

Foundation for Positive Masculinity

2023 Conference

What's working: Rachel O'Brien





Connectedness Conversations: Applying Positive Masculinity Theory to Build Boys' Strengths

A Connectedness Crisis?

Avoid seeking support
Mental health issues
Poor health and wellbeing
Poor academic outcomes

Healthy peer relationships, characterised by connectedness and a willingness to seek support, are protective against mental health issues, improve health and wellbeing, and improve academic outcomes [Bradley et al., 2021].

The New York Times

Explore Your Relationships

Strengthen Yours

Improve Yours

Be a Better Friend

Fall in Love

MODERN LOVE

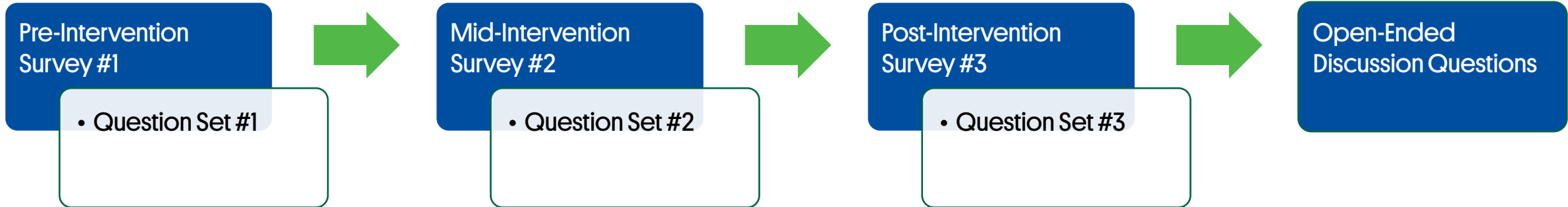
The 36 Questions That Lead to Love



Positive Masculinity
F o u n d a t i o n

**How does the implementation of
'connectedness conversations'
develop traits of positive masculinity
in Year 9 boys?**

The Intervention



Question Set	Question #	Question
1	1	Given the choice of anyone in the world, whom would you want as a dinner guest?
2	13	If a crystal ball could tell you the truth about yourself, your life, the future, or anything else, what would you want to know?
3	36	Share a personal problem and ask your partner's advice on how he or she might handle it. Also, ask your partner to reflect back to you how you seem to be feeling about the problem you have chosen.

3- Strand Cord Model for Developing Boys' Key Strength of Connectedness





Experiences of close relationships

The findings of this action research suggest that connectedness conversations are an effective, simple, connection-building intervention at the classroom level.





Feelings of connectedness

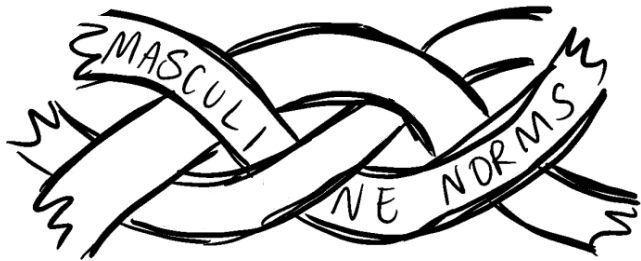
The intervention had a positive impact on boys' feelings of being supported by their peers.





Masculine norms and identity

Positive masculinity and good, strong, trusting relationships were associated with each other suggesting that connectedness conversations are having a positive effect on boys' perceptions of masculinity.



MASCULINE EXPERIENCES
UNEXPECTED FEELINGS



A 'Connectedness Curriculum'

What can you/your organisation do to facilitate boys' becoming more connected?

Thank you!



**Please feel free to reach out via email at
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