



Redefining the journey to manhood

- Bellarine Secondary College's year 9-10 male student cohort's journey with the Man Cave program.



- <https://themancave.life/>

What could it look like?

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Research has demonstrated that there are four key challenges that need to be addressed to transform the current state of masculinity for Australian boys and young men:

1. Mental health – one in five boys are likely to experience depression before age of 18
2. Gender inequality- gender inequality consistently higher rate of violence against women



3. Hyper- masculine identity- “The man box” is a set of beliefs communicated by parents, media, peers and society that pressures men to be “real men’ e.g. acting tough, being self sufficient , using aggression.
4. Intergenerational connection- research by Beyond blue shows that 50% man are not satisfied with the number of social connections that they have and are not satisfied with the quality of their relationships.

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These challenges exist on a global scale and result in school yard behavior such as bullying, disrespect, emotional repression, behavioral challenges and addictions to technology, pornography, drugs and alcohol



This is certainly what we are seeing at our school...hence the need for this program.



Turn and talk:

What are you observing at
your school?

What programs/strategies
have you employed?

Quick share
with group.



Program Format

- Full day workshop broken into 3 distinct stages
- Deconstruct
- Challenge
- Redefine
- Guided by 3 facilitators - act as role models of various healthy masculinity

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Outcomes:

Share my story and be more open

Check up on friends and family

have learnt the importance of respecting others differences

I felt safe and able to share my stories

Stop being a bully

This day may have changed my life

I felt supported by my peers

What's happening for students that identify as females??

The Big Sister Experience

INSPIRING the next generation through self-love and self-confidence....

- Workshops for students who identify as female
- Groups 20-40 with two facilitators
- Full day or half day workshops
- Cost

Big Sister options:

3 workshops

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graph TD; A[3 workshops] --> B[1. SELF LOVE & SELF CARE]; A --> C[2. EXPLORING CONNECTIONS]; A --> D[3. RELATIONSHIPS];
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1. SELF LOVE & SELF CARE

Personal Boundaries
Mental Health & Anxiety
Body Image
Supporting The Sisterhood

2. EXPLORING CONNECTIONS

Social Circles
LGBTQIA+ Inclusion & Acceptance
Party Safe
Family Life

3. RELATIONSHIPS

Sexual Consent
Female Health & Menstruation
Sex Education & Safer Sex
Romantic Relationships

Wonderings

- Urgent Q&A – ask now!
- Further Q's - use your post it notes to add to the wonderings board.