

Men's Reflection on #MeToo

Sponsored by First Unitarian Church Men's Community

Facilitators:

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Workshop Agenda for Presenters

(Notes for Facilitators in Red)

Online with all Web links at <https://tinyurl.com/yavj2yvt>

9:00	Chalice Lighting (We are Unitarian Universalists. . .)
9:05	<p>Welcome (We are Men's Community Members, not professional presenters, culture of speaking from the heart. . .) Intentions of Council, Confidentiality. Overview of Workshop – Brief explanation of the 3 parts, Breaks, Food, etc. Remind men that survey at end is important – feedback to revise + next steps</p> <p>Language and scope: – This handout often refers to “men” and “women” and is meant to apply to “all who identify.” This workshop is designed to encourage men to reflect on #MeToo and to discuss how to support the women in our lives. #MeToo is predominantly about women telling their stories and being believed. Having said that, we are aware that sexual abuse is not limited to men abusing women and discussion of abuse across and among gender categories may arise even though that is not the focus of the workshop.</p> <p>Lay ministers are available for future follow-up to anyone who needs further support. Other options for follow-on discussions will be covered at the end of the workshop.</p>
9:15	<p>Ice Breakers</p> <ol style="list-style-type: none">1. Circle up – Tell us your name, where you grew up, how many brothers and sisters in your family.2. Pair up – Why did you come to this workshop? What do you hope to leave with?
9:35	<p>Setting the Table for the Workshop</p> <p>“ . . . Despite what some say, this is a not a women’s issue. Violence against women by men is intrinsically a men’s issue. We must change how we raise boys and what we expect of men . . .” Mary Gear, Acting Assistant Minister</p> <p>Watch a video: “I Believe You – Listening.” First Unitarian Church service,</p>

	<p>Mary Gear, Acting Assistant Minister, December 10, 2017. (Play from 17:36 to end – about 8 minutes)</p> <p>If a shorter segment is preferred, the critical piece would be 23:17 to the end, about 2 min. 30 seconds. http://www.firstunitarianportland.org/services/12345-i-believe-you-23456789/</p>
9:50	<p>Part 1 – Reflections on the male cultures in which we were raised and the men we have become.</p> <p>1. Introduction – We have to examine the influences we got from those who raised us and the cultural norms in which we were raised to understand how we got to where we are.</p> <p>2. Watch “A Call to Men” by Tony Porter. https://www.ted.com/talks/tony_porter_a_call_to_men#t-233644</p> <p>Post an image and description of “The Man Box.” Keep it displayed during discussions. This image of the Man Box displays characteristics and rules that many men may have in their Man Box. Having this image projected during discussions should help any participant that may be stuck. (Image at the link below) http://cis112-010girlsontherun.blogspot.com/2015/11/ted-talk-analysis-tony-porters-call-to.html</p> <p>3. Small-group Breakout Discussion – Exploring your “Man Box” and the “Man Box Rules”: Questions to consider:</p> <ul style="list-style-type: none"> a) What qualities and rules about “being a man” did you learn growing up? b) What are some of the ways you learned them? c) What positive or negative consequences occurred due to these lessons? <p>There is a facilitator in each small group. The facilitator can participate in the discussion, but his primary job is to keep the discussion on track: encourage roughly equal time for all to share, discourage interruption, advice-giving or cross-talk, ask for clarification if needed. Let group members know that facilitator will report out to the large group, but will not share any specific information w/o getting explicit permission.</p>

	<p>4. Large-group sharing - Share some of the most informative and insightful results from the small group discussion. Focus on report out will be: 1) Recurring themes 2) Things that were unexpected/surprising 3) Discussion points that move the large group forward</p>
10:50	<p>Break – Coffee and snacks</p>
11:05	<p>Part 2 – Discussion of how we males raised in these cultures have hurt women and girls.</p> <p>Introduction – We as men have to take responsibility for how our dominant culture has oppressed and injured women.</p> <p>We discussed omitting a second video, but on further reflection, decided to include it. For one thing, if men have done their pre-workshop homework, they will already have viewed Dana's video clip so while excellent and I think we should show it again, it won't be new. Also, I have come to know that the incidence of sexual assault is highest among women of color. Seems we should have a video that includes women of color (we only have Mary and Dana).</p> <p>1. Watch a video: “The MeToo Stories You Aren't Hearing About” Huffington Post, April 12, 2018 (3 min. 24 seconds). https://www.youtube.com/watch?v=xNWDZ2Ta6os&feature=youtu.be</p> <p>2. Watch a video: “I Believe You.” from Unitarian service in December (Dana Buhl clip - first 4 min 50 sec). http://www.firstunitarianportland.org/services/12345-i-believe-you-23456789/</p> <p>Post an image of Sexual Assault Statistics. Keep it displayed during small-group discussions. This image does not need to be discussed, but I found it shocking that 1 in 4 girls and 1 in 6 boys has been sexually assaulted by age 18 and keeping it displayed during discussions would be powerful. http://www.mscasa.org/wp-content/uploads/2018/04/slider1.png</p> <p>3. Small-group Breakout Discussion: How the “Man Box” culture of masculinity has contributed to men injuring women and girls: Questions to consider:</p> <p>a) Can you share an experience in which your behavior negatively influenced, limited or harmed one of the women or girls in your life?</p> <p>This might be an appropriate time to remind participants that even though the</p>

