



Emotional Restriction

Assumption that to be masculine, boys must be emotionally stoic and refrain from sharing their feelings with others

Constant Effort

Belief that to be masculine, one must constantly, and without interruption, maintain one's tough, confident and strong public persona

Social Teasing

Assumption that to be masculine, one must be able to both dole out and stand up to teasing and taunting in the peer context

Heterosexism

Norm that masculinity is defined in opposition to homosexuality and femininity, and that one must distance oneself from behaviours and attitudes traditionally thought as "girly" or "gay"

The Men's Project

Online learning and promoting positive wellbeing for your students & staff – offering our support

As we engage with schools and other organisations that we work closely with, we are hearing that COVID-19 is not only having an impact on our physical health but also our mental health and well-being. As we all embark on a period of adjustment and face uncertainty, connection and compassion have never been more important. Now more than ever we need the socio-emotional tools to connect with ourselves and engage respectfully with others. While physical distancing is required during this time, this need not imply a loss of social connection.

Although, at least for the moment, we can't join you in-person, we are here to support you and your school community during this time. We are aware that some schools have already transitioned to working online with their students using various platforms and that this way of working may continue into Term 2, and possibly Term 3.

We are wishing to let you know that, if helpful to you and your teaching staff, we are able to offer a range of services – either by using an existing platform you have in place (such as Microsoft Teams), or alternatively, through a platform we currently use with some of our partners such as Zoom Meeting/Rooms and Webinar. Both of these online platforms enable us to deliver our services in an engaging manner and create great connection with audiences. We know how crucial

maintaining healthy connections will be for your students and staff during this time.

As part of our work, we are seeking to support the implementation of the Resilience, Rights & Respectful Relationships Curriculum. This is in line with a relationship based approach to education with relevance beyond Victoria. In brief, we have a range of online session options for both your students and staff for consideration.

Unpacking the Man Box - For Students

Comprising of the following 50-minute (single period) sessions:

Session 1 - Unpacking the Man Box - Working towards healthier masculinities

In this session, we share the findings from our Man Box research and reflect upon the negative health outcomes for those that live by the rules of the Man Box. Students take part in engaging activities and robust discussions on where they have learned these stereotypical masculine and feminine norms. Students challenge themselves and each other to identify positive forms of healthier masculinities and collectively redefine healthy masculinities for themselves and those in their communities. Sessions are adapted based on the age of students.

This session links to Topics 2, 3, 4, 7 & 8 of the Resilience, Rights & Respectful Relationships Curriculum.

Session 2 - Aligning the Man Box research with emotional intelligence and stress reduction

Students take a deep dive into the Man Box looking at the Man Box rules and what effect being inside the Man Box has on behaviour as well as mental health (consciously and unconsciously). Students explore how to reduce negative emotions that lead to challenging or aggressive behaviours. We use emotional intelligence components to promote positive interactions and connections with others. Students also discuss how being in the Man Box can trigger stress in their lives and will be given helpful coping strategies to build resilience.

This session would link to Topics 1, 5, 7 & 8 of the Resilience, Rights & Respectful Relationships Curriculum.

Session 3 - Healthier Masculinities - Healthier Relationships

Students discover the negative impacts of rigid forms of masculinity on the relationships in their lives - with themselves, their peers, their teachers, their families, and in their intimate relationships. We discuss the "mask" each of us wears to protect ourselves in the community and the negative impact this has on our wellbeing. We encourage students to replace the negative habitual actions and language they use and replace them with actions that foster healthier relationships and create safer environments for young people. Concepts related to creating safety and permission for people to be themselves are explored.

This session links to Topics 1, 3, 7 & 8 of the Resilience, Rights & Respectful Relationships Curriculum.

Session 4 - The Man Box - Bystander Activation

We examine how the Man Box behaviours and attitudes can limit our capacity to speak up and act when we witness violence in peer, family, community or on-line relationships. Through investigating healthier forms of masculinities, we explore ways to support each other to challenge negative attitudes, beliefs and behaviours. Scenario-based activities help students identify situations where help should be sought, identify trusted sources of help, and practice seeking help from peers and adults.

This session links to Topics 1, 6, 7 & 8 of the Resilience, Rights & Respectful Relationships Curriculum.

Leadership and Activating School Values - For your Student Leaders

Comprising of a 50-minute (single period) session on:

Session 1 - Healthier Masculinities

School-Wide Positive Behaviour Learning - Peer to Peer Education

In this session, students discuss School-Wide Positive Behaviour Learning principles of developing positive, safe, supportive learning cultures, and the positive behaviours that we can then attribute to healthier

masculinities. We build student capacity to model and share this knowledge becoming positive allies for this work with their peers in their school community. This is an introductory session to raise awareness among student leaders. Additional sessions can focus on skill building and developing confidence to take action.

This session links to Topics 3, 6, 7 & 8 of the Resilience, Rights & Respectful Relationships Curriculum.

Unpacking the Man Box - For your Staff

Comprising of the following 50-minute (single period) sessions:

Session 1 - The Man Box research and how it can be used to create calmer and more connected classrooms

Staff investigate the findings of our Australian Man Box research and how the data highlights that social constructions related to stereotypical masculine norms may translate into negative behaviour in their classrooms. Taking a restorative, strengths based and empathetic approach, positive strategies and tools will be shared with staff on how to counter and reduce challenging behaviours to encourage calmer and more connected environments.

Session 2 - Aligning the Man Box research with emotional intelligence education, utilisation of positive psychology, and strengthening a school-wide approach

Staff explore the impact of emotional intelligence and positive psychology on the wellbeing of their students and colleagues within their school community. We align the positive behaviours and emotions that underpin the school-wide positive behaviour learning model and share resources to promote positive interactions with their students both inside and outside the classroom. This session will also raise awareness of how to recognise and change habits.

Session 3 and 4 - Leading change of behaviours and attitudes

Underpinned by the Theory of Planned Behaviour, staff will explore a framework to help understand student behaviour. In small groups, staff will focus on specific challenges they're currently facing and understand their role in promoting change. Sessions can include coaching on managing backlash as well as bystander behaviour.

More information

Get in touch with The Men's Project at themensproject@jss.org.au if you'd like more details or would like to discuss how The Men's Project could support your school community during this time.