

His Excellency General The Hon.
David Hurley AC, DSC (Ret'd) Governor NSW



'there's no family exempt from problems with boys'

What Does It Mean To Be A Guy?



Vulnerable Boys ... and Men

'Being male is now the single largest demographic factor for early death. If you could make male mortality rates the same as female rates, you would do more good than curing cancer.'

Randolph Nesse, University of Michigan



Betsy Mason, Men Die Young - Even If Old, NewScientist.com

Vulnerable Boys ... and Men

Breakdown of Suicides in Australia 2013



Communication/Relating Challenges



'Within hours of birth girls are more interested than boys in people's faces. At only four months, baby girls can tell the difference between photographs of people they know, from those of strangers; boys can't.

Attachment is Crucial



'Mothers were much less likely to mimic the expressions of unhappy emotions - especially if the baby was a boy. When girl babies showed pain, mothers responded 22% of the time, when boy babies expressed pain, mothers ignored them.

Ross Parke, psychologist

Ache for Physical Touch



There was a time when my father would carry me around on the top of his shoulders. It was great. Then there was the awkwardness, like he didn't want to touch me anymore. **Tony**

Language and Literacy



Language and Literacy



Boys with a video-game system after four months, compared to a group that had no exposure - had more teacher-reported learning problems and significantly lower reading and writing skills - Denison University, Ohio

Photo Credit: [Sean D. Shutterstock](#)

Performance Culture



Imprisoned By A Very Narrow Definition of What It Means to Be A Man



Confusion Around What It Means to Be A Bloke



'If you go on what men say (you're meant) to be the big tough sort of person, a big football star, if you go on what women say it is to be more emotional, softer sort of people,' Patrick 16

Marlboro World View



Respect For Women and Girls and Their World View



Balanced with a boy understanding his own needs and learning how to fulfil them

Anger - The Only Permissible Emotion



Anger is the first emotion that comes up. If you feel sad, the first emotion is anger ... it has to be aggressive anger, not latent anger, otherwise that's seen as girly' Tony

Always Angry



'It restricts you in our culture, because it's more acceptable for a girl to cry. It changes you who you are as a person when you can't be yourself.' Rick, 17

The Experience of School



There's a lot of anxiety at school. I don't think there's a lot parents can do, except allow kids to talk to them. You don't talk about certain stuff. You just soldier on. Nathan 19

The Experience of School



There's a kind of pecking order. You get a place ... somewhere you should be amongst the other boys, where you stand. It does create anxiety, because people are always trying to move up, and there's also a bit of a fear of failure that comes with that because you don't want to be on the bottom. Sean 20

Underperformance Keeps You Safe



'There is some sort of desire ... not to outdo your peers, by not being too good at anything Sean

Interactions With Boys



'I still see the way boys are brought up as cruel. I see it even with friends who don't realise they are being cruel/Parents are less tolerant of weakness and vulnerability in boys. It really hits me. Lawrence

Shamed



Punishment for failing to meet male norms is shame – boys have all experienced shame and don't want to do so again.

Shaming Phrases



Don't Be Such A Girl ...
Be A Man

You're On Your Own



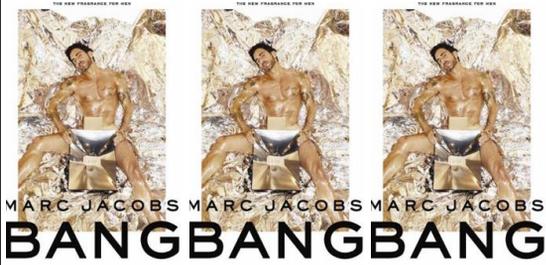
'On the outside boys are saying nothing. On the inside they're under pressure, but say they're fine. They don't tell anybody, because it's like a mental weakness to tell.' Ashton 12

Survival Mode



No room for empathy
A belief no-one cares, can help
Never showing weakness
Evaluating other in terms of their strengths and vulnerabilities
Life becomes about just getting by

Escape Into Pleasure



Escape Into Violence



Ultimate Fight Championships (UFC)
boxing, wrestling, martial arts

Ultimate Fighter and UFC Unleashed

Violence For Fun, Boredom, Curiosity



'we teach violence, we promote it. As a society, we think it's justified, painless, guiltless. From the media to the movies to the presidency, the message is the same.'

Dr. Deborah Prothrow-Stith
Author *Deadly Consequences*

Culture of Meanness & Materialism



'Violence is a public health issue'

Dr. Deborah Prothrow-Stith

Violence Prevention Curriculum for Adolescents

Boys



'If I had a bad day at school, just hearing my mother's voice or feeling her presence was comforting.' James

Emotional Landscape



Success Has Many Faces



Good at some things, not at others
Break down the issues
Being honest about the areas of struggle
What is worth working on? What doesn't matter?