	<p>questions refer only to men hurting women and girls, there is sexual abuse among other gender categories, but that violence by men against women is the focus of today's work.</p> <p>b) Did the Man Box qualities and rules you learned growing up contribute to your behavior? If so, how?</p> <p>c) Have you been able to break out of the Man Box in some ways? If so, describe how your attitudes have changed and how that has affected your behavior.</p> <p>The facilitator can participate in the discussion, but his primary job is to keep the discussion on track: encourage roughly equal time for all to share, discourage interruption, advice-giving or cross-talk, ask for clarification if needed. Let group members know that facilitator will report out to the large group, but will not share any specific information w/o getting explicit permission.</p> <p>4. Large-group sharing – Focus on report out will be: 1) Recurring themes 2) Things that were unexpected/surprising 3) Discussion points that move the large group forward</p>
12:05	<p>Break – Substantial snacks will be offered – finger food or sandwiches</p>
12:20	<p>Part 3: What have we learned today and what are the next steps we want to take?</p> <p>Depending on how much time is remaining and on readiness of men to think about next steps, this Part 3 might include substantial discussion or might just be a “show and tell” so men have some idea about what kinds of things are being done/can be done to assist with #MeToo.</p> <p>How can we become better allies to women? What steps do we want to take for ourselves and with others to foster healthy relationships between men and women/girls?</p> <p>Some possibilities:</p> <ol style="list-style-type: none"> 1. The Pledge to Speak Up (A Call to Men: #IWILLSPEAKUP) <ol style="list-style-type: none"> a) Watch a Video: Show “Speak Up.” https://youtu.be/3GZk4rcO5wI list=PLRH4qMDKG2FEJAFjuqgAq3ymIoKnjTgOW b) Display the Pledge and ask volunteers to read the 6 steps of the pledge.

	<p>Pledge to Speak Up: Reflect, Model, Value, Support, Speak, Give.</p> <p>c) Sign the pledge if you choose. https://secure.joyfulheartfoundation.org/page/s/pledge-i-will-speak-up</p> <p>2. Take Responsibility for Co-Creating Healthy Male Culture (Mankind Project)</p> <p>a) Display visual #Iamresponsible https://mankindproject.org/iamresponsible/</p> <p>b) Volunteers read statements</p> <p>c) As a group, suggest more statements that reflect our goals</p> <p>3. Support existing, ongoing training</p> <p>a) Watch a Video: “LiveRESPECT Healthy Teen Relationship Camps – A CALL TO MEN NFL” (highlight some efforts being made for training). https://www.youtube.com/watch?v=vp6MpZgmQsE</p> <p>b) Our Whole Lives (OWL) Lifespan Sexuality Training https://www.uua.org/re/owl</p> <p>4. Brainstorm additional ideas:</p> <p>a) Extend discussion at next Men's Community Mtg. - Sat. Nov. 17</p> <p>b) Possible theme for Weekend Retreat on April 26-28</p> <p>c) Write additional ideas on back of Survey form</p>
1:20	<p>Closing</p> <p>a) Final Questions/Comments from participants</p> <p>b) Final Blessing given as men join arm and arm in circle/Extinguish chalice</p> <p>c) Complete the survey</p>

Resources and References

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- Vedantam, S., Shah, P., Boyle, T., & Cohen, R. (2018, October 01). 'Man Up': How A Fear Of Appearing Feminine Restricts Men, And Affects Us All. Retrieved October 13, 2018, from <https://www.npr.org/2018/10/01/653339162/-man-up-how-a-fear-of-appearing-feminine-restricts-men-and-affects-us-al>

