

I RESPECT

Men ensuring women are safe and considered equal.

Mental Health and Domestic Violence Prevention Programs



RESEARCH BY THE WORLD HEALTH ORGANISATION SHOWS THAT MEN AND BOYS WHO ADHERE TO RIGID, TRADITIONAL NOTIONS OF GENDER ROLES AND MASCULINITY ARE MORE LIKELY TO REPORT HAVING USED VIOLENCE AGAINST A PARTNER.

World Health Organization (2007). Engaging men and boys in changing gender-based inequity in health: Evidence from programme interventions. Geneva

I RESPECT

TEACHING BOYS AND MEN ABOUT HEALTHY AND RESPECTFUL MANHOOD TO BETTER SUPPORT EACH OTHER EMOTIONALLY AND HOLD EACH OTHER TO ACCOUNT, WHILE ENSURING WOMEN AND GIRLS ARE SAFE AND CONSIDERED EQUAL .



EARLY PREVENTION PROGRAMS AIMED AT BOYS AND MEN TO DECREASE

DOMESTIC
VIOLENCE

SEXUAL
HARRASSMENT

SEXUAL ABUSE

COWARD PUNCH
INCIDENTS

BULLYING

MALE SUICIDE

SO WHAT DOES IT MEAN TO BE A MAN?

In our modern world - exposure to abundant technology, mass media and fatherlessness. Many of our boys and men are desperately and mindlessly attempting to live up to the countless masculine myths and society's expectations placed upon them.

Don't cry, don't be a sissy, toughen up, don't ask for help, don't be a girl.. etc... fuels gender socialisation and negative gender stereotyping. Leaving many boys and men lost, confused and feeling isolated which unfortunately leads to the negative treatment of women, girls and each other.

Here lies our opportunity to engage, inspire and motivate boys and men with a more healthy and respectful manhood that ensures women and girls are safe and considered equal.

Together we can instill integrity back into the phrase "BE A MAN"



GENDER BASED VIOLENCE IS A BIG PROBLEM

- A woman dies at the hands of a current or former partner almost every week in Australia ¹
- 1 woman in 3 has experienced physical violence since age 15. ²
- 1 woman in 5 has experienced sexual violence ²
- 1 woman in 4 has experienced emotional abuse by a current or former partner ³
- More than half of women that experienced violence had children in their care when violence occurred ⁴
- 7 out of 10 Australian girls aged 15-19 believe online harassment and bullying is endemic and receiving unwanted and uninvited sexually explicit content online is now considered common behaviour. ⁵

1. Australian Institute of Criminology (AIC), 2015

2. VIC Health, 2014

3. ABS 2012

4. ABS 2013

5. Our Watch and Plan International

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INTENTION



I RESPECT delivers experiential programs, coaching and talks that inspire boys and men into healthy and respectful manhood. Celebrating that the majority of boys and men are not violent or abusive and that they have a crucial role in better supporting each other emotionally to hold each other to account to ensure that women and girls are safe and considered equal.

I RESPECT provides the processes, tools and the space where each boy and man is called to accept personal leadership in his life to choose to live with respect.

To be inspired and motivated to stand together against against objectification, violence, abuse and harmful behaviour. To have the tools and awareness to feel safe to break the silence in order to develop a cultural shift towards more respectful, supportive and accountable relationships.

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OBJECTIVES

1. Promote thoughtful conversation about healthy and respectful manhood to create a culture that values women, girls and themselves.
2. Create a culture where boys and men are OK to share that they are sometimes not OK and to better support each other.
3. Raise awareness, examine consequences and take a stand against violence, harassment, bullying, sexual assault and abuse
4. Inspire boys and men to redefine manhood and focus on developing healthy, respectful relationships and behaviours with each other and women.
5. To enable educators with effective facilitation processes and skills to engage and motivate men and boys to inspire social change.

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I RESPECT ONE DAY PROGRAM

One day 'I Respect' Program delivered to school, community or corporate groups tailored to organisational needs while supporting relevant mental health, domestic and family violence policies.

To challenge masculine myths while offering the responsibility of a more healthy and respectful manhood.

To examine the impacts and consequences of these myths regarding sexual objectification, harassment, abuse and violence.

An experiential day that will inspire and motivate boys and men to better support each other emotionally and hold each other to account while standing together to ensure women, girls and men are safe and considered equal.

To inspire and develop respectful male relationships through engendering mentoring with good men in your community or organisation.

Group size 10 to 50 people - [please contact for pricing](#)

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WHAT TO EXPECT

- A one day experiential mental health and domestic violence prevention program designed to inspire and motivate boys and men by connecting them to healthy and respectful manhood.
- It challenges and provides empowering alternatives to the masculine myths currently facing boys and men so they may better support each other emotionally while holding each other to account in taking a stand against objectification, harassment, violence, sexual abuse, homophobia and harmful behaviour.
- It celebrates that the majority of men and boys are not abusive and violent and the training will inspire and provide the tools for boys and men to speak out and take action to ensure women and girls are safe and considered equal.
- Participants will experience processes similar to those seen in [episode 2 of The Man Up Documentary](#) recently screened on ABC television. This includes walk the line, reflective learning circles or yarning circles, the use of a talking stick, accountability buddies, agreement power, noble honouring, warrior listening and emotional literacy.
- It promotes and forges a trusting culture where boys and men are OK to share that they are sometimes not OK and to provide the tools and space to better support each other emotionally.
- It generates thoughtful conversation about healthy and respectful manhood to create a culture that values respectful relationships with women, girls and each other.
- It builds trusting, supportive and collaborative relationships.
- It encourages and nurtures potential positive mentor relationships throughout your community and/or organisation.
- It forges a culture where boys and/or men will want to recognise, celebrate and nurture their unique gifts and talents.

FEEDBACK AND EVALUATION

I Respect programs and services have been delivered to the following groups - regional managers, high school teachers, students, deputy headmasters, youth workers, youth service providers, homeless and crisis support staff, counsellors, mental health case managers, wellbeing directors, diversity, inclusion and engagement officers. Within the following industry groups - high schools, universities, city councils, charities, not for profit groups, corporates, fire and rescue, government and community services.

The results from evaluations gathered from participants of the I Respect programs to date are as follows

This program will effectively promote healthy and respectful manhood that helps to create a culture that values women and girls. - **95%**

This program will encourage critical thinking about societal beliefs regarding what it means to be a man. - **98%**

This program will raise awareness about domestic abuse, dating violence, sexual harassment and assault. - **100%**

This program will inspire boys, men and educators to redefine manhood and focus on developing healthy respectful relationships towards each other and women. **95%**

This program will encourage participants to take a stand against any form of bullying, harassment and violence towards women and other men. **90%**

How confident are you to deliver the Program in your workplace and community. **96%**

“Mark I just had to let you know that I have tears in my eyes as I am looking out the window and a group of I Respect boys circling up on their own during lunch to check in with each other. Thanks again for providing such a valuable training experience. It has changed how I view my world as a man and has allowed me to share this with my students and family. You had our group captivated from start to finish. I can’t thank you enough! Either can my wife and children!” Wellbeing Coordinator 2016

“Challenging, unique, way more than I expected. A great experience that far exceeded my expectations. Well done and keep it up Mark!” Regional Youth Manager 2016

‘I couldn’t believe how open I was to sharing. I don’t feel so alone’ ACT Fire and Rescue 2015

Please ask for contact details of previous I Respect participants to gain their perspective and to collaborate.

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