



Positive Masculinity

F o u n d a t i o n

Who we are
What we do

From the Director

Welcome to the +M Foundation.

Our mission is to promote programs and practices that support the healthy development of boys and young men who are connected, motivated and authentic.

Our work is research informed best practice and we currently support schools, sporting organisations and partner with universities to create new research.

All people face challenges and research has shown that taking a gender sensitive approach to growth can promote learning and healthy outcomes. When we help boys and young men, we also help to form a more inclusive, safe and respectful society for all.

In this short booklet, you can see how you might be able to work with the Foundation, either in supporting our work, or utilising the tools, curriculum and professional development we offer.

Dr Ray Swann

Executive Director
Foundation for Positive Masculinity



+ Positive
Masculinity
Foundation

Current Programs

Our programs cover five strands: staff development, curriculum, assessment, parent programs and sporting clubs.

- **Staff development** (teachers, leaders or coaches) to explore the +M framework.
These include:
 - ◇ Building social fitness and self-regulation
 - ◇ Using +M in the everyday classroom
 - ◇ Working towards re-framing gender norms
 - ◇ Behaviour management training for teachers to improve the behaviour of your boys
 - ◇ Facilitative coaching programs (improving motivation and connectedness)
- **Curriculum**
 - ◇ Access and use the Year 7-10 +M curriculum (including presentation slides and student booklet)



Authentic

- Know myself and be comfortable in my own skin
- Be open to expressing my identity, attitudes and emotions
- Use help-seeking behaviours and provide support to others
- Contribute meaningfully to community (school and other)

Motivated

- Drive to continually grow as a person
- Feel a sense of purpose
- Contribute positively to society/community
- Act in line with my personal values, rather than how I think peers want me to behave

Connected

- Build social relationships; engage with array of individuals
- Be respectful, tolerant, empathetic
- Demonstrate kindness and compassion in relationships with people, systems, groups and myself
- Have a sense of belonging to group/s that are positive for me

Knowing

- Building the base of understanding about positive masculinity
- Being explicitly taught about values, behaviours and skills that support positive masculinity

Being

- Creating the context for the three pillars of being authentic, motivated and connected
- At Brighton Grammar, our programs are the contexts for our students to safely develop their knowledge into being

Sample Curriculum Outline

Theme Lesson #	Introduction	Connected	Authentic	Motivated
	0.0 What is +M?	1.1 Connected People 1.2 Ways to Communicate 1.3 Effective Communication Skills 1.4 Connection in Sport 1.5 Leadership – Connecting to a Purpose	2.1 Authentic People 2.2 Who am I? 2.3 This is Me 2.4 Character Strengths in Action 2.5 Seeking Help and Problem Solving	3.1 Motivated People 3.2 What Motivates Me? 3.3 Follow your Passion 3.4 Goal Setting 3.5 Motivation in Sport
Learning Intention	Students will understand the +M framework.	Students will understand the importance of being a connected teenage boy. Students will recognise the importance of effective, and various forms of communication in forming healthy relationships. Students will explore the importance of connection and being a successful leader.	Students will understand the traits of authentic people and reflect on people in their life who possess these qualities. Students will understand different character strengths and identify their own. Students will discuss help-seeking behaviours of authentic people.	Students will understand what motivation is and how people are motivated by different influences. Students will understand how goal setting and help-seeking can be used to maintain motivation. Students will explore how successful athletes demonstrate motivation.
Success Criteria	Explain the framework and apply it to self, others and various case studies.	Develop various communication techniques with peers. Compare and contrast experiences, skills and values with self and others. Identify various leadership styles and how leaders use them to connect.	Apply traits of an authentic person to a role model. Identify and explain strengths in themselves and others. Identify and understand help seeking processes, including problem solving various challenges using a framework.	Recognise the importance of motivation and self-reflection in achieving high performance. Share their own passions in life. Apply goal setting frameworks to their own situation and apply various supports to assist in achieving goals.
Australian Curriculum links	Investigate the impact of transition and change on identities Evaluate strategies to manage personal, physical and social changes that occur as they grow older [ACPPS071] Practise and apply strategies to seek help for themselves or others [ACPPS072] Investigate the benefits of relationships and examine their impact on their own and others' health and wellbeing [ACPPS074] Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity [ACPPS075] Evaluate health information and communicate their own and others' health concerns [ACPPS076]			

- **Assessment programs**

- ◊ Behaviour and engagement metrics
(measuring behaviour, culture and ratio of interactions)

- **Parent and guardian programs**

- ◊ How to set up a parent program in your school that is right for your context
- ◊ Access to evidence based position papers
(short papers to improve parent knowledge and awareness)
- ◊ Parent presentations from +M Foundation staff, including:
 - How to have difficult conversations with your teenage son
 - Developing your son's relationship with rules and the umpire
 - Building engagement in learning by taking a coaching approach to parenting



- **Sporting clubs and community groups**

- ◊ Developing high performance mental fitness and leadership
(delivered with the Danny Frawley Centre)
- ◊ Facilitation training for coaches to improve the behaviour, culture and engagement of male athletes and participants

Organisations we have worked with:



If you are interested in supporting the Foundation,
please contact us at hello@positivemascularity.org.au



www.positivemascularity.org.au



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