



**White Ribbon  
Ireland**

Men Ending Gender-Based Violence



## **‘Masculinity & Relationships’ workshops**

**For more information or to make a booking contact  
[wri@mensnetwork.ie](mailto:wri@mensnetwork.ie)**

**All workshops are based on Men’s Development Network’s evidence-based practice of working in circles, where all participants are equal, and where a safe and brave space is created to have important conversations that foster and enable positive change, in participants’ lives, and in society.**

### **‘Healthy Relationships & Masculinity’ 2 hour workshop**

The aim of the workshop is exploring what constitutes a healthy relationship, exploring masculinity, and what is gender-based violence.

At the end of the session participants will have:

- Identified the characteristics of a healthy or unhealthy relationship
- Learned about the ‘Man Box’ and unhealthy masculinity
- Explored the role men can have in preventing gender-based violence

### **‘Unpacking Masculinity’ 1 hour workshop**

The aim of the workshop is unpacking masculinity norms that perpetuate Gender-based violence and explore the concept of the Man Box.

At the end of the session participants will have:

- Explored the concept of the ‘Man Box’, its seven pillars, and its implications,
- Learned about societal influences on the ‘Man Box’,
- Discussed strategies to ‘Unbox’ and live their most authentic selves.



### **Experiencing DSGBV?**

Women’s Aid - 1800 341 900

Dublin Rape Crisis Centre

1800 77 8888

MDN Male Advice Line

1800 816 588



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## 'Engaging Men as Allies in Ending Gender-Based Violence' 1 hour workshop

The aim of the workshop is working with Men and Boys to explore their role in combating Domestic, Sexual and Gender-Based Violence.

At the end of the session participants will have:

- An understanding of the role of boys and men in responding to Domestic Sexual and Gender-Based Violence (DSGBV).
- Learnt how to use MDN's 7 Key Leadership Questions to reflect on personal and collective responsibilities.
- Fostered a supportive environment for sharing strategies and committing to action.

All workshops are delivered by White Ribbon facilitators who will strive to make them safe for all participants. Signposting information will be provided at the end of every session.

Everyone 18+ years of age of all genders can attend.

Workshops are interactive and, while direct engagement in class is highly recommended, it is not obligatory. There are no admission criteria and it is not expected that participants will write or read out loud in class.

If a participant has additional accessibility needs, we recommend they mention it while booking, and we will do our best to support them to fully participate in the workshop.

## How can men be allies in combating domestic, sexual and gender-based violence? 3 STEPS

### Step in – Step up – Step back

**"Step in"** to the wider conversation about DSGBV in a non-adversarial way. Try to listen and learn while you engage in conversations;

**"Step up"** by disavowing violence and harmful masculinities and adopting positive behaviours and role models;

**"Step back"** by reflecting on their own privilege and showing empathy by listening to the concerns of women and girls in particular.



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