

Men's Reflection on #MeToo

Sponsored by First Unitarian Church Men's Community

Facilitators:

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Workshop Agenda

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

9:00	Chalice Lighting
9:05	Welcome
9:15	Ice Breakers 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	Setting the Table for the Workshop “. . . 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 Watch a video: “I Believe You – Listening.” First Unitarian Church service, Mary Gear, Acting Assistant Minister, December 10, 2017.
9:50	Part 1 – Reflections on the male cultures in which we were raised and the men we have become. 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. 2. Watch “A Call to Men” by Tony Porter. 3. Small-group Breakout Discussion – Exploring your “Man Box” and the “Man Box Rules”: Questions to consider: 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?

	4. Large-group Sharing – Share some of the most informative and insightful results from the small group discussion.
10:50	Break – Coffee and snacks
11:05	<p>Part 2 – Discussion of how we males raised in these cultures have hurt women and girls.</p> <p>We as men have to take responsibility for how our dominant culture has oppressed and injured women.</p> <p>1. Watch a video: “The MeToo Stories You Aren't Hearing About.” Huffington Post, April 12, 2018</p> <p>2. Watch a video: “I Believe You.” First Unitarian Church service, Dana Buhl, Social Justice Minister, December 10, 2017.</p> <p>3. Small-group Breakout Discussion: How the “Man Box” culture of masculinity has contributed to men injuring women and girls:</p> <p>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>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>4. Large-group Sharing – Share some of the most informative and insightful results from small group discussion.</p>
12:05	Break – Substantial snack – finger food or sandwiches

12:20	<p>Part 3: What have we learned today and what are some next steps?</p> <p>How can we become better allies to women and girls? 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.” b) The Pledge to Speak Up: Reflect, Model, Value, Support, Speak, Give. c) Sign the pledge if you choose. 2. Take Responsibility for Co-Creating Healthy Male Culture (Mankind Project) <ol style="list-style-type: none"> a) View #Iamresponsible b) Volunteers read statements c) As a group, suggest more statements that reflect our goals 3. Support existing, ongoing training <ol style="list-style-type: none"> a) Watch a Video: “LiveRESPECT Healthy Teen Relationship Camps – A CALL TO MEN NFL” b) Our Whole Lives (OWL) Lifespan Sexuality Training 4. Brainstorm additional ideas: <ol style="list-style-type: none"> a) Extend discussion at next Men's Community Mtg. - Sat. Nov. 17 b) Possible theme for Weekend Retreat on April 26-28 c) Write additional ideas on back of Survey form.
1:20	<p>Closing</p> <ol style="list-style-type: none"> a) Final Questions/Comments from participants b) Final Blessing/Extinguish chalice c) Complete the Survey

Resources and References

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- Unitarian Universalist Association. (2018, August 23). Our Whole Lives: Lifespan Sexuality Education. Retrieved October 13, 2018, from <https://www.uua.org/re/owl>