

RIZE ABOVE

8 week Respectful Relationships Education Program

Designed and delivered as a primary prevention program. Rize Above employs a framework that aims to disrupt harmful attitudes and beliefs that lead to violence against women and children.

Our Watch has defined respectful relationship education programs as the holistic approach to school-based, primary prevention of gender-based violence. RREP's engage the education system as both an education institution and as workplaces to comprehensively address the drivers of gender-based violence.

Respectful relationships education programs acknowledge the power imbalances that foster gender-based violence in the first place; the inequality, gender, and power in the occurrence of gender-based violence and address these explicitly.

The Rize Above program values its partnerships with community and organisations who have made this program possible. Rize Above responds to the voices of hundreds of community members and young people who have shared their thoughts and values with us.

Relationships Australia South Australia proudly partners with the City of Salisbury for the consultation and review of the program and to support the young people in the City of Salisbury area.

The Northern Homelessness and Violence Against Women Collaboration has supported throughout the development stages with consultation with the thirteen government and non-government agencies represented in the working group.

Rize Above is a specifically designed multi-stream program which responds to the drivers of violence. It is funded under the Australian Government, Department of Social Services and aligns with The National Plan to Reduce Violence against Women and their Children.

rizeabove.org.au



Respectful Relationships Education Program

8 WEEK PROGRAM FOR YOUNG PEOPLE

Developed with a community-led, primary prevention lens, the Rize Above Respectful Relationships Education Program (RREP) addresses the drivers of violence.

DELIVERY METHOD

- Facilitated by trained therapeutic professionals
- Mixed method delivery
- Online and in-person group delivery options available
- Bulk enrolment options for host-schools choosing online RREP

1

DEFINING RELATIONSHIPS

Introduction to relationship structures. We ask young people to reflect on how they see themselves individually and in relation to others.

2

HEALTHY RELATIONSHIPS

Explore emotions and how to articulate them. Identify unacceptable behaviours in relationships. Understand what a healthy relationship looks like.

3

GENDER EQUALITY

Explore gender, sex, sexuality and gendered stereotypes. Clarify how these fit in our world and how to challenge them.

4

POWER

Delve deeper into understanding about the power dynamics in relationships.

5

LIVING ONLINE

How we engage in the digital world is important. Learn about the messages we receive from others, and how we can influence messages online.

6

CONSENT

While many young people know about yes and no, what about the social impacts of that choice? Explore choices and practical options for saying or receiving 'no'.

7

VIOLENCE IN RELATIONSHIPS

Violence does not just show up one day unannounced, there are warning flags and escalations. Examine gender-based violence and violence in relationships.

8

MENTAL HEALTH AND SELF CARE

When young people are scared or overwhelmed, it can be difficult to make good choices. This session covers how to stay okay and how to safety plan for themselves or a friend.



EVALUATION

Rize Above programs are evidence-informed and continuously improved. RREP includes evaluation measures to ensure it is effective as possible.



PEER-MENTOR TRAINING

Relationships Australia South Australia have developed a peer-monitor training package. This package supports opportunities for ongoing community input and young people's voices in the program.



PROFESSIONAL DEVELOPMENT

For schools who are hosting the in-school RREP, there are training opportunities available for teaching and support staff.

Training includes:

- An introduction to Family and Domestic Violence
- Responding to disclosures
- How to deliver the online RREP to class groups.

