Man Up?
pathways to positive masculinity

Values for Life Incursions

Values for Life is an educational program that provides student incursion workshops and teaching resources. These enable young people to develop community building values, make wise choices and fulfil their potential.

Incursion Details

* Sessions are interactive and involve a variety of games, stories, discussion and multi-media
* Offering a range of options – from a single session to several sessions for the same or different groups
* Recommended duration is between 45 and 90 minutes – flexible to your timetable
* Follow-up lesson plans and resources for teachers are included
* Parent sessions are also offered on several topics including resilience & cyber-safety
* Costs are calculated on the number of sessions and location. Contact us for a quick quote.

Values for Life
incursions

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Learning Focus

The **Man Up?** incursion examines the messages that young men receive about what manhood means and to encourage a positive outward-focused version to live by. The incursion discusses issues such as growing their character, responsibility, the need for role models, the importance of rites-of-passage, how they view and engage with females and how they contribute to their community.

Through a variety of **interactive activities, games, discussion, stories, multi-media,** and **video** the workshop aims to encourage students to realise the need for young men who are authentic, compassionate, brave, respectful, bold and able to express their feelings.

The incursion can be tailored to meet the needs of students from year 7 to 12. In addition to this student incursion, a **complimentary teacher resource manual & curriculum** is provided that can be implemented & modified by the school to extend the learning outcomes in the classroom over several weeks.

Rationale

This session is designed to provide a safe environment where young men can start to question and explore what manhood means. The journey into manhood is a critical time for many young men who are questioning their authority figures, self-worth, how they treat others, their values and their future. Integral to the success of this transition is a supportive environment to explore these issues and promote an ideal of manhood that makes a positive contribution to their world.

Key concepts covered in the session:

- Exploring cultural messages of manhood including stereotypes
- Looking at factors in identity formation including peers, role models and individual values
- Learning about emotions and becoming confident to experience and share feelings
- Discussing how they view and engage with females
- Promotion of the need to talk about personal struggles and challenges
- Exploring rites-of-passage for young men and highlighting healthy ways in which they can became a responsible adult
- Defining what a real hero is - with the focus being on character rather than status
- Promotion of resilient factors in adolescence
- Encouraging students to seek good role-models and to consider their contribution they can make as a role-model

Essential Learning Standards

The incursion presents a student learning program that intertwines elements of all strands of the curriculum with the key focus on the following:

- **Building social relationships** (Interpersonal Development),
- **Reflection, evaluation and metacognition** (Thinking Processes)

The table below shows these dimensions addressed and the emphasis provided:

Strand	Domain	Dimension	Included	Major Focus	Teacher Manual
Physical, Personal & Social Learning	Health & PE	* Movement & physical activity	X		
		* Health knowledge & promotion		X	X
	Interpersonal Development	* Building social relationships		X	X
		* Working in teams	X		X
	Personal Learning	* The individual learner		X	X
		* Managing Personal learning		X	X
	Civics & Citizenship	* Civics knowledge and understanding	X		X
		* Community engagement		X	X
Discipline-based Learning	The Arts, English, Humanities, LOTE, Maths & Science	* Knowledge, understanding & skills gained through the domains		X	X
Interdisciplinary Learning	Communication	* Listening, viewing & responding		X	X
		* Presenting	X		X
	Thinking Processes	* Reasoning, processing & inquiry		X	X
		* Creativity, reflection & metacognition		X	X