



TOP BLOKES
FOUNDATION



**MENTORING
PROGRAM**

18-24

ABOUT TOP BLOKES

Top Blokes Foundation is a leading young men's mental health charity. We exist so more young males lead healthy and safe lives.

At Top Blokes, we picture a future where every young male, regardless of background or location, stands tall with a strong voice, unwavering belief in himself and a sense of belonging.

We want to see young men fostering resilience, empathy, and wellbeing. We're all about modelling and advocating masculinities in a positive, healthy, and supportive way.

Join us and help young males break free from stereotypes so they can embrace the strength of being themselves.

SHAPING TOP BLOKES

“ It's really good to be able to come to a place and talk about life's issues that barely get talked about. ”

PARTICIPANT

TRANSFORMING LIVES

Our results speak for themselves. Creating a safe space for boys to express themselves openly and authentically is paramount, and we take pride in the tangible difference it makes.

85%

I'm inspired to make better choices in my life.

74%

I have better strategies to control my anger.

83%

I have better tools to manage my mental health.

88%

I understand how to have healthy relationships.

Results from 2023 program

Young males have unique challenges in life that require a unique approach, and that's why we focus solely on boys and young men aged 10-24. Our evidence-based programs are tailored to the specific and diverse needs of young males, making a positive impact where it matters most. We've worked with thousands of young men over two decades, so we engage them in ways we know are proven to work.

We work with young men to build their confidence, instill resilience and help them see meet their potential.

CONFIDENCE

Sense of belonging
Self-belief and worth
Growth mindset
Can-do attitude

RESILIENCE

Navigate ups and downs
Bounce back from setbacks
Failures as learning opportunities

POTENTIAL

Leadership
Be an upstander
Build on strengths
Inclusivity and empathy

ABOUT 18-24

WHY 18-24 YRS?

The program integrates discussions and activities that teach and equip young men with skills to better cope with problems they commonly face. Graduates of the program will have learnt social and practical skills that allow them to make better and more informed decisions, ultimately improving their quality of life and their relationships with the communities around them.

Recognising the unique challenges this age group faces - from building relationships, peer pressure and decision making, preparation for the workforce and financial literacy - Top Blokes designed 18-24 to provide the support and guidance these young men need.

LET'S TALK BEST PRACTICE

Our program is aligned with the National Mentoring Benchmarks established by the Australian Youth Mentoring Network. Workshop content undergoes rigorous scrutiny, and is evaluated and endorsed by an independent committee composed of psychologists, educators, researchers, and parents, to ensure the program's continual relevance and effectiveness.

QUALIFIED, EXPERIENCED & LOCAL

Our dedicated team of qualified Youth Workers and mentors bring expertise, lived experience and consistency to our programs. We believe in the power of professional guidance to help young men learn and grow.

Each Youth Worker carries current Working with Children Check and National Police Checks and receives ongoing training and development in key knowledge areas such as youth mental health, trauma in youth and cultural awareness. All our staff are mandatory reporters and will work alongside schools in the event that a mandatory report is required.

We are locals. We're here to support young men right where they live and learn. We're close to the ground, aware of what's going on in the local area, and can address the real issues young males are facing.

“

70% of our workforce between the ages of 18-25 are male. Let's try and get something for them – some mental tools they can use long term.

”

ROYAL AUSTRALIAN AIR FORCE



WORKSHOP TOPICS

LEAD FROM THE FRONT

Leadership and Teamwork

This workshop focuses on engaging participants in the 8-week leadership intensive program by modelling open communication, encouraging sharing, rapport-building, and creating a healthy group dynamic.

They are encouraged to reflect on their “Why” for the first time and begin a reflective practice setting an intention for the next eight weeks of personal development.

Discussing Team Building & Leadership Styles the group is encouraged to reflect again on how they work best in group dynamics and develop an appreciation for diverse thinkers and leadership styles. We see these in action in rapport-building activities.

