

# MEN2B

# STRIDE. EDUCATION

UPSKILL. EMPOWER. THRIVE.

Young men explore positive behaviors, emotional literacy and the foundations of mens health.



## HOW IT WORKS

Men2B is a boys program focusing on developing positive masculine behaviors. The program unpacks the 7 pillars of The Man Box Study and helps young men become aware of how to develop awareness around their decision making and choices. The program also explores emotional literacy and how to manage challenging emotions.

Students explore topics such as respectful relationships, consent, media conditioning and using role models as a guide to model positive behavior strategies.

In addition, students work in groups to develop a change-maker project to educate younger students on men's health and wellbeing.

Students use self-reflection, to connect learnings to personal situations and make beneficial changes.



## LEARNING OUTCOMES

### Personal and Social Capability

- Recognise Emotions
- Express emotions appropriately
- Develop self-discipline and set goals
- Become confident, resilient and adaptable
- Understand relationships
- Negotiate and resolve conflict
- Make decisions



## TESTIMONIALS

*"Many (students) have developed a keener sense of reflection and will often stop and think before acting." - Secondary school teacher*



*"Such worthwhile, well based concepts. Content presented very clearly and professionally. The presenter was clearly experienced." - Classroom teacher*



## RECOMMENDED FOR...

Suitable for young men in years 9-10



## BOOK NOW!

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