Boys and Mums



'At the beginning of adolescence Mum told me what adolescence would be like. She said that sometimes you'll feel awkward and embarrassed, and sometimes you'll make mistakes in public, but you don't worry about it, these things happen. That was a brilliant, brilliant thing for her to tell me' Doug

Mummy's Little Man



'Dad had an affair when I was little. Mum packed up and left ... I can remember going into the kitchen and seeing Mum cry. I put my arms around her. There was a lot of sadness going on. You carry that sadness inside, and also bitterness. It's devastating for a young boy. I didn't have the skills to work it out. I just wanted Mum to be happy.' Robert.

Dads Matter



'Having a father around means his presence empowers you and gives you something to strive for. If you don't have this, you don't know how to act, except from your friends. Without your dad it's hard to know about your body and a whole lot of things.' Luca, 15.

In The Company of Men



'Sometimes I feel a sadness when I get there, because I realise how much I've missed it. I feel enormously affirmed ... it's a wonderful thing to be.

When I first went to a group I was very covert. Now everyone is so relaxed and at ease with each other. I guess it's summed up in the saying, a friend is someone who knows all about you, and still likes you.'

Current Narrative About Men



Patriarchy



What Men Want



They are not suffering from a lack of pleasure in their lives, but are still suffering from a very early lack of holding, containment, nourishing, which impairs their capacity for intimacy and fulfilment as adults.'

Psychotherapist, Roger Horrocks,
Masculinity In Crisis: Myths, Fantasies and Realities.

Who Am I Meant To Be?

If you start to think about it, you have to be this Renaissance man. The contemporary version is *Sex in the City's* Mr Big who is a very male, but at the same time is very nicely finished.

He's got plenty of polish, but it's not that realistic. There aren't really that many men who are well read, can play an instrument, be strong as an ox, but that's the sort of standard. The expectations around men now have lots of elements to them. They need to have a job paying ten times more than most, be incredibly chiselled, and you can't possibly be losing your hair.

It's just not realistic that you can be Conan the Barbarian one minute, and incredibly sensible and considerate the next.'

Alex, 35



What Guys Want

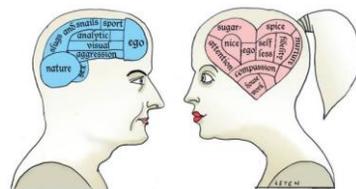


- 'to be supported and held'
- 'somebody to share things with'
- 'encouragement'
- 'trust, honesty and a friend'
- 'loyalty, affection and love'
- 'forgiveness, admiration'
- 'shared goals, ambitions, hopes and values'
- 'a friend, soul mate, guide, partner and bed mate'
- 'a companion and a lover'

When (If) The Boy Becomes The Grown-up



Gender Similarity



Professor Janet Hyde, University of Wisconsin-Madison
Director of the Center of Research on Gender and Women's Studies
Reviewed 46 meta-analyses over 20 years

Masculine Taboos Emotion & Male Suicide

Dr. Jo River, University of Sydney



Grief, sadness etc feminine emotions = unacceptable

- Stress of trying to contain these 'feminine' emotions
 - Safe ways to express these emotions with girls/women
 - Left boys feeling isolated during teen years
 - Vulnerable to crisis – hard-to-contain emotions
 - Marginalised/abused in friendship groups when expressing these emotions
- Aggression towards self/others

Death Over Disclosure

Dr Anne Cleary, University of Dublin



Listening to Boys

Lachlan 14

'I was bullied most of my school life, had to change schools.
I wanted others not to experience what I had'

Worst *sufferers* are guys:

- * don't know where to get help
- * don't want someone to judge them for needing help
- * feeling feelings that aren't masculine (grief etc)
- * victimised by the pay out/joke culture
- * cycle of putting each other down



Boys Helping Boys

Lachlan 14

'we're all human, we all make mistakes'

'when someone is down, I tell them not to give up,
that there are only beginnings not endings'

'if you were standing in my shoes, what would you do?'

\$ex = Quick, Brutal



\$ex = Predatory



\$ex = Impersonal



Mr. Right's World



Men and Intimacy

'I think sex is a big issue. It promises you things that it doesn't deliver. You want intimacy - it's the ultimate intimacy. It's the hold grail. You're trying to get to this holy place, but when you get there it doesn't deliver.
Tony, 26



Guys and Touch

'I don't have a girlfriend at present. You either have a girlfriend and have physical contact, or you don't have a girlfriend, so there's no physical contact. It's terrible. Some of my friends go off to hookers, but I couldn't do that. I went and had a fortnightly massage instead, but it's still terrible.'

