

What does it mean to be a man today?

LEARNING OUTCOMES

Knowledge, Skills
& Actions



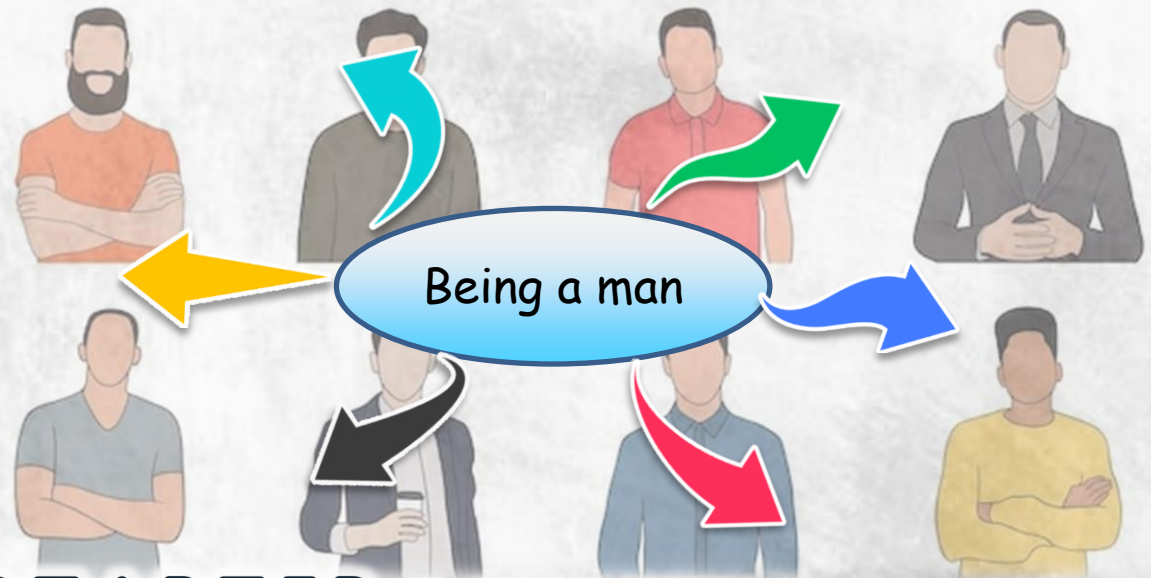
To understand what it
means to be a man in
modern society

To explore rigid gender
stereotypes of masculine
men

To evaluate the
characteristics of a 'good
man' and a 'real man'

NEW VOCABULARY

Masculinity, Man Box, Real
Man, Rigid Gender Roles, Self-
Sufficiency



STARTER ACTIVITY

Complete the mind map with lots of ideas
about what it means to be a man.
What behaviours define men?



3 Minutes

GROUND RULES



Be open and honest
No Personal Comments
Discussions must be about
'general situations'



You don't have to say
things about yourself if
you don't want to

It's OK to be embarrassed
by a topic but don't show
that you are embarrassed
through silliness



Be Respectful

Listen & don't interrupt others
Only 1 person talking at a time
Use the agreed appropriate
Language (Avoid slang terms)



Don't Make Assumptions
about people's values,
attitudes, behaviours, life
experiences or feelings

PSHE CLASSROOM RULES

DEALING WITH SENSITIVE TOPICS

SAFEGUARDING YOUR WELFARE & HAVING YOUR INTERESTS AT HEART

There are **no stupid questions**
It's OK to get things wrong

Be Non-Judgemental

No put-downs. Challenge
the opinion, not the
person



Conversations on sensitive
topics stay in the
classroom unless it is a
safeguarding issue

Enjoy the lesson, challenge your perceptions and understand how to seek further advice and support



What does it mean to be a man today?

ASSESSMENT
FOR LEARNING

BASELINE CONFIDENCE CHECKER



BEFORE THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
Knowledge, Skills & Actions	1	2	3	4	5	6	7	8	9	10
I understand unhealthy male stereotypes and what it really means to be a man										
I know the difference between a 'real man' and a 'good man'										
I am confident in showing my emotions										



2 Minutes

Complete a baseline assessment of where you think you are at for this lesson
(Discuss or complete sheet)



I'm not confident at all on this topic

A little confident

Confident

Very confident

I am super confident on this topic

What Do You Think?



