



# THE MAN CAVE



We are a preventative mental health and emotional intelligence program for boys, young men, parents and teachers. We work in educational settings to deliver transformational and empowering workshops, camps and keynote presentations. Our aim is to empower boys to become great men by providing them and their communities with impactful programs, role models and resources.

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## CHELTENHAM SECONDARY COLLEGE

FEBRUARY, 2019

YEAR 7 BOYS, TEACHERS & PARENTS EVALUATION

# THE BOYS WORKSHOP

**95%** of the boys rated **the workshop** as good or excellent

## I LIKED ...

"I liked that we could share our problems or worries with everyone without them judging"

"the calm environment, the silences lead to us all building courage to speak"

"I could talk about things that I might not have been able to say to my friends"

**94%** of the boys **would recommend** The Man Cave to other boys

## I LEARNED ABOUT MYSELF THAT...

"That i can be myself and my gender doesn't define me"

"That it's okay to be sad, but how you deal with it is key and everyone is going through stuff, so you don't need to feel lonely"

"I can be open around other blokes and my help and support is valued."

## I LEARNED ABOUT OTHERS THAT...

"I learnt to understand their struggles and story. to be patient and understanding"

"that they all like to talk about things that happen to help them solve their problems, just like me"

"I learnt about peoples struggles and now i respect them more"



## THE BOYS' THOUGHTS AND ATTITUDES

14%

of the boys **agreed** with the statement, 'guys should figure out their personal problems on their own or without asking others for help'

This is **better** when compared to the 27% of Australian men who agree with this statement

53%

of the boys **agreed** with the statement, 'guys should act strong even if they feel scared or nervous inside'

This is **worse** when compared to the 47% of Australian men who agree with this statement

The Men's Project & Flood, M, (2018) The Man Box: A Study on Being a Young Man in Australia Jesuit Social Services: Melbourne

### ONE THING YOU WILL DO DIFFERENTLY NOW...

"Try to stick up for people and make sure they feel needed"

"Express how i'm feeling to others and listen to other people if they have problems they want to share"

"I think I'll see things from a different or altered perspective, more inclusive of things I learnt today"



# THE TEACHERS WORKSHOP

93%

of the teachers rated **the workshop** as good or excellent

## 3 WORDS TO DESCRIBE TODAY'S WORKSHOP...

Empowering, inspiring, reflective

Engaging, professional, well run

Interesting, worthwhile, thought-provoking

97%

of the teachers **would recommend** The Man Cave to other teachers

## THE MOST USEFUL PARTS OF THE WORKSHOP WERE...

"Kids + boys that present as naughty/challenging can be reached, i think teachers forget this"

"Considering how boys are conditioned socially and the effect this has on themselves and others"

"Outstanding facilitations, positive focus, sense of shared/ongoing commitment"

100%

of teachers were committed to providing extra support to challenging students are participating in the workshop



# THE TEACHERS WORKSHOP

We saw improvements in the way teachers planned to manage more challenging situations while teaching. The data below indicates the % of teachers that rated each statement a 4 or 5 out of 5 in relation to each statement.

	Before	After	Difference
"My ability to Identify students who might need extra support is..."	81%	99%	+ 18%
"My ability to respond to students who might need extra support is..."	37%	65%	+ 28%
"My intention to provide extra support to challenging students before and after the training is..."	84%	100%	+ 16%



# THE PARENTS WORKSHOP

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The 60 minute parent information evening was extremely well received by the parents who attended.

**100%** of the parents rated **the workshop** as good or excellent

**100%** of the parents **would recommend** The Man Cave to other parents

## THE MOST USEFUL PARTS OF THE WORKSHOP WERE...

"Giving me the dialogue to assist with talking to my son about how he is feeling"

"Everything! Awareness, giving ways to navigate our boys emotionally"

"Understanding more of what our child is going through in life"

**100%** of the parents have a **better understanding of the challenges** their child faces and feel **better equipped** to connect with their child

"A great initiative to help our boys navigate the world and be in touch with their feelings"

"Fantastic, should be in every school regularly"

