

FreeUP

Living Respectfully

Our FreeUP - *Living Respectfully* Programme training will support you in creating the space for boys and young men to reflect critically on messages they receive from society, peers and the media on how they should 'be a man'. We know some of these messages, unchallenged, can lead to beliefs and behaviours that are not in the long term interests of boys and men - or the women and girls in their lives.

A CALL TO MEN ^{UK} aims to support you in making a real difference, in helping others be change-makers for the better.

Proudly worked with



Why is it important?

“I need a programme for my school which promotes healthy, respectful relationships and which supports staff in dealing with such issues”.

(Head-teacher, Worcestershire)

88%

of 13-17 year olds report having some form of intimate partner relationship.

(NSPCC 2009)

40% of teenagers are in abusive intimate relationships

(Home Office: Teenage Relationship Abuse: A Teachers Guide To Violence and Abuse in Teenage Relationships)

One in three teenage girls has experienced some form of sexual violence from a partner.

(University of Bristol for NSPCC, 2009)

We want to prevent teenagers from becoming victims or perpetrators of abuse...a significant focus of the campaign is targeted at boys and young men to help them identify and challenge abusive behaviour”

(HM Government Call to End Violence Against Women and Girls Action Plan 2014)

Police recorded 1,052 reports of sexual violence in schools, of which 134 were reported as rape.

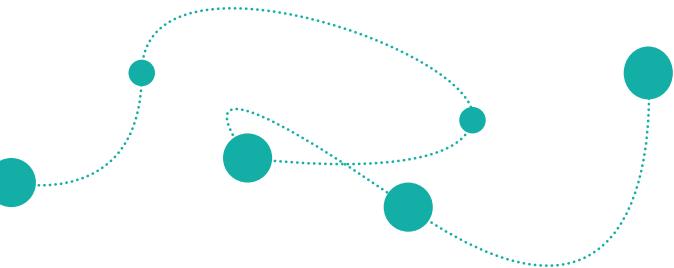
(FOI, 2014)

Benefits of our training

We don't just 'parachute in' - do a few sessions and leave - we are dedicated to up-skilling your staff. Our training will empower them to engage boys and young men to play their part in helping shift the social norms that negatively impact our culture.

We provide a clear conceptual framework and vocabulary for critical reflection enabling your staff to sustain sensitive and challenging discussions with all the boys and young men with whom they work with.

Our training offers an opportunity to **'join the dots'** between many issues that may be present in the lives of boys and young men and manifesting in your setting. This affords you the opportunity of offering further interventions which may not have been considered before the training.



FreeUP - Living Respectfully

The programme provides 8 x 40 minute lesson plans and plentiful related resources can be facilitated to groups of boys and young men aged 11 upwards or 1-1 if preferred.

FreeUP - *Living Respectfully* is designed to

- Promote healthy relationships.
- Decrease language and actions that degrade women, girls and other marginalized groups.
- Challenge harmful cultural and social norms.
- Empower boys to more effectively negotiate relationships with their peers and make better decisions for themselves and those around them.

“FreeUP-Living Respectfully- is an effective resource to reduce violence and future victims of violence. It is a powerful intervention that not only promotes personal change but has wider implications on changing society's views’.

Tony Begley, Operations Manager, Warwickshire Youth Justice Service

FreeUP - Living Respectfully In Action

"I have delivered FreeUP - Living Respectfully in various settings and situations. I held a session in the past where a young man realised that he in fact was a perpetrator and that he immediately wanted to make some huge changes in his attitudes towards relationships"

Tom Phillips, Early Intervention Service, Worcestershire

"Since becoming a FreeUP-Living Respectfully Coach I have become a better man and father"

Richard Thomas, Warwickshire Youth Justice Service

"The programme was the first step for me to realise that there are ways you can talk about stuff and you don't have to keep it bottled up. FreeUP-Living Respectfully allowed me to express myself emotionally in a way I'd never done before, and it has given me the ability to understand myself."

Sam, aged 20

"I think I have been treating girls horribly at times. I am going to change. Men think they rule the world but this isn't the way it should be. I don't think it's nice."

Boy, Aged 11

"The lessons created very interesting debates from which the young men have informed us of their change in views and understanding of the messages they have been receiving and giving. From the feedback and evaluation it is evident that the programme can only form better outcomes for them as adults and therefore impact positively on the next generation"

Sue Rogers, Head of Service, Action For Children

"At the start of the course I felt that girls who dress in a certain way deserved to be whistled at and called names. Today that opinion has changed and I realise that I was wrong. I will try and treat girls differently from now on. Banter can hurt their feelings"

Boy, aged 12

Aim of the training

To provide professionals from all settings working with boys and young men with the tools to help raise awareness about gender stereotyping and prevent the use of violence and abuse, while teaching nonviolent and respectful behaviour.

- To enable
- To empower
- To up-skill
- To enthuse

your coaches in the facilitation of the FreeUP - *Living Respectfully* Programme.

“The training was thorough, innovative and tackled directly the challenges faced by our schools in this area. Feedback from attendees was excellent”

Rob Chadwick, Director, The ContinU Trust

Logistics of the training

Duration: 4 days delivered in two pairs of days, typically some weeks apart. We recognize that taking 4 days out of the same week is often difficult.

