

---

Barbershop Toolbox

# Workshops

March 2017

---





# What Makes a Man – Workshops

## Goal

These workshops should inspire the participants to become agents of change and promoters of gender equality by deepening their understanding of the topics and exploring their own ideas on gender equality. The following workshops combine expert-led discussions and group work. The workshops are divided by topics, allowing participants to explore in-depth one issue at a time.

The workshops are independent from each other and can be used as stand-alone sessions. However, if the participants are new to the gender equality discussion it is strongly recommended to start with Workshop 1 on the definition of gender and then progress to the following workshops.

## Guidelines for organizers

The workshops allow for a candid discussion about what makes a man, and how men can help achieve gender equality. The tools can be used for single-sex groups (men only) or for a mixed group (women and men together). However, when the group is mixed, make sure to still provide the opportunity for male-to-male discussions to ensure a productive dialogue on what men can do to help achieve gender equality. This can be achieved by

dividing the participants into groups based on gender whenever possible and finding male experts who can participate as facilitators or share their experience as speakers.

Consider partnering up with a gender expert who can facilitate the discussion. When dividing the participants into groups always decide on one discussion leader per table beforehand. They can be local experts or simply participants who know the topic well. Meet them beforehand to go through

the workshop guidelines as well as the Facilitator's Checklist and Terminology provided under **Getting Started**.

Be aware that discussions on sensitive topics, such as violence and sexual abuse, can trigger bad memories and anxiety for anyone who may have been affected by such acts. The facilitator and discussion leaders should be mindful of this, and be ready to refer participants to local organizations that provide support.

| If you have 1 hour                           | If you have 2 hours  | If you have 3 hours   |
|--|--|---|
| <p><b>Workshop 1</b><br/>What is Gender?</p> | <p><b>Workshop 1</b><br/>What is Gender?</p> <p><b>Workshop 2</b><br/>Act Like a Man, Act Like a Woman</p> | <p><b>Workshop 1</b><br/>What is Gender?</p> <p><b>Workshop 2</b><br/>Act Like a Man, Act Like a Woman</p> <p><b>Workshop 3</b><br/>What is Violence?</p> |