

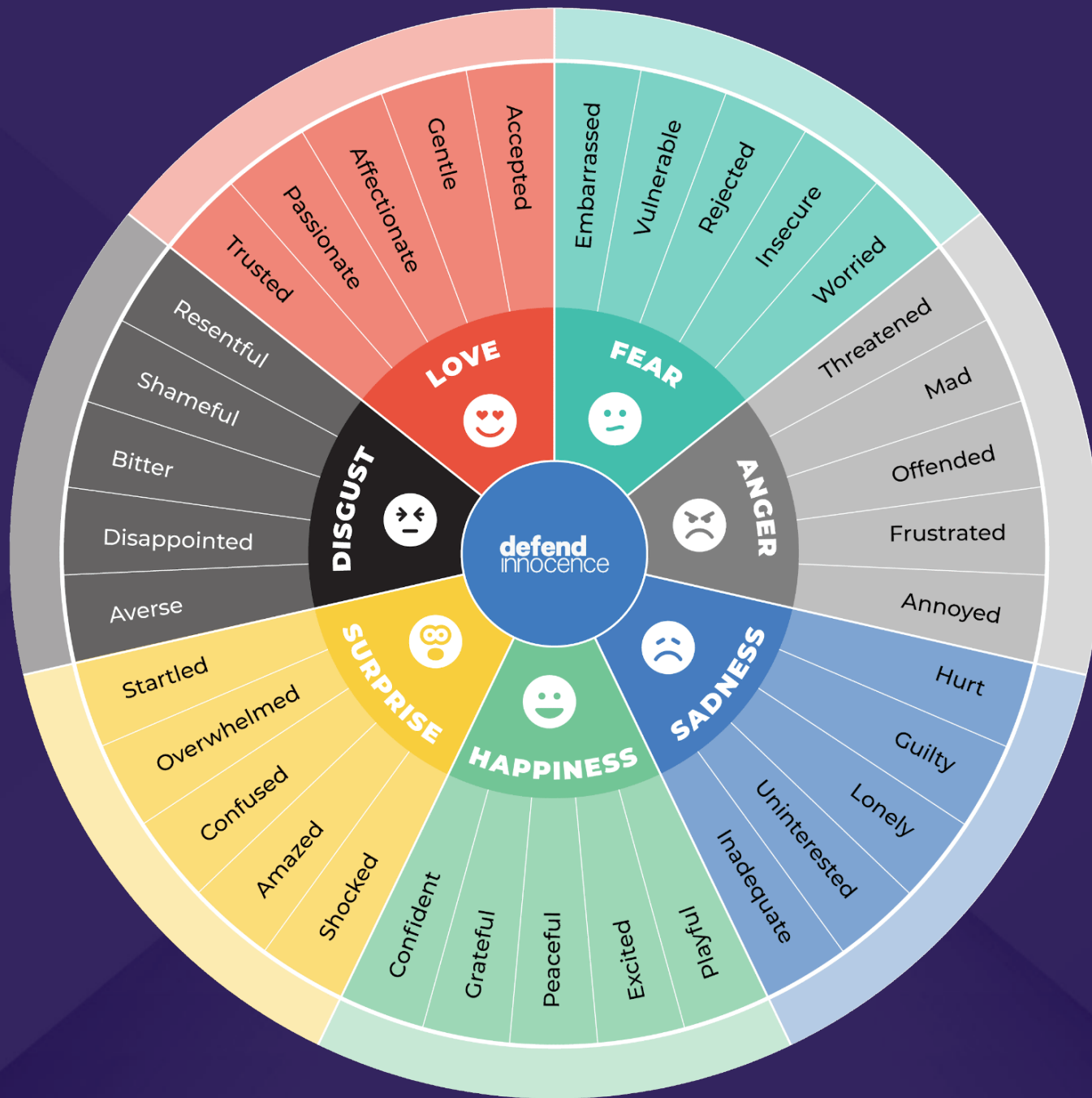


**Youth Worker  
Activities**



# EMOTIONS WHEEL

To encourage young people to express their feelings better



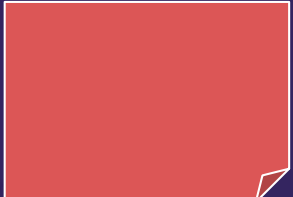
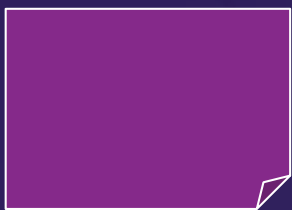
**Word Race:** What words do you associate with the word 'Man/Woman'?



