



*Photograph not taken in program mentioned.

RURAL PROGRAM

2 September 2019 - 29 Boys - 1 Workshop - 3 Facilitators

This case study follows one of our workshops in a rural community located in Northwest Victoria approximately 400km out of Melbourne with a population of 680 people. The local school contacted us with concerns around 'pack-mentality', dangerous risk-taking behaviour and disrespect towards female staff and students from the boys in their school. With only 29 boys in Year 7-12, we had an opportunity to run a combined program and make a significant cultural impact on the entire school community.

Reece (a facilitator) recounts a stand-out moment from the workshop:

"During a sharing activity, a student revealed that he felt pressure, mostly from his friends, to get into fights, 'trash talk' and use violence. His authenticity opened the door for one of his mates to raise his hand and acknowledge to the group that he felt responsible for some level of this pressure, and had no idea of the impact on his friend."

This powerful moment of understanding enabled all the students in the room to reflect on their relationships with one another. At the end of the workshop, the students shared their feedback:

"I NOW KNOW WHAT IT REALLY MEANS TO BE A MAN."

"THE WEIGHT IS LIFTED OFF ME."

"IT GAVE ME CONFIDENCE TO ACHIEVE MY GOALS IN LIFE."

"I LIKED THE BARRIER OF SAFETY THAT WAS CREATED IN THE ROOM."

The school has now booked us twice in the following year, and they now intend to incorporate our workshops into their core curriculum. Culturally, the school has seen all disrespect towards female students and teachers stop entirely. And the boys have also asked for The Man Cave to return.

98% of the boys rated the workshop as good or excellent.

86% of the boys felt better equipped to talk about their emotions.

83% of the boys better understand the negative impact of not talking about their emotions.

100% of the boys said the facilitators were awesome.

93% of the boys better understand the pressures that men face in society.

97% of the boys would recommend The Man Cave to other young people.



WORKSHOP FEEDBACK



*Photograph not taken at workshops listed.

BENALLA P-12 COLLEGE

23/24 July 2019 - 100 boys - 2 workshops - 4 facilitators

"IT HELPED ME UNDERSTAND MY EMOTIONS AND MADE ME CARE MORE FOR OTHERS."

"THE FACILITATORS HAVE SET ME ON THE RIGHT PATH."

"I LEARNT IT IS BETTER TO SHOW EMOTION AND BE YOURSELF THAN TO BE SOMEONE YOU'RE NOT."

"I CAN NOW CONNECT ON AN EMOTIONAL LEVEL WITH FELLOW GUYS."

100% of the boys would recommend The Man Cave to other young people.

62% of the boys felt better equipped to talk about their emotions.

80% of the boys better understand the negative impact of not talking about their emotions.

93% of the boys said the facilitators were awesome.

97% of the boys would recommend The Man Cave to other young people.

86% of the boys felt better equipped to talk about their emotions.

83% of the boys better understand the negative impact of not talking about their emotions.

100% of the boys said the facilitators were awesome.

ST HELENA SEC. COLLEGE

17/18 July 2019 - 154 boys - 4 workshops - 7 facilitators

"I LEARNT THAT YOU DON'T HAVE TO BE TOUGH TO BE A GOOD MAN."

"I LEARNT TO BE MYSELF AND NOT ASHAMED OF WHO I AM."

"THE FACILITATORS REALLY CONNECTED WITH US AND FOUND A WAY TO LET US BE OPEN."

"I LIKED THAT TODAY HAS MADE ME FEEL MORE COMFORTABLE IN MY OWN SKIN."

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WORKSHOP FEEDBACK



CHELTENHAM SEC. COLLEGE

11 February 2019 - 123 boys - 3 workshops - 15 facilitators

"I LEARNT THAT I CAN BE MYSELF AND MY GENDER DOESN'T DEFINE ME."

"I LEARNT HOW TO TAKE MY MASK OFF."

"I LIKED TALKING ABOUT THINGS THAT I MIGHT NOT HAVE BEEN ABLE TO SAY TO MY FRIENDS."

"I LIKED HOW I COULD TALK FREELY AND NOT BE JUDGED."

90% of the boys would recommend The Man Cave to other young people.

68% of the boys felt better equipped to talk about their emotions.

84% of the boys better understand the negative impact of not talking about their emotions.

91% of the boys said the facilitators were awesome.

100% of the boys would recommend The Man Cave to other young people.

73% of the boys felt better equipped to talk about their emotions.

60% of the boys better understand the negative impact of not talking about their emotions.

97% of the boys said the facilitators were awesome.

TINTERN GRAMMAR SCHOOL

30 October 2019 - 42 boys - 1 workshops - 3 facilitators

"THE MAN CAVE HAS LET ME KNOW THAT IT IS OKAY TO EXPRESS MY FEELINGS."

"I LIKED THAT IT ALLOWED ME TO TAKE SOME THINGS OFF MY SHOULDERS."

"THE FACILITATORS WERE FRIENDLY AND APPROACHABLE, THEY OPENED UP TO US AND MADE US FEEL SAFE TO OPEN UP TO THEM."

"I LEARNT YOU DON'T HAVE TO BE A STEREOTYPICAL MAN TO BE YOURSELF."

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