

# TOMORROW MAN SCHOOL PROGRAM

**Reinventing Masculinity.  
Disrupting Stereotypes.  
Building Emotional Muscle.**

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We firmly believe that it takes a village to raise resilient and emotionally connected young people which is why our approach covers the whole school community including students, teachers and parents.

Through our programs we create non-judgemental, authentic environments to practise the conversations that we need to have but often avoid, paving the way for better relationships and the capability to get help and help others through life's ups and downs.

Our student modules specifically support and align with the four dimensions of 'Respect Matters' and consent education, training the emotional literacy needed to navigate the journey to adulthood.

Through our holistic approach we aim to equip the school community with the tools needed to help our young people thrive.

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# Student programs

## TOMORROW MAN

- 0 Foundation module: Connection Code**

A foundational workshop to prepare students for their Tomorrow Woman & Tomorrow Man journeys. The workshop aims to improve empathy, strengthen the connection of the cohort, teaching the participants the skills of emotional maturity and giving them the confidence in connecting with others.
- 1 Module one: Breaking the Man Code**

Explore the impact of rigid masculine gender stereotypes and expectations. Learn a variety of tools and skills to build stronger connections between one another.
- 2 Module two: The History of Man**

Learn about the historic evolution of humans. Understand how to identify the positive and negative traits that men have carried for years, and which have shaped them.
- 3 Module three: Man + the Mask**

Explore how fear of judgement and excessive 'banter' affects individuals and the culture of a cohort. Identify the ways in which men hide and protect themselves.
- 4 Module four: Showing Up**

Discuss toxic behaviours, and the current state of man according to society and the media. Explore how 'showing up' impacts those around them.
- 5 Module five: Next Base**

Explore the current state of pornography and its impact on the brain. Plus gain awareness of how to have healthy, balanced intimate experiences and relationships.
- 6 Module six: Write Your Own Code**

Presented with the differences between boys and men, identify where they currently stand. Express what was learnt about the kind of man he is or is going to be.

# SCOPE + SEQUENCING

We've developed two schedule options to achieve the best possible outcome for the eight workshops in our school program. We are happy to work with you individually to find a tailored schedule to suit.

**These are ideal two + three year journey options for one cohort of senior students + their parents and teachers.**

## Year 9. Foundation.

- 1 STUDENT FOUNDATIONAL MODULE

## Year 10. First year.

- 1 TEACHER TRAINING
- 2 STUDENT MOD ONE
- 3 PARENT TRAINING
- 4 STUDENT MOD TWO
- 5 STUDENT MOD THREE

## Year 11. Second year.

- 6 STUDENT MOD FOUR
- 7 STUDENT MOD FIVE
- 8 STUDENT MOD SIX

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- 1 STUDENT FOUNDATIONAL MODULE

## Year 10. First year.

- 1 TEACHER TRAINING
- 2 STUDENT MOD ONE
- 3 PARENT TRAINING
- 4 STUDENT MOD TWO

## Year 11. Second year.

- 5 STUDENT MOD THREE
- 6 STUDENT MOD FOUR

## Year 12. Third year.

- 7 STUDENT MOD FIVE
- 8 STUDENT MOD SIX

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## Tomorrow People

In conjunction with the Tomorrow Man + Tomorrow Woman school workshops, Tomorrow People workshops bring young people together to create a collective empathy and understanding of shared and unique experiences across the gender spectrum. Get in touch with us to find out how this program can fit into the journey.