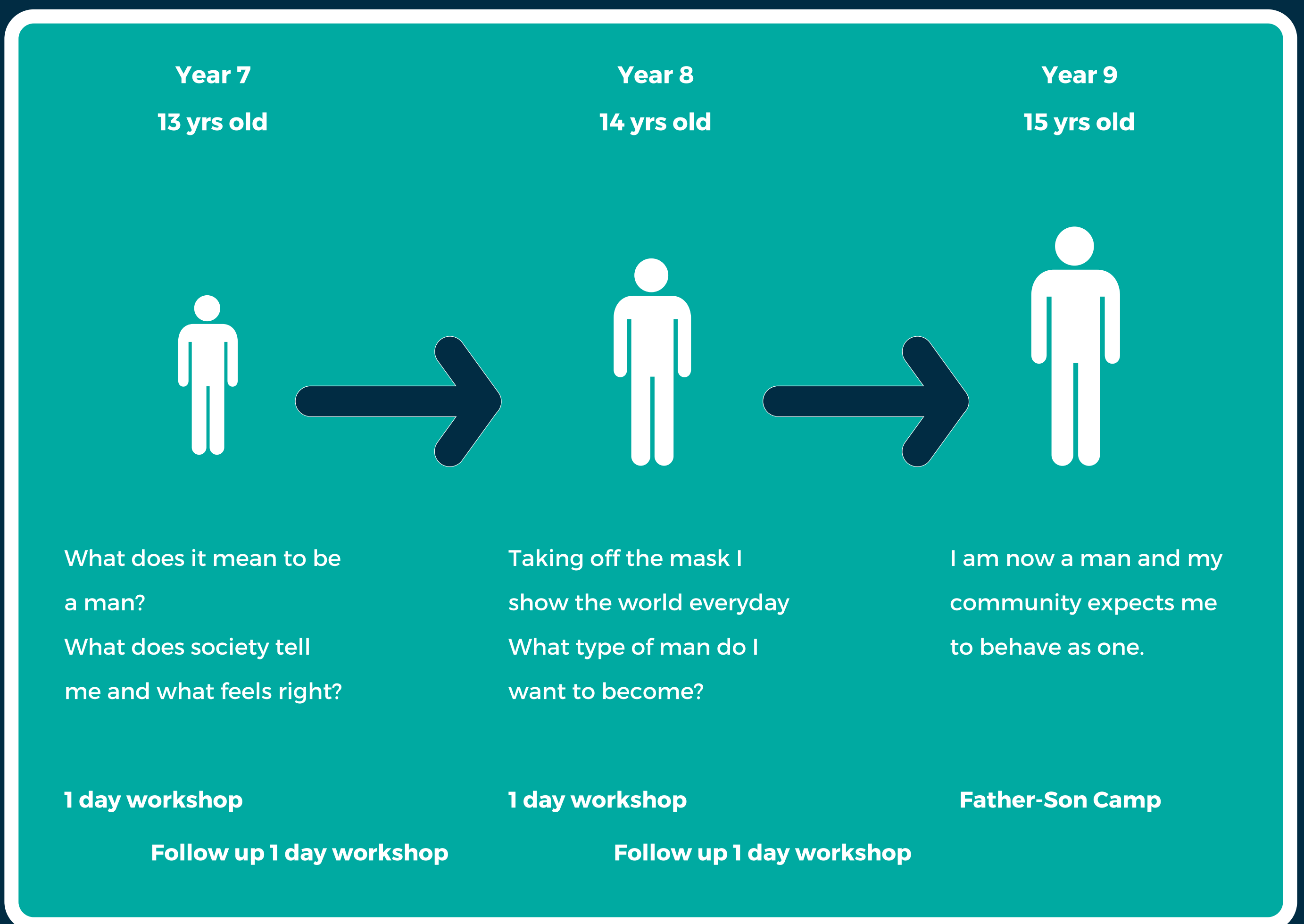
"Pleasantly surprised, great to know there is a program like this".



# THE LONG-TERM VISION

We believe that boys need a clear pathway into becoming a healthy young man. A clear moment in time that indicates to them and their communities that they are no longer boys. When we don't give boys this moment, they seek it out themselves through thrill seeking behaviour. What can result is harmful behaviour to themselves and others that culminates in terrible mental health statistics at the age of 16.

By adapting ancient practices of Rites of Passage and adapting them to the Australian Education system, we believe the model below is the best way to create healthy young men through school.



Teachers

Teachers join the boys in the workshops and continue to mentor them throughout this process. Teachers also receive professional development from The Man Cave and learn how to integrate The Man Cave facilitation techniques into their everyday teaching.



Parents

Parents observe the boys transition at key points throughout this process and learn to allow him to flourish and grow into a healthy young man. Parents attend The Man Cave information evenings to better understand how they can support their boys' growth.

## PLEASE SHARE THIS DOCUMENT

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This document is designed to be shared within your school community. Please share it with your leadership team, other teachers and parents.

## WHAT NEXT?

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We believe in creating long-term sustainable behaviour change for boys, young men and their communities. We know through our work with thousands of boys across Australia, that for this work to be effective, boys need to consistently participate in programs over a number of years. We also know that when boys are not given an effective passageway into manhood, that they can create it for themselves and engage in behaviour that is destructive to themselves and others. If you'd like to book in your next program, please contact us via the details below.

## CONTACT DETAILS

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**THE MAN CAVE**