“Girls today are outperforming boys in school at every level, and this should be celebrated”

Talking Points



I think that ...

I don't think... is right because...

My opinion is...

I would argue the same because...

I disagree with... because...

Building on what... said. I think...

An alternate way of looking at this is...

I sort of agree, however....

I would challenge what.. said because ...

Do you agree or disagree? Why?

Can you add to the statement?

Do you have a question about the statement?

Would you like to challenge what is being said?

Do you have an alternative idea?



Men

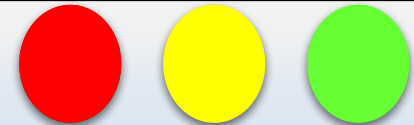
Men should be tough



A man should be the main provider in the family



Men don't talk about their feelings



Men should be into sport



Men should be able to fix things



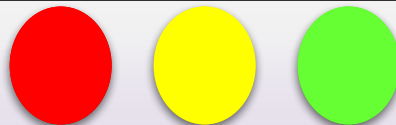
Men should pay for the meal on a first date



Men should allow women to do things first



A man should always propose to a woman



Men should never cry



Task

Discuss each statement and decide if you agree (Green)

Not sure (Amber)

Disagree (Red)

The 'Man Box' – A "Real Man"

A "real man" is a man who fits inside a concept called the 'Man Box'.

The Man Box is a structure, something that boys can learn at an early age, that they may feel they need to fit in to.



The central premise of the Man Box is that if you don't fit in, you're not a "real" man, and not being a real man carries a heavy social price.



Task

What are some of the stereotypes that would make someone fit inside the 'man box'?

The unhealthy stereotypes of the 'Man Box'

Self-sufficiency: Talking to others about your issues and concerns is weak. Men should figure out their personal problems without asking for help.

Acting tough: A guy who doesn't fight back is weak. Guys should always act strong, even if they feel scared or nervous.

Physical attractiveness: Successful men look good, but spending too much time on your looks is not manly.

Rigid gender roles: Men don't do household chores. Men should be the financial providers for their family.

Heterosexuality and homophobia: A gay guy is not a real man. Straight guys should not have gay friends.

Hypersexuality: A real man has as many sexual partners as possible. A real man never says no to sex.