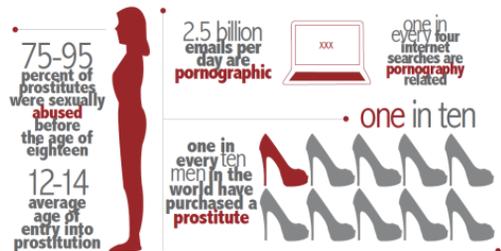


Pornified Culture



There's quite a culture of it. Inside jokes and words. A lot of boys talk about it in an open relaxed manner. Most of my peer group admits to doing it. What they know about sex can become quite sensationalised ... it's quite pleasurable. It can change the way boys talk in groups. Harrison 15

Pornified Culture



The True Hero

the word hero is derived from the Greek *ser-ow*, from which comes the words 'servant', 'slave' and 'protector'



Warren Farrell, Ph.D., The Myth Of Male Power

What It Means To Be A Hero



Love is not just about finding a good partner. It is also about being a good one

—Unknown
10quotes.com

Wisdom of the Elders ...



Injecting Worth and Meaning



The Future Belongs ...



not to the strong silent types

= good communicators, engaged, empathetic, self aware, adaptable

Life Stories



Participating In Life's Big Moments



How To Be Your Own Best Manager



The Sorry Thing



Friendship



Powerful Scripts to Say No



When People You Love Die



Failure



Homophobia ... Racism ... Sexism



Child v. Adult

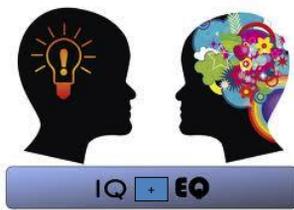


Sleep Issues



Lack of sleep =
tired, irritable, depressed
difficulty learning, interacting, problem-solving
more likely to catch colds, flu and gastroenteritis

IQ and EQ



Hot Intelligences

Emotional intelligence

-Manage the intensity, frequency and types of emotions

-Personal intelligence

Identify information about self and others, and plan way forward

Social intelligence

-Group dynamics, group status, power situations

Personal Baggage ...



Learning to Take Care of Yourself

The irony was that when I was a teenager I rejected all authority, except my fight club, and that had more discipline than anything. I realise my issue wasn't authority, as much as the authority I could respect.'

Father Dave Smith, Fight Club.



Boredom Isn't An Option



Lonely Planet

Lonely Planet
Ethiopia
Djibouti &
Somaliland



Redesign My Brain



Growing up in a Climate of Fear

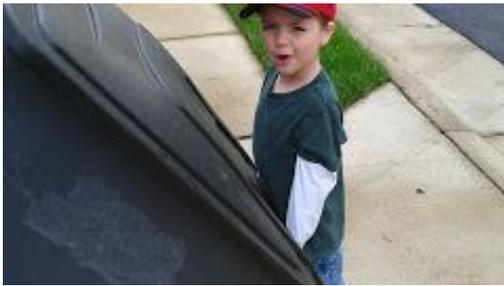


Everything you want is on the other side of fear
Jack Canfield

We can't control a boy's creative moments ...
... but we can help birth them



Helping - A Privilege Not A Punishment



Countless Ways to Be A Man



Celebrate Difference



Hipsters



Hipsters

YOU'VE BEFRIENDED A HIPSTER

ABOUT YOUR HIPSTER

- 1. They have a beard.
- 2. They wear a flat cap.
- 3. They have a mustache.
- 4. They wear a long-sleeved shirt.
- 5. They wear a pair of jeans.
- 6. They wear a pair of boots.
- 7. They have a bicycle.
- 8. They have a vinyl record.
- 9. They have a camera.
- 10. They have a bag.
- 11. They have a laptop.
- 12. They have a smartphone.
- 13. They have a coffee machine.
- 14. They have a coffee mug.
- 15. They have a coffee cup.
- 16. They have a coffee spoon.
- 17. They have a coffee filter.
- 18. They have a coffee grinder.
- 19. They have a coffee scale.
- 20. They have a coffee timer.
- 21. They have a coffee timer.
- 22. They have a coffee timer.
- 23. They have a coffee timer.
- 24. They have a coffee timer.
- 25. They have a coffee timer.

True Strength

Top Blokes

www.topblokes.org.au - info@topblokes.org.au

Junior Top Blokes – 16 week interactive 14 -17 yr olds
 Building Blokes – volunteering and skill bldg 16 – 24 yr olds
 Suicide Prevention Training

challenging young men
to bring out their
inner Top Bloke

ManMade

MANMADE
GROWING GREAT MEN

Title: ManMade Workshop for Men
 Format: 2 x 2.5hr evening sessions
 Dates: **Wednesday 24 June & 8 July**
 Time: **7pm - 9.30pm**
 Venue: **Forbes Hotel, Forbes NSW**

Andrew Lines, creator of The Rite Journey & Rite of Passage program implemented in 60 schools to 7000+ students around Australia and NZ, and Jonathan Dawlati, Rite of Passage camp facilitator, are offering 2 x 2.5 hour workshops designed for fathers/uncles.

True Strength

Our Boys Matter – They're Our Tomorrow

www.maggiehamilton.org

MAGGIE HAMILTON
what men don't talk about

MAGGIE HAMILTON
What's happening to our boys?