

## **Appreciation of Masculinity**

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### **FORMAT:**

Whole group process in rotating pairs.

Duration: Part 1= 30 minutes, part 2 = 30 minutes. 60 minutes in total.

### **PURPOSE:**

The purpose is to get feedback on your own masculinity in order to be able to question and rearrange your own picture of masculinity.

### **SETUP:**

The men move around in the room and thus meet a different man over and over again. After talking to one man, they keep moving and meet the next man, and so on.

### **INTRODUCTION/BACKGROUND:**

This exercise was invented out of the space of nothingness by the men that were present during a men's team at Steinhagen. For men masculinity is oftentimes a term that is unclear in its width and depth. Almost none of the men learn something about masculinity from their fathers or other role models while growing up. Very often masculinity is connected to pictures or metaphors of modern culture, e. g. being muscular, having a lot of money, owning an expensive car, having sex with women, having a title and so on. That's why the self-perception about their own masculinity is for many men unclear and does oftentimes not exist.

Especially at the beginning of a Men's Lab this exercise is very valuable, because in most of the cases the men don't really know each other. The feedback is often very powerful and even the more surprising, the less the men are familiar with each other.

The movie „Men's Hearts“ shows in a humorous way how the young marketing specialist Niklas has two opposite pictures about masculinity from his own campaign in his head. And when he finally meets the seemingly cool and masculine role model with adventure spirit and expensive car in a fitness center, he experiences a surprise.

### **INSTRUCTIONS/PROCEDURE:**

#### **Part 1:**

Use the flipchart for creating the old map of masculinity by using the following questions:

- 1.) What does masculinity mean today in modern culture?
- 2.) How is it measured whether a man is masculine (successful)?

### 3.) What are signs/symbols for masculinity?

Chairs are put aside and the men spread in the room standing.

Trainer: *Move slowly around in the room until you meet a man. Stand facing each other. One man starts: „What I appreciate about you being a man, is...“ or „What I appreciate about your masculinity, is...“ Tell them maximum 3 things you appreciate. Then it is the turn of the other man, who also appreciates maximum 3 things. Then say thank you and start moving again until you meet a new man. Then repeat the appreciation of the masculinity.*

As trainer check how many rotations among the men are adequate for the space. Have the men take notes about the feedback they got, because the box could otherwise easily forget the appreciation.

Then create the second part of the map. "*What does masculinity mean in a new culture?*"

#### Part 2:

This part could/should be done at a later point in time during the Lab. The chairs are put aside and the men spread in the room.

Trainer: *Move slowly in the room until you meet a man. Stand facing each other. Then one man starts: "The next step for you with regard to your masculinity is..."*

As trainer check how many changes among the men are adequate for the space. Have the men take notes about the next steps, because the box could otherwise easily forget the next steps.

#### **DEBRIEF:**

e. g. participants share their experiences in a big circle.