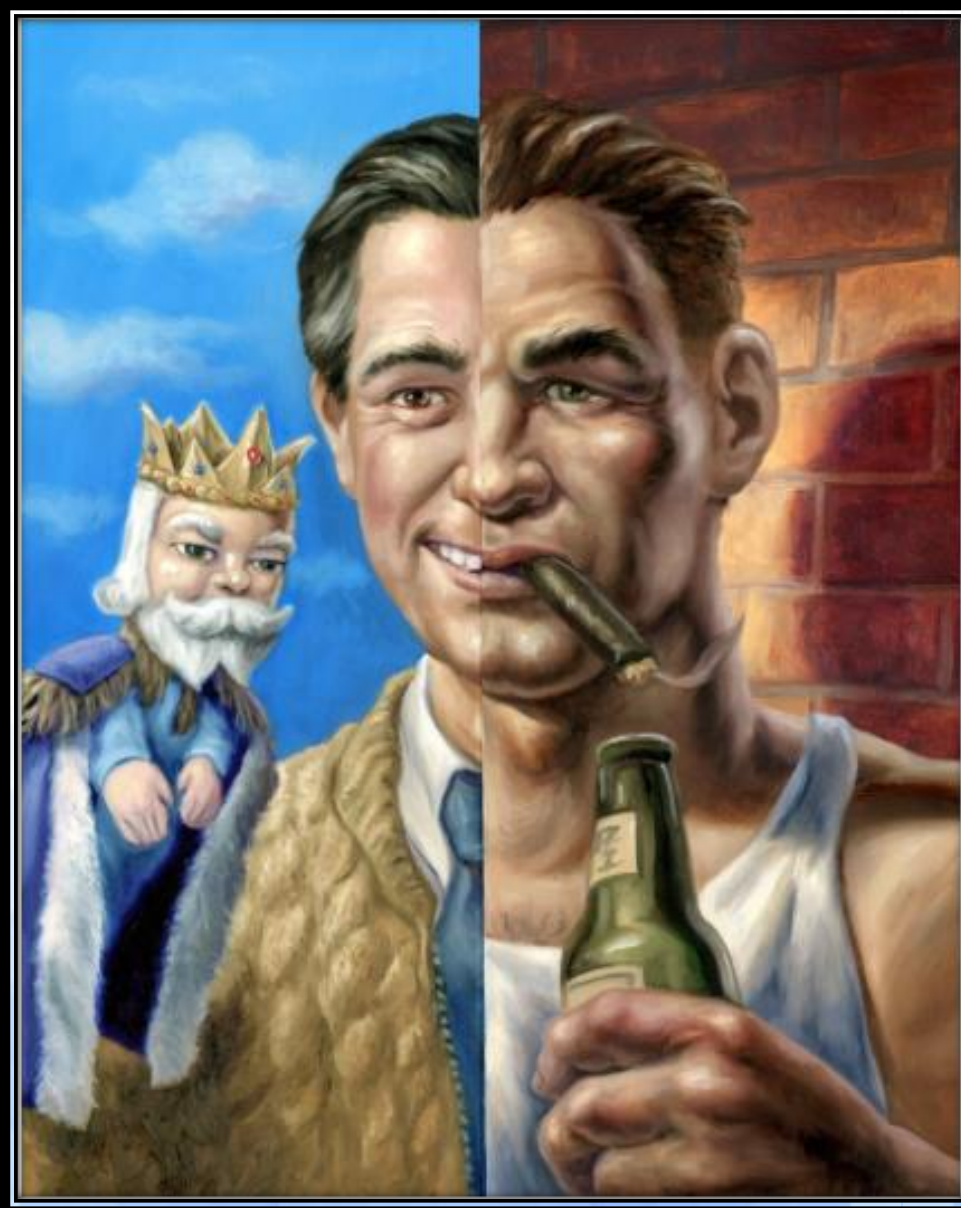
Aggression and control: Men should use violence when necessary. A man always has the final say in a relationship.



Task

How might trying to conform to all these “rules” make someone feel?

WHAT IS THE DIFFERENCE BETWEEN A "REAL MAN" AND A "GOOD MAN"?



Task

What stereotypes might be attached to each half of the image?

Are there differences between what it means to be a good man and a real man? Why is this?

Name three bad male role models in the public eye, and say why they are not good role models e.g. *Chris Brown - because of his bad boy behaviour, and that he assaulted his ex-girlfriend Rhianna and was placed on probation.*

Name three positive male role models in the public eye, and explain why they are good.

Did you know?

One of the leading causes of death for males between the ages of 10 and 49, according to NOMIS in 2016, was suicide, deliberate injury, or poisoning (drug abuse) of undetermined intent.

WHAT DOES IT MEAN TO BE....

Task

Complete the table with four traits for a “good man” and four for a “real man”. Then answer the questions below.

A “GOOD MAN”?	A “REAL MAN”?
1.	1.
2.	2.
3.	3.
4.	4.

Think about the positive, older male role models in your life (family, teachers, friends, professionals, neighbours).

- What qualities do they have that you admire and respect?
- What values do they live by?
- Do they have any sayings?
- What positive things do they do?

- What do the sayings ‘man up’ and ‘that’s not very manly’ actually mean?
- Are these phrases damaging to society?
- What qualities are “real men” meant to demonstrate to the world?
- What does society expect from a real man as he grows up?

What Do You Think?



"Being a man is about power, wealth, and athletic prowess. That is what the media shows us"

Talking Points



I think that ...

I don't think... is right because...

My opinion is...

I would argue the same because...

I disagree with... because...

Building on what... said. I think...

An alternate way of looking at this is...

I sort of agree, however....

