WHAT MAKES A MAN

Task 1: Share a Microsoft Whiteboard with a large box in the middle labelled:

"Being a man..."

List as many words or phrases, associated with being a man, as you can in 5 minutes.

Task 2: Discuss the below:

- Which expectations are helpful?
- Which are harmful?
- Where do these ideas come from?
- Are these expectations fair or realistic?
- What happens when boys don't fit the box?

Final Task:

Create 5 statements begining with:

“ A positive man can....”

Challenge Better
Calling In vs Calling Out

TASK 1:

Read the scenarios below - how would you address them?

1. Your mate shares a sexist meme in the group chat and thinks it's banter
1. A friend keeps making jokes about a lad's weight — he laughs along but you can tell it hurts
1. Someone says "that's so gay" as an insult without thinking
1. Your friend brags about pressuring his girlfriend into something she wasn't sure about

Task 2:

Groups discuss:

- What might stop someone speaking up?
- What could make it worse?
- What could you say instead?

Task 3:

Create a "Best Response" for each scenario

Red Flag or Green Flag

Using chat or Whiteboard, sort statements into:

- 🟢 Green Flag
- 🟠 Unsure
- 🚩 Red Flag

1. Your partner wants to know your phone password "because we shouldn't have secrets"
2. Your friend checks in after an argument to make sure you're okay
3. Someone gets upset when you want to spend time with other friends
4. Your partner says "I trust you, have a great night" when you go out
5. A friend shares your secret with others "because they were worried"
6. Someone apologises and changes their behaviour after you say something hurt you
7. Your partner says "If you loved me, you'd do it"
8. A friend says "No worries, we can do something else" when you cancel plans

Debrief:

Were any hard to decide?

Why?

What makes something a red flag vs a misunderstanding?



Final Task

Agree:

- 3 green flags everyone deserves
- 3 red flags everyone should know

* Influence Investigaters *

Critically assess messages online - look at the statements below discuss each using the questions as prompts

Online messages	Questions	Final Task
• Success means being rich. • Real men never show weakness. • Men should always be dominant. • Asking for help is weak	• Who benefits from this message? • Is it realistic? • How might it affect young people? • What would a healthier message look like?	Look at each statement and complete: "Instead of _____, we think _____."

Designing Positive Masculinity *

Challenge:
Imagine a school, youth club, workplace or sports team where positive masculinity is the norm.

Discuss:

- What would people see?
- What would people hear?
- How would boys treat each other?
- How would girls and women feel?

Final Task

Create a "Positive Masculinity Charter"

Complete:

In our community we will...

Create 5 commitments.