



Respectful Relationships Education: RISE Framework

The RISE Framework represents 4 key components of an effective and safe response when addressing sensitive or challenging language, attitudes and behaviours. It is important to:

- Focus on the **language, attitude or behaviour**, not the person.
- Avoid shaming. Instead, frame it as an opportunity for learning and growth.
- Be consistent in your responses.

	Actions	Conversation Starters
R Recognise Harmful Attitudes and Behaviours	Be alert to comments, jokes, or behaviours that reflect disrespect, inequality, stereotypes or gender-based power dynamics. Identify when statements reflect the drivers of gender-based violence .	<ul style="list-style-type: none"> • "Can we pause for a second? I heard / saw something that made we wonder if we could unpack it together." • "I'm curious about that comment, can we explore what was meant by that?" • "Hmm, I noticed something there that might not sit right with our school values. Can we talk about it?" • "That sounded like it might land in a way that's not intended. Can we take a moment to think it through together?" • "That brings up a common stereotype, have you heard that before? What do you think about it?"
I Invite Conversation with Empathy and Curiosity	Respond calmly and without judgment. Use open, respectful dialogue to explore why a person may hold a certain view. Acknowledge that talking and learning about these issues can be uncomfortable and confronting.	<ul style="list-style-type: none"> • "Can you tell me more about what you meant by that?" • "Where do you think that idea comes from?" • "How would you feel if that was said about someone you care about?" • "I'm curious, what do you think someone hearing that might feel?" • "Have you thought about what that comment might be saying, even unintentionally?" • "I know this may be uncomfortable to talk about, what do you think that comment means though?"
S Set Clear Expectations	Reinforce school norms and values about respect, inclusion and safety. Clearly state that discriminatory or harmful language, behaviours and attitudes are not acceptable.	<ul style="list-style-type: none"> • "In healthy relationships, both people should feel safe, respected and equal." • "At our school, we always speak about others with respect." • "That kind of language doesn't reflect the values we expect here." • "We don't make jokes or comments that put others down." • "It's important that we create a safe and inclusive space for everyone." • "Let's be clear, everyone deserves dignity and respect, no matter the circumstances."
E Engage in Critical Thinking	Gently correct myths and misconceptions using age-appropriate language. Ask questions that challenge assumptions and promote reflection.	<ul style="list-style-type: none"> • "Let's think about what messages that kind of comment sends." • "Why do you think these ideas are so common and what impact might they have?" • "What's another way to think about this?" • "Let's unpack the belief behind that, is it based on fact or assumption?" • "How can we shift this conversation to be more respectful and inclusive?"

RISE Framework Scenarios

- 1. Hallway Conversations**

A group of students are laughing and sharing a story about boys from another school rating girls out of 10 and posting about it online.
- 2. Boarding House**

You overhear a group of students talking about their boyfriends. One says, "He just cares about me, that's why he always wants to know where I am and who I'm with." Another adds, "Yeah, mine checks my location all the time. It's cute, not controlling."
- 3. A Colleagues Response**

A colleague is heard playing down the seriousness of a student posting derogatory comments online saying, "It's no big deal, I used to say things like that when I was younger too" and "lucky the internet didn't exist when I was growing up."
- 4. A Coaches Response**

A student is upset because their boyfriend shared images of them in their swimmers without their permission. The coach overhears the conversation and says, "stop being over-emotional and dramatic."
- 5. Travelling by Bus**

A student on a school excursion is looking at Instagram with a friend and says, "She's asking for attention, look at what she's wearing!"
- 6. Co-educational Holiday Camp**

During a co-educational sports camp, a student says, "pass it to someone else, girls can't kick properly" and "that was weak, you're playing like a girl."
- 7. Classroom Debate**

In a discussion about gender roles and equality, a student says, "But men have always been in charge, it's just how society works."
- 8. Overhearing Discussions**

A group of students are talking about a story in the news, a student says, "But if she was drinking and wearing that, what did she expect?"
- 9. Group Chats**

You're aware of a group of students that are part of a Snapchat group who share memes and jokes about 'hooking up' with the boys they like. One girl messaged about a boy who didn't want to 'hook up' with her at a party, so she starts calling him names.
- 10. Play Time**

You overhear a group of students in the primary school laughing and teasing a student saying, "you look like a girl in that" and "only boys play that game."
- 11. Parent Phone Call**

A parent calls upset about their child being picked on and says "Well, I told him next time just to punch the other kid in the face."
- 12. School Reception**

In the school reception area, you notice a student taking a photo of a visitor.