

What does being a man mean to you?

Masculinity, at its best, can be a powerful force for good in the world.
Good men shape families, friendships and communities in ways that matter.

→ *Let's talk about what kind of man you want to be...*



ACTIVITY: MAN BOX

Manly? Not manly? Place each word below into the box you think it best suits.

STRONG

EMPATHETIC

ATHLETIC

RATIONAL

RESILIENT

NURTURING

CONFIDENT

DISCIPLINED

THOUGHTFUL

KIND

CREATIVE

LOVING

MANLY

NOT MANLY



Was this activity hard to do?

How did you know what word went into what box?

Think about a person in your life you **admire** most. Write 5 words that describe them:

The people we **admire most** often demonstrate both 'manly' and 'not manly' traits, regardless of their gender. These people are their most authentic selves, not constrained by gender stereotypes.

You don't need to conform to expectations of masculinity.

Most men want to be good friends, fathers, brothers and partners. And that's exactly what the people around them want from them too.

74%

of men don't agree with restricted views of masculinity

The Men's Project & Flood, M. 2024

Yet 37%

of men feel pressure to conform to the Man Box

The Men's Project & Flood, M. 2024

When you challenge expectations, you create more freedom for yourself and others.

➔ *It's not about being less of a man,
it's about being more of your whole self.*



ACTIVITY: TAKE ACTION

So what will you do to free yourself and the men around you from outdated stereotypes?

Here are some easy ideas, circle the ones you can commit to!

Share something personal
with a mate

Talk about feelings and
emotions with your kids

Call it out when a mate
makes a sexist joke

Do a self care activity

Ask women for their
opinions and listen to them

Try a new hobby

Check in with a mental
health professional

Mentor other men

Show empathy daily

Share household chores
and mental load

Attend an event about
gender equality

Ask for help when you're
doing something challenging

MensLine Australia – 1300 78 99 78

Help, support, referrals & counselling for men

1800 RESPECT – 1800 737 732

National domestic, family and sexual violence counselling

QLife – 1800 184 527

Free LGBTIQ+ peer support and referral

Lifeline – 13 11 14

Crisis support and suicide prevention services

Sexual Assault Resource Centre – 1800 199 888

24-hour Crisis line for those who've experienced sexual violence

13 Yarn – 13 92 76

Confidential, culturally safe space to yarn