a response to wrongdoing or violations of rules, laws, or social norms. Punitive systems focus on retribution, rather than restoration or repair. Punishment is often assumed to deter future wrongdoing by negatively impacting the wrongdoer; however, we question the effectiveness of punishment on creating accountability and changed behavior.

32 懲罰性/懲罰

作為對不當行為或違反規則、法律或社會規範的回應，施加處罰、負面後果或痛苦。懲罰性系統著重於報復，而不是修復或修補。懲罰通常被認為可以通過對行為不端者產生負面影響來威懾未來的不當行為；然而，我們對懲罰在創造責任和改變行為方面的有效性表示質疑。

33 Racism

A belief system or ideology that views certain racial or ethnic groups as inherently superior or inferior to others, and perpetuates discrimination and inequality in our society. Racism can be expressed interpersonally, as well as through institutions and legal systems. In the United States, we see racism negatively impact people that are perceived as non-white (i.e. Black people, Latine people, Asian and Pacific Islander people, Arab and Middle Eastern people, Native and indigenous people).

33 種族主義

一種意識形態或信仰體系，將某些種族或民族群體視為天生優越或劣等於其他群體，並在我們的社會中延續歧視和不平等。種族主義可以在人際間表達，也可以通過機構和法律系統表達。在美國，我們看到種族主義對被視為非白人的人（即黑人、拉丁裔、亞洲和太平洋島民、阿拉伯和中東人、原住民和土著人）產生了負面影響。

34 Resilience

A person or community's ability to adapt and heal from adversity, harm, trauma, or challenging experiences. Resilience is a powerful process/skill-set that can be cultivated by everyone, with the support of community, coping strategies, and access to care. While resilience does not eliminate the adversity we face, the capacity for resilience makes it possible to heal and thrive rather than being permanently damaged by hardship or harm.

34 韌性

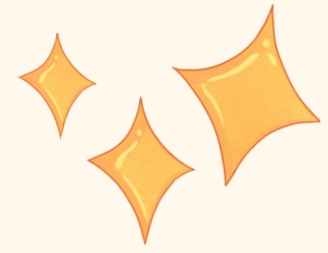
一個人或社區從逆境、傷害、創傷或挑戰性經歷中適應和癒合的能力。韌性是一個強大的過程/學習技能的過程，每個人都可以在社區、應對策略和獲得關懷的支持下培養。雖然韌性不會消除我們面臨的逆境，但韌性的能力使我們有可能癒合和茁壯成長，而不是被困難或傷害永久地傷害。

35 Restorative Justice (RJ)

Restorative justice is an approach to addressing and preventing harm that focuses on repairing the harm, promoting understanding and accountability, and supporting positive behavior change. RJ emphasizes accountability, healing, and reconciliation for all parties involved, while taking care to prioritize the needs of the person harmed. Restorative justice seeks to restore relationships that have been damaged by harmful behavior or interpersonal conflict, and create more peaceful and just communities. Restorative justice practices can take various forms, including community restorative justice circles, victim-offender mediation, and reparations programs.

35 修復性正義 (Restorative Justice)

修復性正義是一種處理和預防傷害的方法，重點在於修復傷害、促進理解和責任，以及支持正面行為變化。修復性正義強調對所有參與者的責任、癒合和和解，同時小心照顧受傷害者的需求。修復性正義旨在修復因有害行為或人際衝突而受損的關係，並創造更和平、更公正的社區。修復性正義的實踐可以採取多種形式，包括社區修復性正義小組、受害者-加害者調解和賠償計劃。



36 Safety/Community Safety

A multifaceted concept that describes the experience of living in an environment that promotes the wellbeing, protection, and quality of life for all members of a community. Safety entails not only physical security but also a sense of psychological/emotional wellbeing and access to life-affirming resources.

36 安全/社區安全

一個多面向的概念，描述在一個促進所有社區成員的福祉、保護和生活質量的環境中生活的經驗。安全不僅包括身體安全，還包括心理/情感健康和獲得生命肯定資源的機會。

37 Social Worker

A trained worker who is tasked with supporting individuals, families, groups, and communities to address needs related to social, emotional, and physical wellbeing. Social workers may provide people with counseling and mental healthcare, advocacy and support in navigating social services and legal systems, and access to basic needs and resources.

