

**WE WANT TO  
CREATE A WORLD  
IN WHICH EVERY  
MAN HAS HEALTHY  
RELATIONSHIPS,  
CONTRIBUTES TO  
HIS COMMUNITY  
AND REACHES HIS  
FULL POTENTIAL.**

We are a preventative mental health and emotional intelligence charity that delivers programs for young men, parents and teachers. We work with schools and communities to deliver transformational and empowering workshops, camps and training programs.



# WHY DO WE EXIST?

Right now, many men are uncertain about their identity. Society seems to be very good at telling men what they can't do, but not very good at showing who they could be. The truth is no one should ever feel ashamed to be themselves, men included. Masculine traits can be beautiful and kind and strong and stoic. But in this new world, where some traditional male behaviours are no longer serving us, but actually harming us, how do we find a way through?

At The Man Cave, we start that journey with a simple idea: in youth mental health, prevention is better than cure. That's why we design and run programs specifically for boys between 12 and 18 years of age, a time when they're mature enough to see the men they're becoming, yet still receptive enough to let someone help shape it.

Our program is perfect for your school if:

- You want your young men to have emotional and social skills to talk about their emotions
- You want to improve the relationship skills of your boys, especially with women
- You want to address a culture of judgement, banter or toxic masculinity
- You want an approach that empowers your boys and finds the potential in them as young men
- Your teachers, school and parents are ready to go through the change with your boys and consider your own behaviour



# OUR IMPACT SO FAR

We are experts in youth engagement and have worked with over 15,000 boys across Australia. Our impact naturally extends beyond just the boys, and has also positively impacted the boys teachers, parents, siblings and the wider school community.

98%

would recommend our program to other boys

97%

of boys said the facilitators who ran the program were awesome after one of our recent programs

87%

of your boys feel they better understand the pressures that men face in society

77%

of boys feel better equipped to talk about their emotions with others



**“THE FLIPPANT ANSWERS HAVE GONE. THE RESISTANCE TO SUGGESTIONS HAS LESSENERD.”**

– Yarra Valley Grammar parent



# THE MAN CAVE WORKSHOP

If you would like to book The Man Cave at your school, please email [hello@themancave.life](mailto:hello@themancave.life)

The Man Cave 1-day workshop offers each individual a safe, non-judgmental space to explore their own unique version of masculinity, all while promoting positive mental health, gender equality and encouraging respectful, fulfilling relationships. These programs require that the school:

- Makes a full school day available for the program
- Creates group sizes no larger than 40
- Has an appropriate venue for each group (double classrooms or scout halls)
- Engages their Teachers to attend and participate in the program
- Shares online resources (supplied by us) to their parent body
- No other preparation is required, we'll take care of the rest!

**Price: \$2,100 per group (+GST)\***

\*please contact us to discuss costs for larger student groups

## Outcomes

Our 1-day workshop gives boys:

- Increased self-awareness of emotions and language for expressing them
- Increased social-awareness of others' emotions and how to support their mates
- Increased understanding of the impact of the masculine stereotype on mental health
- Stronger and more authentic relationships with each other
- The chance to acknowledge the unique strengths of their peers
- A values-based vision for their future as a man

**"I LIKED HOW THE THREE FACILITATORS ALLOWED US TO EXPRESS OUR FEELINGS AND GROW FROM THEM."**

– Ivanhoe Grammar student





**“VERY INTUITIVE TO THE BOYS AND MET THEIR NEEDS IN A POSITIVE MANNER THAT SUPPORTS GROWTH.”**

- Upper Yarra Secondary College teacher

### Our Facilitators

All of our programs are run by relatable and diverse facilitators, who act as healthy male role models for the boys. Most of our programs are run by a group of 3 facilitators who will work closely with your staff and teachers on the day to ensure that they are briefed about how the day will flow. Each of our facilitators:

- Have Working With Children Checks
- Engage in regular and comprehensive training with us
- Bring their own unique version of masculinity

### How we engage your parents

We know parents care deeply about their sons, and will be interested to know who we are and what we are going to do in our workshops. We work closely with the school and your parents to provide comprehensive online resources before and after the program. That way you can rest assured that they will know everything they need to and you don't have to spend time or energy explaining who The Man Cave is.

### How we engage teachers

A critical reason for the success of our programs is that the boys' teachers attend and participate in the workshops. We require that teachers attend for the whole day and leave all behaviour management and discipline to our facilitators.

For teachers that want to upskill in our work even more, there is good news. We are in the process of developing a new training program that will bring teachers together from diverse backgrounds and provide them with a deeply immersive experience held by our most senior facilitators. Teachers will leave with:

- a deeper understanding of the most effective and empowering communication methods to engage young men;
- the tools to identify and work with the unique archetypes they will encounter in their team and how best to motivate them; and
- the knowledge of their own strengths and values, and how to bring out the best in their own leadership style.

Please contact us separately if you are interested.





# HOW DO WE KNOW OUR PROGRAMS ARE EFFECTIVE?

**“ONE OF THE BEST WELLBEING PROGRAMS I HAVE SEEN FOR YOUNG MALES.”**

– Roseberry Middle School  
Psychologist

In August 2019, an in-depth research project was conducted by the Outcome Measurement team at Ernst & Young Australasia and the resulting report endorsed the positive impacts of our work at The Man Cave.

Overall the independent EY report found that The Man Cave programs play a significant role in improving the attitudes, beliefs and intentions to change behaviour adopted by the boys:

*“The outcomes of The Man Cave workshops are materially significant when benchmarked against other interventions evaluated by EY”*

*“The Man Cave workshops result in material improvements to mental health related outcomes. The workshops cultivate a deeper knowledge of mental health and wellbeing after one-day, and contribute to the development of meaningful relationships with family and peers.”*

– Ernst & Young

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# WHAT OTHERS HAVE SAID ABOUT US

**“THIS WAS ONE OF THE BEST PROGRAMS I’VE EVER SEEN IN A SCHOOL. I FEEL LIKE ME AND MY MATES ARE NOW CONNECTED ON A BETTER LEVEL”**

– Student, Sandringham Secondary

**“WHATEVER YOU DID HAS WORKED, SO WE NEED A LOT MORE OF THAT PLEASE.”**

– Kurnai College Morwell parent

**“A LIFE CHANGING EXPERIENCE FOR BOYS TO HAVE THE SKILLS AND CONFIDENCE TO BE WHO THEY REALLY ARE.”**

– Haileybury College Brighton teacher

Endorsed by The Queen,  
The Duke and Duchess  
of Sussex





Interested in bringing  
The Man Cave to your school?

[Contact us](#)  
[hello@themancave.life](mailto:hello@themancave.life)  
[themancave.life](http://themancave.life)

**MAN  
CAVE**