

Year 8 BOYS Program

Drama Space W5

PROGRAM TIMETABLE
Beaumaris Secondary College
THURSDAY 2nd June 2022

SESSION	WORKSHOP & TIMES	DESCRIPTION	STAFF
1	Introduction & Workshop 1 (75 mins) 8:50 am - 10:05 am	Intro: Our presenter will welcome the boys, share stories and set the scene to ensure the boys are 'in the zone' for a fun day of active learning. Gender Bender (Respectful Relationships): Using a variety of genres from pop-culture as exploration tools, we discover how limiting gender stereotypes can be, and how sexism plays out in the media, politics, and at times in the boys' own lives. We challenge boys to redefine the social construction of masculinity, power and success, and encourage them to seek out helpful role models and supportive mentors. We also teach them how to navigate relationships successfully and respectfully, and with particular focus on consent, the boys will learn how to set and respect boundaries – online and off.	CRA DEG VAK TEM MAC ROS ELIN
BREAK 1: 10:05 am -10:20 am			
2	Workshop 2 10.20 am 11.35 am	Media Wise: Once considered a mostly female issue, research shows the number of boys suffering body image anxiety has doubled each year over the past five years, making body image anxiety the number one issue facing many teen boys today. As the media, diet and beauty industries increasingly set their sights on the male market, more and more boys are turning to diet supplements and extreme measures in an attempt to conform to industry constructed masculinity 'ideals'. We uncover the tricks of the trade, encourage boys to be discerning media consumers, and empower them to see and embrace their own style - inside & out.	CRA ROB LYO CHE MRT ELIN
BREAK 2: 11:35 am -11:50 am.			
3	Workshop 3 11:50 am - 1.05 pm	Talking the Talk: Vincent Van Gogh said "If you hear a voice within you saying 'you are not a painter', then by all means paint, and that voice will be silenced." Alongside hands-on activities and group conversation, boys will reflect on their self-identity, what is important to them, and unlock the power of positive self-talk. Stress Less: With unprecedented levels of anxiety and stress amongst young people today, never before has it been so important to help them recognise, understand, and manage stress. We promote positive mental health by providing a range of practical, proven stress busting techniques for boys to use in their daily lives to increase well-being and facilitate better learning outcomes	CRA ROB TEM NOL VER HOO ELIN
LUNCH: 1:05 pm -1:55 pm			
4	Workshop 4 1:55 pm – 3:10 pm	The Best of Mates: Ask teen boys who they feel their most important relationships are with, and for many it's their friends. We help boys develop the skills to create and maintain healthy relationships with their friends and peers. Through role-play and positive affirmation, your boys will learn how to find and be a good friend, how to recognise and manage toxic relationships, build resilience, and respectfully resolve conflict. Upon conclusion of our event, your boys will be presented with a special take-home gift as a memento of our day together. They will be asked to complete our feedback form, and the results and comments will be collated and provided to your school soon after the event.	CRA TEM LYO MCK VAK MRT ELIN