

MENSLINK IN SCHOOLS

SUPPORT PROGRAMS FOR YOUR MALE STUDENTS
YEARS 5-12

[MENSLINK.ORG.AU](https://menslink.org.au)

MENSLINK IN SCHOOLS

SUPPORT PROGRAMS FOR YOUR MALE* STUDENTS

Young guys can make poor choices impacting both themselves and those around them, students and teachers alike. Risk-taking, violence, anti-social behaviour, unhealthy online usage, relationships and misogynistic attitudes to women as well as isolation and withdrawal can all cause short and long term damage.

Traditional concepts of masculinity that encourage stoicism, self-reliance, dominance and strength aren't useful for young guys as they try to navigate their feelings around who they are and who they want to be. Unhealthy male role-models (especially online) can compound these difficulties further, leading to poor mental health outcomes for both the young guys and their classmates.

Young guys need advice they can trust and access to support; they need to hear the messages often!

Menslink programs are delivered by authentic non-judgemental male role models who provide a safe space for your male students, to learn and discuss issues that matter to them, delivered in a way they can relate to, with a "whole of person" approach.

Our programs are free of charge, delivered at times to suit you and your students, and can be tailored to meet your specific requirements (age, topic, style) with our new individual module system for primary and high school.

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All modules are designed with content and stories, targeted for each age group, ensuring relatability and maximum impact. If your young guys feel they are familiar with Menslink we still recommend persisting with new/repeat presentations, as each guy is likely to take something important away from a session depending on what he is specifically tackling in his life at the time.

Our presenters meet all the school requirements for external presenters including WWVP.

Call us to discuss how Menslink can help your young guys, or those who identify as such, in your school to build a more resilient life.



Martin Fisk

MARTIN FISK | CEO

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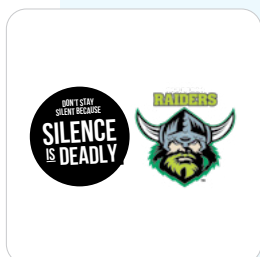
Menslink would like to acknowledge the traditional lands of the Ngunnawal, Ngunawal and Ngambri people, and pay our respect to Elders past, present and future.

* and those who identify as male.

MENSLINK IN SCHOOLS

MENSLINK SUPPORT MENU

We provide wrap around support for your male students, beyond the Menslink in Schools sessions. Attendance of in school sessions often catalyses young guys to engage with Menslink directly for more targeted support. Our services are inclusive and accessible. We don't label or judge. Talk to us today.



SILENCE IS DEADLY

Our foundation course smashes the stereotype that men shouldn't talk about their problems. The session promotes a positive help-seeking mindset in the young guys and provides advice on how they can help a friend who may be struggling.

1 hour session – recommended annually for either classes or year levels.



PRIDE

PRIDE enhances participants' social and emotional learning by challenging their view of the world and how they fit into it. PRIDE is delivered over 8 sessions to small groups allowing for deeper conversations and greater sharing.

8 x 1 hour sessions that fit your timetable, for groups of 8-12 students in high school, or whole classes in primary school (young guys).



DESIGN YOUR OWN PROGRAM

Tight timetables or specific needs? You can choose individual modules from the list, schedule them all* or just the key ones to address the needs of the young guys in your school. Find or make space in your timetable to invest in your young guys then call or email us to finalise modules.

14 different modules (1 hour each) delivered to groups from 8 to 100+ students.

*subject to Menslink timetable availability



ADDITIONAL SERVICES

Free counselling and mentoring support services available to all your male students (ages 10 to 16). These are available at no cost to families and are delivered in the community across the region, both in school term and during holiday periods.

Families should be referred directly to Menslink for access to these support services.

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SILENCE IS DEADLY



Silence is Deadly (SID) is designed as a 1 hour presentation delivered by one of our engaging male presenters who, through story telling, shares his lived experience in a straight forward manner. They offer their own vulnerability and encourage your young guys to find a way through any challenges they may currently face whilst also offering practical strategies that demonstrate that "it ain't weak to speak".

Navigating adolescence, stepping up a grade, changing schools, coming up against some of life's challenges, or a change in home life can be a stressful time for young guys. These stresses can start to impact behaviour, wellbeing, and social situations.

WE WILL:

- Challenge the view that asking for help or advice is a weakness
- Encourage guys to open up about what is troubling them
- Advise on where to find additional help and advice
- Educate on how to help someone else who is struggling with life's challenges

**"IT'S NOT WEAK
TO SPEAK"**

At the end of each SID session, young guys are provided with a card which reiterates the key messages from the presentation, and helps build that foundation of common language and connection. The card also provides a quick reference on where to go if they need help.

Some of our audience benefit from multiple sessions to reinforce the message on a regular basis, as the young guys mature. That's why it's our goal to present SID to every male student, in every school, every year - meeting them where they are at.

This foundation program can be presented to classes, years, or whole schools. We adapt the style of presentation to each age group.

DURATION: 1 HOUR

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The Silence is Deadly program is a very important part of our Formation Program at our School. The age specific agenda is relevant, research based and direct. It engages young men of all ages in a safe and respectful environment with a strong sense of connection to the presented material.

TEACHER

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PRIDE



Possibilities, Respect, Integrity, Determination, and Effort (PRIDE) are the values which ground this program. PRIDE consists of 8 modules; 5 fixed modules plus 3 from the Design Your Own Program list, designed for years 5 to 12.