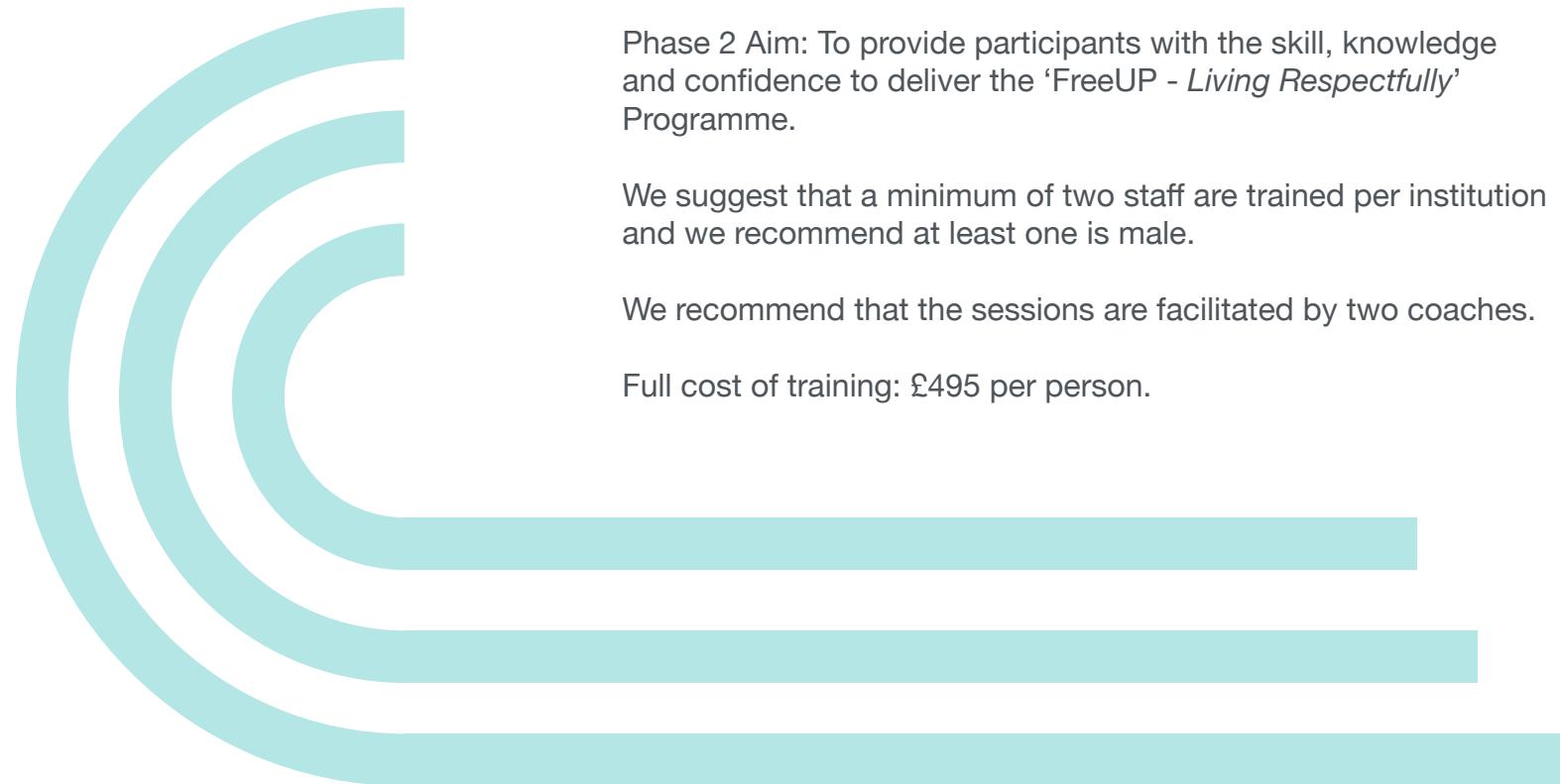
Phase 1 Aim: To explore the root cause and impact of male violence against women and girls.

Phase 2 Aim: To provide participants with the skill, knowledge and confidence to deliver the ‘FreeUP - *Living Respectfully*’ Programme.

We suggest that a minimum of two staff are trained per institution and we recommend at least one is male.

We recommend that the sessions are facilitated by two coaches.

Full cost of training: £495 per person.



On successful completion

A CALL TO MEN^{UK} will:

- Provide your organisation with a license for your trained coach(es) to deliver the FreeUP - *Living Respectfully* Programme.
- Supply a hard copy manual.
- Offer free ongoing provision of support, advice, feedback via email or phone; group supervision, 1-1 supervision or additional refresher training* options (*cost as agreed with your organisation).
- Promote your FreeUP – *Living Respectfully* work through our networks (by agreement).
- Connect you to others running the FreeUP - *Living Respectfully* programme near you.
- Offer a wealth of constantly refreshed online resources.
- Offer discounted access to our regional and national conferences.

“Clear and effective tools that can be adapted and used with all young men.”

Mike Brooke, Operations Manager, Kidderminster District Youth Trust

“ I would recommend that all educational professionals complete this training. Enlightening, informative, optimistic, harrowing and honest. I feel equipped to deliver sessions that will encourage students to challenge their behaviours and beliefs”.

Rob Birch, Vice Principal, Baxter College.”

“The enthusiasm and knowledge from the instructors kept the training engaging, fun and powerful. I have a much improved understanding of beliefs vs thoughts and how behaviours are shaped by this.”

Carlene Taylor, ‘Connecting Families’ Manager, Redditch.

We also offer

Stand-alone workshops with students: 60-90 minute interactive workshop sessions with boys and young men, addressing key issues in a safe and reflective format. Ideal for groups of between 10 – 30 participants.

CPD for staff – negotiable duration exploring key themes as agreed with your organisations

- Conferences
- Presentations
- Seminars

We look forward to working with you!

Please contact katie@acalltomenuk.org.uk for more information

www.acalltomenuk.org.uk

[@ACallToMenUK](https://twitter.com/ACallToMenUK)

Proudly worked with

