

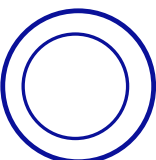





Workshop Development Tool: Sample Activity Types for Engaging Men Workshops

****For a list of additional activities, exercises, and guidance on developing workshops, visit [Men Engage](#)****

ACTIVITY	INSTRUCTIONS	EXAMPLES
<p>FOUR CORNERS OR SPECTRUM ACTIVITY</p>	<ol style="list-style-type: none"> 1. Label 4 corners of a space: Strongly Agree; Agree; Disagree; and Strongly Disagree. <i>(If doing a Spectrum, make a line on the ground and label one side 'Agree' and the other 'Disagree')</i> 2. Read prompts & ask people to move to the corner (or side) they align with. 3. Prompt people to share their opinions. Consider having each corner discuss in their small group, first. 4. Moderate discussion, dispel myths, and share key ideas. 	<p>Sample Prompts:</p> <ul style="list-style-type: none"> • Women should take more responsibility for raising children than men. • Men are doing enough to stop sexual harassment. • Our college should do more to address sexual assault. • It is ok that there are more men in congress than women. 



ACTIVITY	INSTRUCTIONS	EXAMPLES
<p>TRUE OR FALSE</p> 	<ol style="list-style-type: none"> 1. Label one side of the room ‘True’ and the other ‘False.’ 2. Read one statement at a time, asking people to move to the side they agree with. 3. Ask individuals to share their opinions on why they believe the statement is true or false. 4. Read the answer and emphasize any key concepts or supporting statistics. 5. Repeat for each statement. 	<p>Sample Prompts:</p> <ul style="list-style-type: none"> • Bisexual men have the highest rates of suicide amongst men of other sexual identities. (True) • More than 50% of men agree that “in America today, men have it harder than women.” (True) • 30% of sexual assault allegations turn out to be false. (False)
<p>CONCENTRIC CIRCLES</p> 	<ol style="list-style-type: none"> 1. Ask people to count off 1s & 2s. 2. Create concentric circles, with 1s on the inside and 2s on the outside, facing each other. 3. Give prompt and 2-5 minutes for each person to respond and discuss in their pair. 4. Rotate pairs, read prompts, discuss, and repeat. 	<p>Sample Prompts:</p> <ul style="list-style-type: none"> • What was a moment growing up when you learned what it meant to “be a man?” • Who was a man you looked up to growing up & why? • Have you ever had to have challenging conversations with other men? How did they go? • Share something about yourself that your partner wouldn’t know by looking at you.

ACTIVITY	INSTRUCTIONS	EXAMPLES
<p>FILM OR VIDEO SCREENING</p> 	<ol style="list-style-type: none"> 1. Screen film or video. 2. Discuss as a group. Consider using small groups or activities to spark discussion. 	<p>Sample Questions:</p> <ul style="list-style-type: none"> • What message in the film do you wish all men could hear? • What did you think of the character’s decision to _____? • Does anyone have personal experiences related to what we saw in the film?
<p>ANALYZING MEDIA</p> 	<ol style="list-style-type: none"> 1. Play the video or display the images from social media, TV, “comments” sections, or otherwise. 2. Discuss the key messages of the media, asking follow-up questions about participants’ perspectives and personal experiences. 	<p>Sample Questions:</p> <ul style="list-style-type: none"> • What does this advertisement communicate about what the “ideal man” should look like? • What impact does this media have on the world? • Do you agree with the TikTok? Why or why not?
<p>FLASH BRAINSTORM</p> 	<ol style="list-style-type: none"> 1. Prompt the group to quickly brainstorm ideas by shouting out for 2-3 minutes (there are no wrong answers. Ok to duplicate others’ ideas) 2. Discuss ideas or words developed. Ask follow-up questions to probe deeper conversation and feedback. 	<p>Sample Questions:</p> <ul style="list-style-type: none"> • Generate names for an upcoming event. • What topics about healthy relationships should our campus create events for? • What’s the first word you associate with the word “father?”



ACTIVITY	INSTRUCTIONS	EXAMPLES
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GALLERY BRAINSTORM



1. Write prompts on 2-4 large papers around the room.
2. Prompt participants to write at least one response per paper.
3. Prompt participants to read others' comments.
4. Discuss each of the prompts and ask follow-up questions about specific ideas.

Sample Prompts:

- Who do you think most influences the image of the “ideal man” in this country?
- What are slogans for our Engaging Men event at this year’s sexual assault awareness month?
- How do you know that a relationship you’re in is healthy?

STORYTELLING



Storytelling activities can include:

- A guest storyteller or panel with Q&A.
- All participants reflect and develop their own stories to share with one another.
- Workshopping each others' stories to strengthen their impact.

Sample Prompts:

- What was a moment growing up when you learned what it meant to “be a man?”
- Who was a man you looked up to growing up & why?
- Have you ever had to have challenging conversations with other men? How did they go?
- Share something about yourself that your partner wouldn’t know by looking at you.

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**SCENARIOS
OR
ROLE PLAYS**



1. Share one scenario at a time.
2. In the full group or small groups, prompt people to discuss how they would feel and respond if witnessing the scenario. (If doing a role play, ask for volunteers to act out an initial script, then improvise their response.)
3. Ask follow-up questions to prompt deeper reflection on participants actions and feelings.
4. Summarize key ideas or best practices on how people can respond to the scenario.

Sample Scenario Topics:

- Navigating Relationship Conflict
- Supporting Friends' Mental Health
- Responding to Objectifying Comments about Women
- Bystander Intervention

Sample Discussion Questions:

- What fears do you have about conflict in your romantic relationships?
- What's important for a friend to hear when they're struggling with their mental health?
- What would make it difficult to speak up if a friend made disrespectful comments about women?