37 社會工作者

一位接受訓練的工作者，負責支持個人、家庭、群體和社區處理與社會、情感和身體健康相關的需求。社會工作者可能為人們提供諮詢和心理健康護理、在社會服務和法律系統中提供協助，倡導和支持他們，以及獲取基本需求和資源的途徑。

38 State Violence

Acts of harm or injustice committed or sanctioned by government authorities as part of the government's official policies and practices. State violence can take many forms including: colonialism and imperialism, displacement, political repression of people engaging in dissent or activism that threatens state control, militarization and warfare, police brutality and incarceration, institutional and structural violence (i.e. laws, policies, practices, or systems that disproportionately harm marginalized or vulnerable populations and/or result in unequal access to resources, services, or opportunities). State violence is often rationalized.

38 國家暴力

作為政府的官方政策和實踐的一部分，由政府當局實施或支持的傷害或不公行為。國家暴力可以採取多種形式，包括：殖民主義和帝國主義、流離失所、政治壓迫危及國家控制的異議活動或抗議活動、軍事化和戰爭、警察暴力和監禁、制度和結構暴力（即法律、政策、實踐或系統，不成比例地傷害弱勢或邊緣群體並/或導致資源、服務或機會的不平等獲得）。國家暴力常常被合理化。

39 Substance Use Disorder

A medical term that describes the ongoing problematic or harmful use of alcohol or drugs; it is characterized by addiction/compulsive substance-seeking that leads to negative impacts to one's emotional, physical, and social wellbeing.

39 物質使用障礙

一個醫學術語，描述持續的有問題或有害的酒精或藥物使用；其特點是成癮/強迫性尋找物質，導致對個人的情感、身體和社會福祉產生負面影響。

40 Systemic Oppression

The pervasive and entrenched societal structures, norms, and practices that systematically disadvantage and marginalize certain groups based on their social identities – including race, ethnicity, gender, sex, sexual orientation, religion, disability, class or socioeconomic status. Systemic oppression operates within the cultural, social, political, economic, and legal realms, and is characterized by power imbalances that privilege certain groups over others and maintain the status quo: dominant groups wield power and control over institutions, resources, and decision-making processes, while marginalized groups face barriers to access, participation, and representation.

40 系統性壓迫

系統性地使某些基於其社會身份的群體處於劣勢或被邊緣化的普遍且根深蒂固的社會結構、規範和做法，包括種族、民族、性別、性取向、宗教、殘疾、階級或社會經濟情況。系統性壓迫運作於文化、社會、政治、經濟和法律領域，其特點是權力不平衡，使某些群體能夠掌握對機構、資源和決策過程的控制，而邊緣群體則面臨獲取、參與和代表權的障礙。

41 Trauma

A psychological, emotional, and physiological response to a deeply distressing experience that overwhelms a person's ability to cope and has long-lasting effects on a person's wellbeing. Trauma is a psychological wound, a complex and personal experience whose causes and effects vary greatly between individuals.

41 創傷

對極度痛苦經歷的心理、情感和生理反應，超出了個人的應對能力，對個人的健康產生長期影響。創傷是一種心理創傷，是一個複雜且個人化的經歷，其原因和影響因人而異。

42 Values

Fundamental beliefs and principles that guide and inform a person or community's attitudes, behaviors, and decisions. Values are personal and subjective beliefs that influence how each person (and each group of people) perceives the world, treats others, and navigates complicated situations. Values include: honesty, equality, compassion, trust, loyalty, interdependence, etc.

42 價值觀

指導和影響個人或社區態度、行為和決策的基本信念和原則。價值觀是個人和主觀的信念，影響每個人（及每個人群）如何看待世界、對待他人和應對複雜情況。價值觀包括：誠信、平等、同情、信任、忠誠、相互依賴等。

43 Violence

The intentional use of force, threats, or coercion to cause harm to others – including physical abuse, emotional abuse, sexual abuse, institutional and structural violence. Although violence is often thought of as an interpersonal or individual problem (i.e. physically attacks, sexual assault, murder), violence is also committed at the institutional level (i.e. war, displacement, slavery, torture, denial of access to basic resources) and can be the result of power imbalances and social inequity.

43 暴力

故意使用力量、威脅或脅迫對他人造成傷害，包括身體虐待、情感虐待、性虐待、制度和結構暴力。儘管暴力通常被認為是人際或個人問題（即身體攻擊、性侵犯、謀殺），但暴力也在制度層面發生（即戰爭、流離失所、奴役、酷刑、被拒絕獲得基本資源），並可能是權力不平衡和社會不公的結果。



**Restore
Oakland Inc.**

restoreoakland.org

info@restoreoakland.org