



17 February, 2020

Dear Parents/Guardians

On Thursday, 20 February, Year 10 will participate in a workshop presented by Tomorrow's Man and Tomorrow's Woman as part of the College Wellbeing syllabus.

This group of young people aims to disrupt old school stereotypes, build emotional muscle and aim to seek out and embody an attractive, relevant and modern alternative to the previous archaic stereotypes that society has accepted for too long. Each session will be two hours in length and will take place at the College.

This will be the third time that this group has presented at the College. Previous students found it to be very worthwhile indeed.

### **School Workshops**

The Tomorrow Man boys' workshops aim to disrupt an old-school male stereotype and redefine a more positive version of masculinity to live by. Building resilience, self-confidence and peer support for participants, students look at the current statistics that face men and engage in conversations which help them see that speaking openly to their peers is a sign of strength not weakness.

The Tomorrow Woman girls' workshops aim to create a safe space for women to cultivate and practice their voice. Enabling participants to express their authentic selves beyond the room, free from the limitations of society's expectations and stereotypes.

### **Night with the Blokes**

Aims to get beyond the banter and explore what it means to be a man today and what it will mean tomorrow. Participants engage in a no-holds barred conversation about the state of man, face the current stats around mental health and create a space to explore how we can look after ourselves, our mates and families better while carving out our own version of the Aussie man. The idea is to provide men with the tools and strategies to be able to talk with gravity, ask 'second and third questions' and go a little deeper in conversations with their friends, colleagues and family.

Should you wish to know more about the workshops please contact me at the College. If you wish for your son/daughter to not participate in the workshops, please contact me also at the College.

Yours sincerely

Meegan Farmer  
Year 10 Leader of Wellbeing