I would challenge what.. said because ...

Do you agree or disagree? Why?

Can you add to the statement?

Do you have a question about the statement?

Would you like to challenge what is being said?

Do you have an alternative idea?





Men should be men



What Society Says To Men-
Helly Shah | Spoken Word
Poetry

Task: Pick one or two coloured hats and answer all the related questions



4 Minutes



What facts do I know? What else do I need to know? What do I want to know?

INFORMATION



How do I feel about this? What don't I like about this? What do I like about this?

FEELINGS



Can something be done? New ideas? What are the solutions/suggestions?

CREATIVITY



What thinking is needed? Next steps? Where are we now?

THINKING



What is wrong? Is it safe? Can it be done?

JUDGEMENT

SORTING ACTIVITY

WHICH SIDE WOULD YOU PUT THESE TRAITS ON?

MEN

WOMEN

Good grades in school

Rich

Talk about their
problems

Disorganised

Fighting

Anger

Crying

Emotional

Powerful

Caring

Strong and tough

Messing about

Mental health

Fighting

Neat hand writing

Task

Discuss which side each would fall into, if you had to put them on one side.

What do you notice are the common stereotypes of men and women that society is portraying to young people?

How could this impact mental health in men?



SENSITIVE ISSUE

Leading cause of death by age for males in 2019

Rank		Count
Age 10 to 19 years		
1	Suicide & injury or poisoning of undetermined intent	117
2	Transport accidents	70
3	Homicide	46
4	Accidental poisoning	25
5	Brain cancer	25
Age 20 to 34 years		
1	Suicide & injury or poisoning of undetermined intent	765
2	Accidental poisoning	506
3	Transport accidents	322
4	Homicide	151
5	Cirrhosis and other diseases of liver	96
Age 35 to 49 years		
1	Suicide & injury or poisoning of undetermined intent	1,069
2	Accidental poisoning	1,053
3	Heart disease	1,031
4	Cirrhosis and other diseases of liver	941
5	Stroke	286
Age 50 to 64 years		
1	Heart disease	5,223
2	Lung cancer	2,591
3	Cirrhosis and other diseases of liver	1,970
4	Chronic lower respiratory diseases	1,283
5	Colorectal & anal cancer	1,265
Age 65 to 79 years		
1	Heart disease	12,053
2	Lung cancer	7,740
3	Chronic lower respiratory diseases	6,361
4	Stroke	3,658
5	Dementia and Alzheimer's disease	3,568
Age 80 plus years		
1	Dementia and Alzheimer's disease	18,015
2	Heart disease	14,929
3	Influenza and pneumonia	8,163
4	Stroke	7,586
5	Chronic lower respiratory diseases	7,055

•Key: External



Medical



What is worrying about this?

How could masculinity link to some of the leading causes ?



Did you know?

From childhood, the media shows us what men should be. By the age of five or six, boys are conditioned to believe that it is not acceptable to cry, and should fit inside the 'Man Box'

“Love Island is damaging for young men in society as it portrays unrealistic body images”

THOUGHTS & FEELINGS

What is your opinion on the statement above?

STRONGLY
DISAGREE

DISAGREE

AGREE

STRONGLY
AGREE

Start with one of these cards

Or one of these

There is
evidence
that...

Surely...

I'm not
convinced
that...

I understand
that, but...

I'm not sure I
understand,
please could...

So, are you
saying that...

In my
opinion...

I think...

Therefore...

Clearly...

Yes, but on
the other
hand...

Perhaps...

So, you think
that...

Does this
mean...

So if ... does
that mean
that...

I wonder if...

I would
contest...

Why do you
think that...

Unlike...

I disagree...

I partially
agree...

Consequently
...

Obviously...

Something
else to
consider is...



Task 1: Discuss / debate with your partner your own personal views towards this statement. Use the cards to help get you started.

Extension: Can you think of specific examples of recent events that would support this statement, and other specific examples that would go against this statement?



2-3 Minutes

“It’s easy being a man today compared to being a woman”

THOUGHTS & FEELINGS

What is your opinion on the statement above?

