

# HOW TO BE A MALE ALLY

WOMEN'S VOICES NOW ONLINE WORKSHOPS



## ABOUT THE WORKSHOP

"**Walk It Like I Talk It: Becoming a Male Ally**", a two-hour facilitated workshop, provides a safe space for young men to engage in a conversation examining the influence of patriarchy in their lives. With a self-identified feminist and a male ally modeling ways to connect to a deeper self, facilitators provide participants with the tools to better support the women in their families and communities.

Incorporating current events and pop culture, the curriculum is designed to be fun and interactive by including different types of activities.

The first hour calls for inward reflection while looking at toxic masculinity and examples of gender-based micro-aggressions that are prevalent in college culture. The second hour focuses on actionable ways to create change in perceptions, behaviors, and interactions with men and women. Discussion will focus on building communication skills and understanding **emotional labor**.

### MISSION AND VISION

With rising rates of gender-based crimes on college campuses, we believe young men have a role to play in being part of the solution. Without education we cannot expect change. It is our responsibility to leave this world in a better state than we came into it, this course will give young men the tools to be able to do so.

### TARGET DEMOGRAPHIC

Male-identifying and masculine of center college students.

### WORKSHOP OUTCOMES

Participants will be joining a movement for positive change. They will learn about ways our culture limits both men and women. Those who complete the workshop will have the tools to be a better human being and help to create communities that are safe for all!

**For more information on this workshop, please contact**

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