



Man Up: Building Healthy Masculinity

Delivered by MAN UP WA, this group provides a safe, non-judgemental space for young males to open up, connect with others, and explore what it truly means to be a man in today's world.

Each topic includes fun icebreakers and group-led discussions tailored to suit the group.

- **Male Culture:** Break down stereotypes, challenge harmful 'lads' culture, and explore how healthy masculinity is about being real, respectful, and supportive of your mates. Includes discussions on the impact of media and pornography.
- **Male Relationships:** Learn the difference between positive and negative relationships, the importance of consent, and how to build strong, respectful connections with others.
- **Male Coping:** Understand mental health, spot unhelpful coping habits, and learn how to look after yourself and support your friends through tough times.

Who

Ages 12-18 who identify as male

When

15th May 2025, 4:30pm to 6pm

Where

headspace Joondalup
22 Reid Promenade, Joondalup

Sign up

<https://forms.office.com/r/xs8hKqhQme>