**STRONGLY
DISAGREE**

DISAGREE

AGREE

**STRONGLY
AGREE**

Start with one of these cards

Or one of these

There is
evidence
that...

Surely...

I’m not
convinced
that...

I understand
that, but...

I’m not sure I
understand,
please could...

So, are you
saying that...

In my
opinion...

I think...

Therefore...

Clearly...

Yes, but on
the other
hand...

Perhaps...

So, you think
that...

Does this
mean...

So if ... does
that mean
that...

I wonder if...

I would
contest...

Why do you
think that...

Unlike...

I disagree...

I partially
agree...

Consequently
...

Obviously...

Something
else to
consider is...



Discussion task

Task 1: Discuss / debate with your partner your own personal views towards this statement. Use the cards to help get you started.

Extension: Can you think of specific examples of recent events that would support this statement, and other specific examples that would go against this statement?



2-3 Minutes



REVIEW YOUR LEARNING OUTCOMES

ASSESSMENT
FOR LEARNING

CONFIDENCE CHECKER



AFTER THE LESSON	NOT CONFIDENT				CONFIDENT				VERY CONFIDENT	
Knowledge, Skills & Actions	1	2	3	4	5	6	7	8	9	10
I understand unhealthy male stereotypes and what it really means to be a man										
I know the difference between a 'real man' and a 'good man'										
I am confident in showing my emotions										



3 Minutes

Complete the confidence checker of where you think you are at for this lesson

(Discussion or complete sheet)



I'm not confident at all on this topic



A little confident



Confident

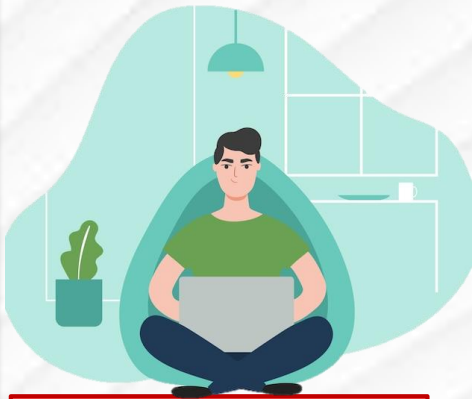


Very confident



I am super confident on this topic

HOMEWORK SUGGESTION



DUE DATE

It must be submitted by..

Hand / Google
Classroom



Homework Explained

Create a mind map of a male role model in your life, add as much information about them as you can e.g. who they are, why they are a role model for you, issues they have overcome, etc.





IMPORTANT INFORMATION



2 Minutes



FOR MORE INFORMATION ABOUT THE TOPICS COVERED IN THIS UNIT
WE WOULD ADVISE ONE OF THE BELOW:

SPEAK TO YOUR PARENTS/GUARDIANS, HEAD OF YEAR,
A TRUSTED ADULT OR FRIEND.

IF YOU HAVE ANY CONCERNS ABOUT YOURSELF OR SOMEONE YOU KNOW.
IT IS IMPORTANT TO SPEAK UP AND TELL SOMEONE!

SPECIFIC FURTHER INFORMATION ON THIS TOPIC CAN BE FOUND HERE:

- ☐ <https://www.childline.org.uk> Support and Advice for young people
- ☐ <https://www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/children-and-young-peoples-services/>
- ☐ <https://www.kooth.com> Free Safe and Anonymous online support for young people
- ☐ www.bbc.co.uk/radio1/advice

RELATIONSHIPS
& SEX EDUCATION



SEEKING SUPPORT

REFLECTION PLENARY



A problem I overcame today was...

Before I only knew...
now I also know...

The key words for this lesson
were...

I'm really proud of the way I have...

Today I have tried to...

The most important thing I have
learnt today is...

I used to feel ... but I now feel ...

Before I would have done...
Now I will ...

Next lesson I would like to...

A question I would like to ask
is...

I would like to learn more
about...

I know if I need further support
or help I could speak to.... or
contact...

I now know I can supported
others by...

One thing I didn't realise was...
this will help me to...

2 Minutes





REFER TO MINDFULNESS POWERPOINT

