



## Session 2

# Urban Legends: Men & Relationships

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The urban legends surrounding masculinity, relationships, and intimacy are pervasive, complex, and generally wrong. Men are supposedly ineffective communicators who don't talk, and ultimately only want one thing when it comes to women.

Additionally, real men don't do "love". They don't share their feelings. They don't "need" women. And pornography is part of sexual learning, development, and relationships.

Finally, real men deal with problems in relationships with their fists, whether with other blokes, or anyone else.

These damaging, dangerous urban legends are pernicious, yet they persist.

**In this presentation, our presenter will help boys explore:**

- What society teaches about boys and relationships, and how it is wrong

- Unhelpful communication strategies, and healthy alternatives
- What girls *really* want in a relationship with a boy
- How using pornography harms, is addictive, and undermines healthy relationship development
- How to know what a healthy relationship looks like
- How to navigate the world of girls – and particularly how to communicate clearly about relationship expectations

**Anticipated outcomes:**

- Boys will have a clear strategy to help them in the way they relate to females
- Boys will recognise the dangers of pornography and its damaging influence on relationships and health
- Boys will recognise the addictive nature of pornography and its relationship to misogyny
- An understanding of what makes a relationship healthy, what makes a relationship toxic, and how to identify when a relationship is not positive.
- The ins and outs of difficult relationships.
- A better understanding about how to use modern technology in positive ways to strengthen relationships.

