

MENSLINK UNPLUGGED PROGRAM

'UNPLUG TO CONNECT'



Menslink **Unplugged** is a brand new 1-hour program that helps young guys identify where their consumption of social media and technology may be affecting their values, decision making and mental health. We challenge the young guys to question the time, content and impact of social media and technology on their lives. Highlighting some of the key trends that are currently influencing our young men, such as TikTok, YouTube, Instagram, video games and numerous influencers, we create a deeper awareness where young guys are inspired to challenge and question the content and quantity of what they consume, while inspiring them to take charge of their lives through conscious choice.

WHY?

Youngs guys are searching for answers as they try to find their place in the world. In this search they are all too often starving for guidance and community, while drowning in information and unfiltered stimulus online. In a world that is supposed to be more connected than ever, we are seeing an epidemic of isolation and loneliness. Menslink Unplugged helps young guys take an objective look at the issues that they are faced with while engaging with and living in an online world. The program also invites them to shift from unconscious consumption of technology and media into conscious decision making around their use of technology and how it intersects with their daily lives.

KEY INFO

WHAT IS IT? 1 hour interactive presentation.

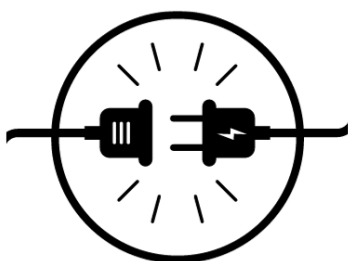
COST? FREE for schools in the ACT and immediate surrounds.

WHO CAN ATTEND? Young guys in years 5 to 12.

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>



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QUESTIONS?

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