

# INDIVIDUAL MAN | MADE

ENGAGING YOUNG MEN TO BE PART OF THE SOLUTION

Individual ManMade is a 4 week psycho-educational program designed to work one-on-one with young men who have caused harm related to gender-based violence. These are not clinical sessions, but rather guided psycho-educational discussions designed to promote self-reflexivity and consider different ways of thinking. The goal is not for the participant to take personal accountability, as that cannot be mandated, but to introduce new concepts and encourage self-reflection.

**THE PROGRAM INCLUDES FOUR 60-90 MINUTE SESSIONS WITH A TRAINED FACILITATOR ON THE FOLLOWING TOPICS:**

## ♂ Masculinity & Gender Norms

Our society puts different pressures on men and women to act according to certain expectations, and there are social consequences for stepping outside of those boxes

Men face particular social pressures related to masculinity and expectations around sex, dating, dominance, and “success”

How might these expectations influence how someone acts?

In what ways can living up to these expectations help us? Hurt us? Help others? Hurt others?

## ♂ Sexual Violence & Consent

Consent is not a binary, it is an ongoing navigation and experience. It can be verbal or nonverbal, direct or indirect.

Sexual violence is more than just rape. There is a spectrum of sexual violence, which includes acts that are both legal and illegal, normalized and stigmatized.

How does consent play out in practice? How can we navigate consent in ways that feel comfortable for us and for our partner(s)?

What is the difference between intention and impact. What do we owe others when our impact is harmful, even if our intentions were good/neutral?

## ♂ Sexual Scripts

We learn about sex and sexuality from a number of different places (friends, family, school, media, etc.), and the messages that we receive impact our values, desires, and behaviours

What messages do we receive about sex and sexuality? What “script” are we given by society?

How can we (re)write scripts that work for us and our partner(s)?

## ♂ Accountability

Accountability is a process that happens from the inside out, within the context of a relationship or community. It cannot be forced on someone, but must be internally motivated.

Mia Mingus proposes four steps to accountability: self reflection, apology, repair, and changed behaviour.

Is there a difference between “taking accountability” and “being held accountable”? What distinguishes the two?

What barriers are there to taking accountability? What might it look like and/or feel like to walk through that process when we’ve caused harm?

**FOR ORGANIZATIONS: \$300/HR FOR INDIVIDUALS: \$100/HR**

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