LOVE LIVES

Sex, Intimacy, Pornography, Relationships and Sexual Health

This workshop discusses the unrealistic portrayal of intimate relationships and how pornography consumption can affect young men’s physiological health and mental well-being, as well as their personal relationships.

The impact of porn, in part affects how young men view the importance of sexual health. We pit the participants against each other in a playful activity of ‘STI celebrity heads’ which proves informative and educational. We clarify simple Sexual Health essentials such as the importance of frequent sexual health checkups, proper condom use and how valuing consent in intimacy fosters intimate, respectful connections.



GREEN FLAGS

Navigating Communication and Conflict Resolution

This workshop discusses both platonic and intimate relationships and explores relationship elements including the importance of respect, communication, personal responsibility, and strategies to build positive relationships.

We also explore our responsibility as upstanders to be aware of warning signs and blatant forms of manipulation and abuse in relationship, the prevalence of Domestic Violence, a call to action as Upstanders.

Participants will understand the triggers of conflict as defensiveness and poorly expressed anger. We discuss the basic psychological concepts reasons for anger or defensiveness, polyvagal theory, the autonomic nervous system and regulatory practices and conflict engagement techniques.

We finish with an opportunity to healthily resolve conflict in role play practice. Hopefully impacting how we can better resolve conflict in both our personal and professional lives.

WORKSHOP TOPICS

MAN ENOUGH

Redefining the concept of Masculinities and Self-Perception

Your concept of masculinity shapes your mental, emotional, and physical well-being. We'll break down different definitions of masculinity, examine social and peer pressures, and provide a space for you to define your own healthy and fulfilling manhood.

Additionally, we'll talk about how the things we see around can influence our perception of self. We discuss how this can lead to unhealthy expectations we set for ourselves: financially, characteristically, or even physically. Comparison is the thief of joy. And even the pursuit of being healthy can lead to poor mental health.

HEALTHY MINDS

Exploring Mental Health and Resilience

We address the stigma often associated with mental health conditions. We'll discuss the characteristics of these disorders, examine the culture of mental health among men, and explore ways to enhance your well-being.

Discover how to healthily bounce back from tough situations using real-world examples. We'll provide actionable methods for building resilience and explore the concept of reframing to help you solve problems and make better decisions. This is about taking control of your emotional and mental health.

ALCOHOL, DRUGS, ADDICTIVE BEHAVIOURS

Exploring Substance Use and Risk Taking Behaviours

Addictive substances are one thing, more commonly we struggle with addictive behaviours. In this workshop we explore the behaviours at play when taking risks particularly around substance use and abuse.

In Australia, alcohol use and over consumption has become a cultural norm. We explore the misconceptions about substances, effects and impacts of intoxication, and discuss how to manage your substance use safely and responsibly.

They are encouraged to reflect on their "Why" for the first time and begin a reflective practice setting an intention for the next eight weeks of personal development.

BUILDING UP YOUNG MEN

" I've been to plenty of places and this is one of the first times I've felt free to talk openly. "

PARTICIPANT

WORKSHOP TOPICS

STAND UP

Unpacking Racism, Stereotypes and Sexualities

We'll explore the impacts that stereotyping and racism has on individuals. We will examine the discriminatory implications of Australian Policies and cultural events while understanding privilege, groups with less privilege and why acceptance of all is so important.

Socially, the world tends to view people through a heteronormative lens; that is, people are heterosexual and identified as male or female. Biologically, it's a lot more varied. We'll take a look at the wider spectrum and distinguish between sex, gender and sexuality, which can be confusing.

FUTURE YOU

Budgeting, Routines and Goal Setting

Saving money gives you more opportunities in the future, like buying key items (car/house), finding a place to live and taking care of yourself and the people around you. We'll talk about how to make and maintain a budget, and why credit cards and micro loans should be last on your list of options.

Having a routine helps to keep you on track to achieve goals. The more of your goals you achieve, the more this can boost your self-esteem. We'll talk about how to create a routine and how to maintain it.

CONTACT US

If you'd like to know more visit the FAQ section of topblokes.org.au or chat with one of our team to find out how we can bring Top Blokes to your local community.

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