

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. Mainstream media, social media, music and movies have distorted the concept of a real man.

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)



SESSION 2

URBAN LEGENDS: MEN & RELATIONSHIPS

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.



SESSION 3

REAL MEN DO DUMB THINGS

Teenage boys do dumb things. That's a fact – not an urban legend. This is partly due to their brain development. It is partly due to their friends. And it is partly because of the urban legends surrounding masculinity and alcohol and other drugs, and risky behaviour.

In this session, our presenter will discuss the following with the boys:

- Basics about boys' brains
- How peers influence behaviour
- Why boys take risks, and how it affects them
- Whether the cool kids are really getting smashed every weekend
- What research tells us about alcohol and other drug consumption for teen boys

Anticipated outcomes:

- Boys will have specific things to say to limit peer influence
- Boys will have increased awareness of how unpopular alcohol and other drug consumption really is
- Boys will understand the brain science of poor decision-making and the 20,000-year-old brain.
- Strategies and tools to modify their decision making skills.



SESSION 4

BEATING STINKING THINKING

It is well established that males do not seek help for mental illness as willingly as females. While females are more likely to be depressed, be anxious, and self-harm, it is males who are more likely to suicide successfully.

This is a hard-hitting workshop that will address mental health, helping boys tackle negative cognitive style (stinking thinking) in a positive way that can inoculate them against depression and anxiety, and increase wellbeing and happiness.

Workshop participants will learn:

- What mental health issues are suffered with the most and how to know if you are in the grips of depression or anxiety.
- Why do people self harm and ways to help prevent this
- Eating disorders, anorexia and bulimia – the hard facts about these diseases – and its not just the girls
- Simple strategies to banish stinking thinking and boost wellbeing

Anticipated outcomes:

- A positive learning experience about mental health and how to best equip yourself against it.
- Ways to seek assistance if you are in need
- Easy-to-implement strategies for building greater resilience, positivity, and wellbeing.

