

**“WE ARE
EMPOWERING
BOYS TO BECOME
GREAT MEN
BY PROVIDING
THEM AND THEIR
COMMUNITIES
WITH IMPACTFUL
PROGRAMS, ROLE
MODELS AND
RESOURCES.”**





WHO ARE WE?

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.

What began as one workshop to just 25 boys at a school in Frankston, Victoria way back in 2014 has today grown into a movement providing programs to thousands of young men, parents and teachers. Having now worked with over 15,000 young men, our programs have received international recognition through support from The Royal Family and some of Australia's most respected philanthropists and foundations.

Our Vision

A world in which every man has healthy relationships, contributes to his community and reaches his full potential.





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.

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

– Ivanhoe Grammar student





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 programs were awesome

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 LESSENED.”

– Yarra Valley Grammar parent



WHAT HAPPENS INSIDE THE MAN CAVE?

"I LEARNED THAT IT'S OK TO BE MYSELF AND I CAN BE ANYONE I WANT TO BE."

- Benalla College student

When do you become a man? The answer right now is unclear and the boys we work with give us all manner of different opinions. Is it when you finish school, get a job, start shaving or even when you turn 18? If we are going to redefine the journey to manhood, we need to create the space for boys to explore these types of questions under the guidance of relatable male role models who can give them different ways of being a man that they can aspire to.

Inside The Man Cave, boys will meet and be guided by our team of charismatic and diverse facilitators, each an expert in youth engagement strategies. Using evidence-based workshops, specially developed by our programs team, the facilitators provide boys with real, tangible skills to help bring about positive behavior change. And because our programs are co-creations between subject matter experts and the very boys who participate in them, they're as enjoyable as they are effective.

Outcomes

Our workshops intend to achieve outcomes on multiple different levels, and boys:

- Build their self-awareness of emotions and the language for expressing them
- Build their social-awareness of others emotions and learn how best to support their mates
- Are introduced to concepts such as stereotypes, gender and masculinity and learn how these impact them
- Develop practical tools for managing their emotions to improve their behaviour and decision making
- Develop positive self-concepts and healthy interpersonal relationships through positive psychology principles
- Create a stronger connection to themselves, their peers and communities.

If you would like to book The Man Cave at your school, please email hello@themancave.life





OUR GUIDING PRINCIPLES

“I NOW HAVE A MORE HOLISTIC VIEW OF DEALING WITH BOYS AND HOW TO ASSIST WITH THEIR ISSUES.”

– Rushworth P-12 College teacher

Boisterous and personal, challenging and life-affirming, The Man Cave offers each individual a safe, non-judgmental space to explore their own unique masculinity, all while promoting positive mental health, gender equality and encouraging respectful, fulfilling relationships. Because we believe these are some of the most important traits that will support our young men to thrive. The principles below are introduced early on in our programs to ensure this safe space is created:



Confidentiality

All conversations and discussions are kept private, unless we believe the safety of the boy or those around him, is in danger.



Speak from experience

All participants are expected to speak from their personal experience in life. This fosters ownership and responsibility over emotions and actions.



Challenge by choice

All participants are given an invitation to participate in activities as little or as much as they would like without judgement or being shamed.





OUR PROGRAMS PROCESS

Using a Rites of Passage Framework, we move participants through the process of deconstructing traditional views of masculinity and social conditioning, challenging them to be authentic and real, before allowing them to redefine their own identity & capacity to make positive choices.

“THE FACILITATORS HAD A DIFFERENT APPROACH TO CHALLENGING BEHAVIOUR WHICH I WILL CERTAINLY USE IN THE CLASSROOM.”