Image Credit: Nikole Casassa, Melonheadz Illustrating

PRIDE MODULES

Your Values - The Real You

Making Good Choices

Building Self Esteem

Positive Masculinity

Creating Strong Personal Connections

Choose from Design Your Own Program

Choose from Design Your Own Program

Choose from Design Your Own Program

Young guys often benefit from a more personalised experience, tailored to their situation or what they're feeling. The duration and frequency of PRIDE sessions offers development of a deeper level of trust and honesty, with the young guys engaging in self-reflection and change.

We get the young guys to think about their values, address toxic notions of what "being a man" is, what their values should be, and what kind of relationships they want to have. We work with them to assess their own behaviours, and give them the skills and tools they need to become the best version of themselves.

Designed for small groups, your young guys will be taken through the entire program by one of our experienced male presenters; taking 8 x 1 hour sessions to delve into shared stories and experiences relevant to each topic. We offer flexible timing of sessions to fit in with your school timetable.

All modules address learning outcomes from the Australian curriculum. We adapt the style of the presentation to each age group.



The Menslink PRIDE program is an amazing way of connecting our young men with external support. Every time a Menslink staff member walks through our school it is visible to see how many connections have been built as each student stops to talk. The presenter has been an awesome support for our school and finds a solution and way to support each situation. The program has helped our young men immensely to better their decision making in intense situations.

HIGH SCHOOL TEACHER



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DESIGN YOUR OWN PROGRAM

Each school group, class, and year can be different. We understand Silence is Deadly and PRIDE may not be appropriate for all situations. You can choose one or more sessions* from our list of modules below and develop a program tailored to the needs and ages of the young guys in your school. The Menslink in Schools Program addresses learning outcomes of the following elements from the Australian Curriculum:

- Ethical Understanding (EU)
- Personal and Social Capability (PSC)
- Critical and Creating Thinking (CCT)

All modules are 1 hour in length, and can be delivered to groups from 8 to 100+. We adapt the style of the presentation to each age group. The presenter may differ for each module, subject to availability. In room AV access is preferred but not essential. If you need more information on any module, please see further details at: menslink.org.au/menslink-in-schools

SILENCE IS DEADLY

Our Silence is Deadly foundation presentation smashes the stereotype that men can't talk about their problems.

YOUR VALUES - THE REAL YOU

Young guys will develop an understanding of how values and beliefs influence attitudes and behaviours as a foundation to living a good life. [EU]

MAKING GOOD CHOICES

This session will guide young guys on how to make good choices based on their values. We share practical tips and examples of what goes into becoming a better decision maker. [EU, PSC, CCT]

BUILDING SELF-ESTEEM

We help young guys understand the factors influencing how they see themselves, and develop strategies for developing a positive self-view and building their self-esteem. [PSC]

POSITIVE MASCULINITY

Young guys will reflect on the factors that influence their view of masculinity and manhood, including concepts such as toxic and positive masculinity. [EU, PSC, CCT]

CREATING STRONG PERSONAL CONNECTIONS

Relationships are built on the fundamental principle of respect. Young guys will work through how respect can be applied to building positive relationships with themselves and others. [EU, PSC]

POSITIVE COPING

Positive coping skills can help build emotional resilience. This session will provide strategies for young guys to recognise how their emotions are being expressed and how they can be directed toward positive outcomes. [EU, PSC, CCT]

DESIGN YOUR OWN PROGRAM

DEALING WITH ANGER

Dealing with anger is a major issue for many young guys. This session will help young guys understand what anger is, what it feels like, and how to deal with it in a positive and healthy way. [EU, PSC]

RISK - SOME GOOD, SOME BAD

Risks are part of growing up. Some risks promote personal development, while others can be harmful. This module helps young guys understand why people engage in risk and develop strategies to manage risk to self and others. [EU, PSC, CCT]

YOUR DIGITAL TATTOO

Dealing with anger is a major issue for many young guys. This session will help young guys understand what anger is, what it feels like, and how to deal with it in a positive and healthy way. [EU, PSC]

THE THREE SIDES OF BULLYING

Bullying isn't a one sided problem. The three sides of the bullying triangle (victim, bully, and bystander) will be used in this session as a tool to help young guys relate to and identify bullying behaviour and what can be done to deal with it. [EU, PSC, CCT]

YOUR BODY – YOUR RULES

This session will help empower young guys to understand the social and cultural factors that influence how they see their bodies; and develop strategies to view them positively. [PSC, CCT]

MENTAL FITNESS

Delivered as a follow-up to our Silence is Deadly session, or for older audiences who have some understanding of how to look after themselves and their mates. We identify and encourage lifestyle changes to develop resilience in the face of life's challenges. [EU, PSC, CCT]

COMMUNICATION - SO MUCH MORE THAN TALKING

What we say is only part of the message. In this session, young guys learn and understand the concepts of verbal and non-verbal communication and how to deal constructively with verbal confrontations. [EU, PSC]

ENQUIRE NOW

Enquire now to book in sessions throughout your school year.



Young men need nuanced messaging as they navigate into the adult world. Menslink delivers this with authentic presenters driving challenging conversations that reinforce and strengthen our messages from the school.

HIGH SCHOOL PRINCIPAL

I have never seen our boys so engaged and attentive. They loved hearing from the presenter and listening to real life experiences and how to overcome adversity.

PRIMARY SCHOOL TEACHER

In my experience, male students are more than twice as likely to be in some sort of trouble, yet three times less likely to seek help from student services. Menslink works hard through both their presentations and wrap-around services to reverse these trends. I have worked closely with them for many years now and highly recommend their work.

HIGH SCHOOL PRINCIPAL



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