



Are you tired of trying to fit into the ideas of what “a real man” should be?

Are you frustrated by unhealthy masculine stereotypes?

Join a free workshop to unpack “The Man Box”

Even in 2022, men can face a lot of pressure to live up to traditional masculine stereotypes.

Ideas about men being tough, breadwinners, unemotional and always in charge have contributed to poor outcomes for men, including high rates of suicide, depression and anxiety, as well as increased rates of violence, including against women and children.

Everyone should be free to live a life true to themselves, without the pressure of living up to outdated gender stereotypes.

Join other VU students for a workshop by Jesuit Social Services’ ‘The Men’s Project’ where they will discuss the idea of ‘The Man Box’ and explore how to break free from harmful masculine stereotypes.

When: Tuesday 29 November, 11am—2pm

Where: Footscray Park campus, Room P134

Who: All students welcome

Cost: FREE!

Lunch will be provided for registrants.

Register via this link: <https://www.eventbrite.com.au/e/unpacking-the-man-box-tickets-445030376837>

Presented as part of VU’s commitment to the annual [16 Days of Activism Against Gender-Based Violence](#) campaign.