– Oakleigh Grammar teacher

Deconstruct

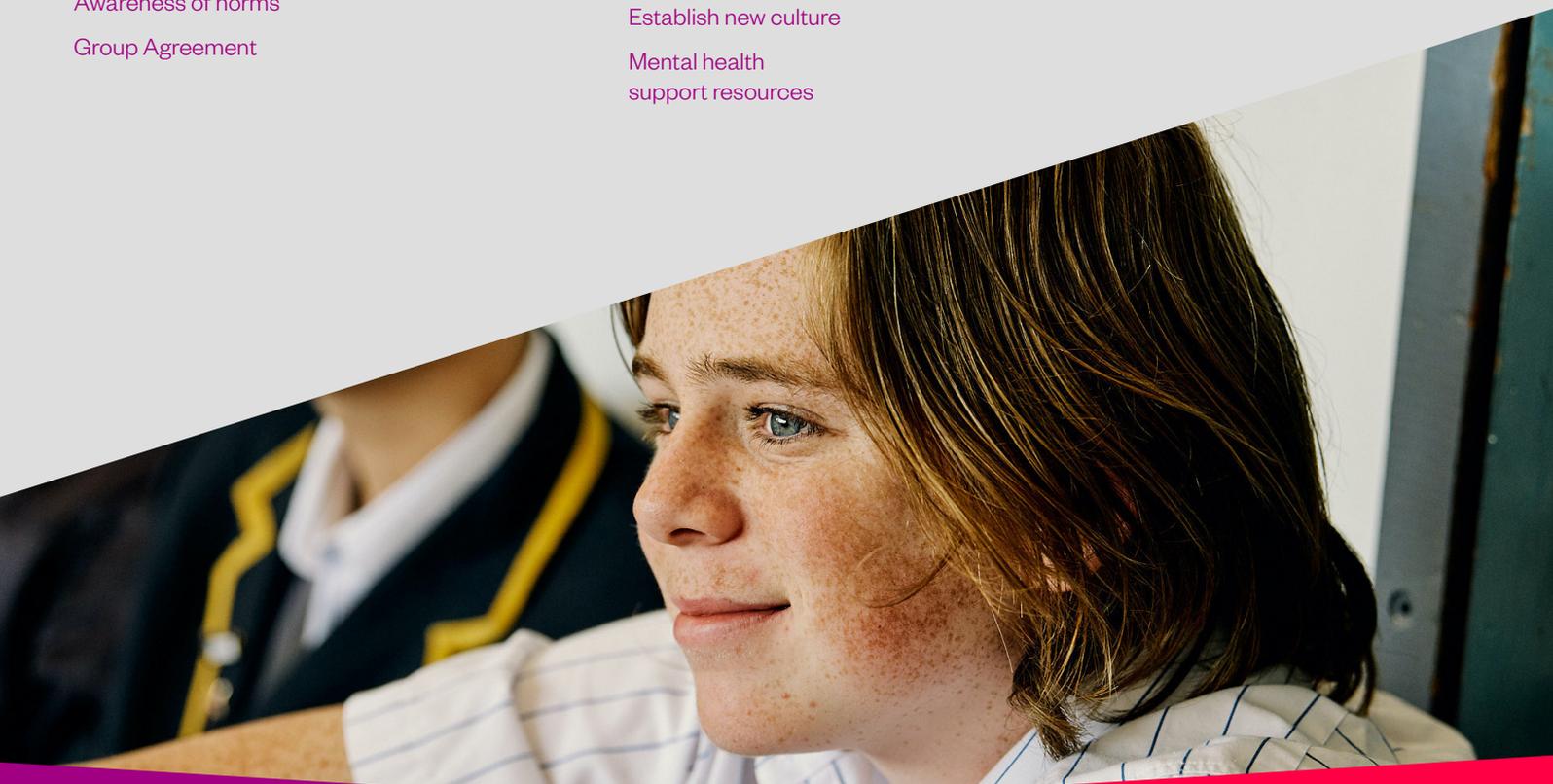
Enrolment
Games
Awareness of norms
Group Agreement

Challenge

Challenging the norms
Authentic conversation

Redefine

Vision for the future
Honour each other
Establish new culture
Mental health support resources





OUR PROGRAMS

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Our key focus is on creating long-term sustainable behaviour change in boys, young men and their communities. This means that we our programs involve a deep level of engagement and commitment from everyone involved. We also know from our work with thousands of boys and communities across Australia, that working with the same group of boys over multiple years is critical to embedding positive behaviour change. Below are our program options.

Introductory Program (One Day)

We don't think the challenges we are facing today can be solved with a 45 minute powerpoint presentation. For that reason, our introduction workshops goes for whole school and acts as a circuit-breaker for the boys. Our workshops can be run with up to 45 boys in one space, either on school campus or at an offsite location. All of these programs are delivered by 3 facilitators who create an engaging, safe and at times challenging space for the boys.

It is critical that the boys teachers and participate in the workshop, while we also provide online resources to prepare and support parents.

In summary, this program:

- Takes up a full school day
- Can be hosted offsite or on school grounds (the best spaces are open, with chairs able to be moved, auditoriums are not suitable)
- Teachers attendance and engagement is critical
- Parents are provided online support resources
- No other preparation required

Please note, we provide all materials required on the day and take responsibility for the behaviour management of the boys in our programs. And that's it! Once you're in the room, our facilitators will work closely with you to make it an incredible experience.

Cost: \$2100 (+GST) per group of 40*

*please contact us to discuss costs for larger group sizes



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

– Upper Yarra Secondary College teacher

Journey to Manhood Program

The Journey to Manhood Program provides boys with the greatest chance of becoming healthy young men and avoiding potentially destructive behaviour. This program builds on our introductory workshop and covers key developmental topics such as relationship with self, respectful relationships with others, personal purpose and how boys want to contribute to their communities.

The program involves:

- 4 workshops over the year that follows an evidence-based curriculum focused on self, relationships, community and social action.
- Supporting online resources for boys, parents, and teachers
- Detailed evaluation tracking progress

This program will redefine the journey to manhood for your young men, and create a point in time where the boys can be safely transitioned to healthy young men. Naturally, this program requires a deep level of commitment from the school, teachers and parents.

If you would like more information, email us at hello@themancave.life.



“IT HAS REALLY MADE ME THINK ABOUT MY RESPONSIBILITY AS A MENTOR IN THE STUDENTS' LIVES - TO SHOWCASE THE VALUES I WANT THEM TO EXHIBIT.”

– Highvale Secondary College teacher

It takes a village to raise a child

Integral to the success of our programs is a community-centric approach. We know that the healthy growth of a young man, or any young person, is heavily influenced by the adults and community around them. If we want our young men to grow into healthy young men, the whole community must be involved.

In fact, adults and the community must grow themselves to enable the growth of a young man. For this reason, all of our programs are supported by engaging online resources provided to parents and teachers of the boys before and after the program. These provide the tools and knowledge to better support their young men through the experience and through life, all with the ultimate aim of creating an empowering journey to manhood.

We are currently building independent programs for parents and teachers, so please stay connected with us to stay informed.



HOW DO WE KNOW OUR PROGRAMS ARE EFFECTIVE?

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

"ONE OF THE BEST WELLBEING PROGRAMS I HAVE SEEN FOR YOUNG MALES."

– Roseberry Middle School
Psychologist



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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
themancave.life

**MAN
CAVE**