



(All boys sessions are 60 minutes)

Session 1

Urban Legends: What is a Real Man?

There has never been a time when so many unhealthy and destructive messages have been directed at our teenage boys. The concept of a real man has been distorted by mainstream and social media, music, and movies.

This session begins the process of unpacking manhood, exploring the urban legends of what makes a man, and exposing damaging myths and stereotypes, while simultaneously providing the beginnings of a vision of what real manhood looks like.

During this session, boys will discover how:

- Media portrayal of young men as troubled hoons is lopsided.
- Men are portrayed as either hairless, muscle bound heroes - or comically dumb
- Portrayals of men as physically dominating others creates an unhealthy society

Anticipated outcomes:

Students who attend this presentation will walk away with:

- A self-defined understanding of what makes a boy into a real man – and a commitment to reclaim the values of “real men”
- A clear understanding of the negative role some media outlets play in their world
- A way to ensure they can be contributors in a society that often dismisses them as troublemakers
- A series of strategies to step through when confronted with images and ideas that undermine self-worth
- A commitment to respect women and find non-violent approaches to problem solving (rather than using their fists)