**SPEED CHATS:** In pairs, take it in turns to answer the questions in 45 seconds (your partner must listen & not interrupt)!

1. What did you learn about [masculinity / being a man] at school and from your peers?
2. What did you learn about [masculinity / being a man] from adults in your life growing up?
3. What message do you think YOU send out about [masculinity / being a man] to your peers?
4. What message do you think YOU send out about [masculinity / being a man] to the young people you work with?
5. What do films / TV shows / music teach me about [masculinity / being a man]?

# The Armour of Masculinity: How do we expect boys / men to be?



# Empathy Mapping

What do boys **see**  
at school?

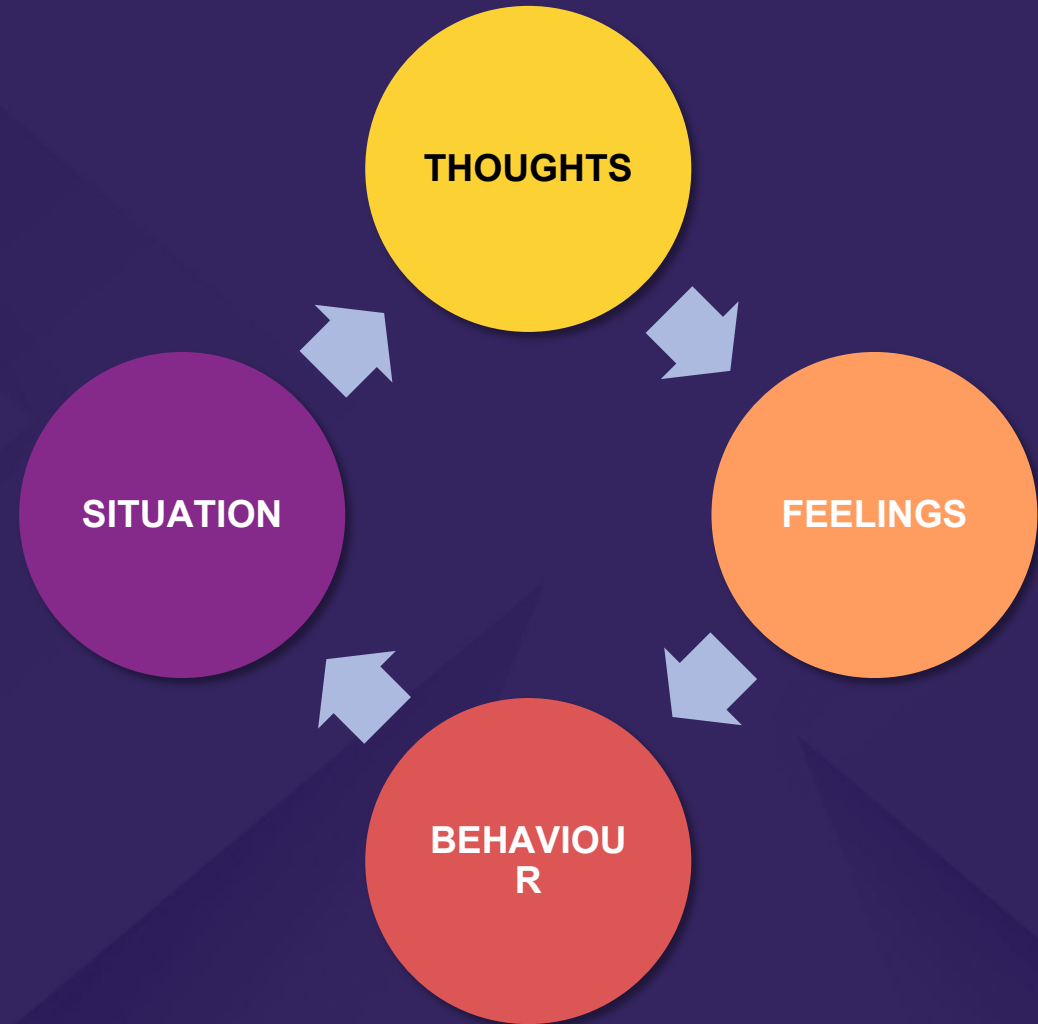
What do boys  
**hear** at school?

What do boys  
**think** at school?

What do boys **feel**  
at school?

# BEHAVIOUR CYCLE

Complete the behavioural cycle, keeping the armour & 'reputation' of masculinity in the front of your mind.



# CHECK IN / OUT

Share with the group:

- 1 thing you're thinking
- 1 thing you're feeling
- 1 thing you've done /  
want to do

