

MENSLINK TRIBE PROGRAM

**'BUILDING TRUST, RESILIENCE,
INDEPENDENCE, BRAVERY AND EMPATHY'**



Guiding young fellas on their journey to manhood with **Trust, Resilience, Independence, Bravery and Empathy. TRIBE** is an experiential 8 week program for young guys (max 12 participants), identified as having influence as leaders within peer groups in the school community. Upon graduation, we aim for these young men to be inspired and motivated to share their learnings with peers and younger year levels. Thereby building a school TRIBE that is more inclusive, supportive and accountable.

WHY?

Many young guys in Canberra are lost, searching for how they fit into the world.

Young guys can make poor choices that impact both themselves and those around them. Excessive risk-taking, violence, anti-social behaviour, unhealthy online usage, misogynistic attitudes, isolation and withdrawal can all cause short and long term damage. Traditional concepts of masculinity that encourage stoicism, self-reliance, and strength are useful to a point, but they are often taken too far and prevent young guys from exploring 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 and sometimes fatal consequences.

KEY INFO

WHAT IS IT? Experiential 8 week program - 1 hour sessions each week.

COST? FREE for schools in the ACT and immediate surrounds.

WHO CAN ATTEND? Young guys in years 5 to 12. Group size 8-12. Must be from the same year level. For Primary Schools, TRIBE is available to Year 6 students in terms 1-3, and Year 5 students in Term 4.

WHAT DO SCHOOLS NEED TO PROVIDE? A private space with access to a screen to show videos.

BOOK NOW

Complete this form and we'll be in touch to discuss: <https://menslink.org.au/school-bookings>

"The program was extremely beneficial, TRIBE offers young fellas the opportunity to identify who they want to be, and how they can recognise the first steps to being the best version of that. For the young fellas who really engage, it can be life changing." **High School Teacher**

"The TRIBE program took our boys from a group of disconnected, cruel, cliquy children to confident, supportive individuals with significantly improved sense of empathy and care for each other." **Primary School Teacher**



QUESTIONS?

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