



RUNDOWN

WELCOME

WELCOME TO THE FIRST EDITION OF THE S.H.I.T RUNDOWN:

Where you get a sneak peek inside and behind the scenes of our S.H.I.T Talk community!

First and foremost, we would like to thank the guests of our first event for trusting us to guide them through some of the S.H.I.T we could in 2 hours. We would also like to humbly thank our partner venue Fossey's Distillery for hosting us

You wouldn't believe how difficult it is to get some space for Men to talk S.H.I.T! But as usual, the vibe was cosy and the Whisky was SPECTACULAR! We can't wait to come back!

And Lastly I want us all to thank our co-host Liam for their time, experience and support bringing this whole thing together!

THANK YOU ALL!

The mystery of the clitoris! - A center piece of art, science and philosophy, that was until the 16th-17th century (colonial time). For a few hundred years later it lay dormant under the hood of history. That was until 1997! Re-discovered and mapped by Australia's own sexological cartographer, Helen O'Connell (yes she is still alive and yes we are trying to get her to chat with you all but alas her fee reflects the incredible contribution she has made to the world over!

During the workshop though, we had fun playing with our co-hosts clitoris (model). In 101 we focused on the form and function of the clitoris. This included explaining the mystery of the G spot and how to best stimulate a clitoral and vaginal orgasm based on access to the clitoral arms.

Unfortunately, you'll have to sign up to the next event for more in C102. Have your questions ready!

CLITORIS 101

TRIALS & TRAITS

During the workshop we discussed the different types of manhoods and womanhoods. That is the way individuals experience the world, representation and social expectations. This included unpacking some of the things that don't make sense about the way society has categorized values and handed them out to people instead of teaching how to respond appropriately to all of the different spaces and places and people we experience.

Examples of mothers, full of adrenaline, being able to lift cars out of a protective need. This is not masc... It's heroic. AND, it highlights the need for different traits

being applied to different situations for the best outcome. Sometimes, this requires strength of the body, but in our conversations of fatherhood this included strength of the heart.

Having flexibility and being able to understand what traits are best and when, helps ease the tensions and ideas between masc and fem to ease some guilt and brush off some shame around our experiences of manhoods - Until we are able to culturally value more diversity in our men, that is! But as we say, be the change you want to see, and we are proud of our members for bringing this to us!

WE LIKE STIRING S.H.I.T - SO NOT ONLY ARE WE COLLECTING AND SHARING BOOKS AND RESOURCES THAT OUR MEMBERS BRING US IN OUR WORKSHOPS - WE ARE BEGINNING TO GET A LIST GOING OF THE OF THE MOST REBELLIOUS AND CONTROVERSIAL BOOKS (ACCORDING TO ONLINE KARRENS) AND TURNING THE PROFITS INTO SUPPORTING OUR COMMUNITY!

whild.org/rebellious-books



RUNDOWN

...CONT.

THE S.H.I.T
F.R.I.E.S.

WTF is F.R.I.E.S? A question you didn't think you would be asking... but "WHY DO WE SERVE THEM WITH SEX" ... Yeah that had some people scratching their beard! With the recent changes around the law of consent and the culture also shifting, F.R.I.E.S is an acronym we can serve to help us navigate the sticky, the tricky and the downright confusing negotiations around ALL the different types of sex and the consent that goes

with them. So WTF is it? Consent is:

- Freely given
- Reversible
- Informed
- Enthusiastic &
- Specific

Trust us, it's the sexy snack of the near future but for more detail we will need to breach another S.H.I.T C word... Communication! Don't worry. It will cum in time.

EXPERIENCES OR EXPENSES? What was more important to you growing up? If you have kids, what is it now? And what expectations do we want to leave behind with our own fathers? These questions are complicated but the group did a great job at communicating and sharing the things they value the most about fatherhood and their own expectations and experiences.

One thing stood out for our guys though! And that was

that mistakes where ok! They are drivers for us to learn and grow and be better examples for our kids.

We often carry the 'cringe' moments with us. We stress about them, become distracted by them and frustrated with who we are in that moment. But it's important to forgive yourself and let that critic rest whenever we can. By forgiving ourselves we can show up better, and be present in the moments that matter! Acknowledge, Accept, Adjust...

DESIRE OF THE DADS

BEARD CARE

THE LOW KEY MAN: 1 Tbs of olive oil... Thats it! ... Massage gently into base of your beard, comb out and VIOLA!

THE ITCHY MAN: Add a squeeze of honey and pinch of cinnamon . NOTE: These ingredients can help relieve itching, or dry skin and helps prevent breakouts and ingrown hairs

THE PATCHY MAN: Boil 2 Tbs of flax seed, 1 Tsp of clove in 2 cups of water for 15min. Allow to cool (this will make a gel mixture)- ADD honey and cinnamon as desired. NOTES: Flaxseed stimulates hair growth and clove relieves follicle tension helping support even, full growth! Leave in or wash this mask out after 20 min!

BUT REMEMBER.. THY BEARD DOES NOT MAKE THY MAN

We think it's important to humbly acknowledge that the sovereignty of the lands we work, live, love and play were never ceded by their traditional custodians. We give thanks to the First Nation Peoples past, present and emerging for the love and care they extended over and beyond 70,000 years of culture and connection as well as the wisdom and heritage we experience today.

This is important to us as we build community and respectfully share stories in the Kulin Nation of the Wurundjeri people, Naarm.



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