

MAN UP!

**RESPECT & POSITIVE MASCULINITY
WORKSHOPS**



**DEVELOPED IN COLLABORATION WITH
JOSH MEREDITH (SEE GOLD)**

CONTENT

WHO WE ARE

THEMES AND AIMS

WORKSHOP DETAILS

EXAMPLE PLAN

HOW TO BOOK

SHE PRODUCTIONS

She Productions, based in the East Riding, was founded in 2015 by a collective of Hull and East Riding actresses dedicated to creating high-quality, innovative theatre and engagement opportunities for audiences and participants of all ages.

Our diverse portfolio of workshop programmes caters to a wide range of age groups and demographics, with each initiative carefully tailored to meet the specific needs of its participants. From Consent workshops designed to support teenagers and young adults to Man Up, an interactive programme that challenges toxic masculinity among young men, our work is always practical, drama-based, and participatory.

We have been delivering outreach programs for a decade, consistently evolving and enhancing our approach to maximize impact and effectiveness. In recent projects, we have collaborated with East Riding of Yorkshire Council's Adult Learning Teams to deliver Finding Your Voice (in-person and digital formats), worked with Hull-based charity Together Women on Empower, and partnered with N.I.C.E (National Initiative for Creative Education) and VoiCentre on specialised engagement programmes.

Every workshop we deliver is bespoke, using drama-based learning techniques to foster creative expression, build confidence, and empower participants to find and develop their unique voices.

THEMES AND AIMS

"Challenging traditional notions of masculinity is vital for breaking down the stigma surrounding men's mental health. Society must acknowledge that vulnerability and strength are not mutually exclusive."

— SANE UK

A **4-Session Programme** on Male Identity, Expression and Empowerment.

TARGET GROUP:

Young men, exploring identity, behaviour, and social expectations

AIMS:

- To support learners in exploring masculinity, identity, and personal values
- To promote respectful behaviour, integrity, and emotional awareness & intelligence
- To develop strategies for resilience, self-awareness, teamwork, trust and communication
- To challenge harmful stereotypes and create space for personal and social growth

THEMES AND AIMS

KEY THEMES:

- **Respect & Integrity:** Building mutual understanding and values-based behaviour
- **Self & Other:** Examining identity, difference, and trust
- **Anger Expression & Emotional Ownership:** Exploring reactions, impulse control, and alternative expressions
- **Ownership & Goal Setting:** Taking responsibility and defining personal purpose

DELIVERY STYLE:

Led by two experienced workshop facilitators. Highly participatory for Leaners with discussion, games, drama-based exercises, written personal reflection

(We offer bespoke workshops, therefore the number of workshops or specific themes/examples can be changed to suit what is needed.)

WHY DRAMA WORKSHOPS?

For the past decade, She Productions has been developing and delivering drama and issue-based workshops designed to enhance communication, confidence, and social skills.

Through our work, we have seen first hand the transformative power of drama in:

- Encouraging positive behavioural change
- Strengthening interpersonal relationships

Integrating physical, emotional, and mental well-being

- Fostering personal growth and self-awareness

- Cultivating creative thinking and problem-solving skills

At She Productions, we believe that drama has the power to amplify voices and uncover untold stories. By fostering trust, challenging societal expectations, and celebrating courage, our work empowers individuals to express themselves authentically and with confidence.

WORKSHOP DETAILS



Duration: 4 x 1hr 30 mins sessions

Leaders: 2 experienced facilitators

No. of students: 15-25

Due to sensitive themes, we suggests a **maximum of 25** students per group where possible.

Location: Classroom/studio space with enough room for students to move in.

We ask that we have a **separate 'quiet' space** available to students should they need to step out of the session.

All exercises can be adapted for bespoke themes, needs or specific topics.

EXAMPLE PLAN

Here are a few of the exercises we use
in our workshops:

CODE OF CONDUCT

Learners should create a list of rules to abide by during the session in order to create a safe space for everyone. Each learner should consent to all rules.

Session 1: RESPECT & INTEGRITY

Theme: Exploring values, masculinity, and expectations

OBJECTIVES:

- Set expectations and group culture
- Explore definitions of respect and integrity
- Challenge traditional gender norms
- Promote collaboration and reflection

EXAMPLE EXERCISES:

- Mind-mapping definitions of Respect
- Man Up exercise: examining the 'man box'- damaging masculine stereotypes and examples of positive masculinity.
- Set personal integrity-based challenges
- Group discussion and reflection

EXAMPLE PLAN

Session 2: SELF & OTHERS

Theme: Understanding personal identity and group dynamics

OBJECTIVES:

Deepen understanding of self-concept and public/private identity

Explore gendered social divisions and experiences
Build trust through physical and emotional exercises

EXAMPLE EXERCISES:

Icebreaker and recap of group values

Mind-mapping the concept of 'self'

Tribes activity to examine group belonging and social division

Buddies trust game and 'Being' exercise



EXAMPLE PLAN

Session 3: POSITIVE ANGER EXPRESSION & THE NOW

Theme: Recognising, expressing, and managing anger

OBJECTIVES:

Develop awareness of emotional triggers and reactions
Explore non-violent responses to confrontation
Practice presence, impulse control, and assertiveness

ACTIVITIES:

Facilitator role play- to model conflict

Group exercises: exploring different approaches to challenge

Group discussion: Impulse vs choice, physical vs verbal expression

Scenarios and questions to build reflection on reactivity and decision-making



EXAMPLE PLAN

Session 4: TAKING OWNERSHIP & GOAL-SETTING

Theme: Responsibility and future focus

OBJECTIVES:

Understand what it means to take ownership of actions

Challenge traditional ideas of success and leadership

Set individual goals with confidence and self-awareness

ACTIVITIES:

Discussion: What is ownership? What is a goal?

Group coordination activity (non-verbal communication)

Communication exercise (drawing task)

Leadership stereotypes exercise: unpacking gendered traits

Writing exercise: personal reflection on hopes and ambitions

Every workshop finishes with the sharing of resources, places Learners can go to and websites they can visit for more information and guidance.

HOW TO BOOK

As well as one-off workshops, we offer half day or full day packages but we can adapt to fit around your timetabling.

**For more information and booking
please contact
alice@sheproductions.co.uk**

www.sheproductions.co.uk



PRODUCTIONS