



# BUILDING BLOKES

MENTORING PROGRAM

Helping more young males lead  
healthy and safe lives.



**I'VE BEEN TO PLENTY OF  
PLACES AND THIS IS ONE  
OF THE FIRST TIMES  
I'VE FELT FREE TO  
TALK OPENLY.**

**- Jake, Building Blokes**

# ABOUT TOP BLOKES FOUNDATION

Top Blokes Foundation's mission is to improve the mental health and social well-being of young men in Australia.

Top Blokes Foundation currently runs three mentoring and community engagement programs: the Stepping Up program (for boys aged 10-13), the Junior Top Blokes program (for boys aged 14-17) and the Building Blokes program (for young men aged 16-24).

Each year, thousands of young men are positively impacted by Top Blokes programs, which in turn strengthens their families, schools and communities.

The programs are evidence-based and reviewed continuously to ensure they align with the latest research and best practice guidelines as well as remaining relevant to young men. With over 10 years' experience, Top Blokes leads the way in the development and delivery of programs for young men that improve social outcomes.

Outcomes that the programs address include fostering inclusion, building resilience and, more broadly, empowering young men to realise and reach their potential. Top Blokes creates opportunities for young men to become positive role models to their peers.



# WHY YOUNG MEN?

95%



of one-punch fatalities were male<sup>1</sup>

75%



of all intentional self-harm deaths were male<sup>2</sup>

79%



of one-punch cases were caused by young males under the influence of alcohol or drugs<sup>1</sup>

42%



of men have experienced physical and/or sexual violence since age 15<sup>3</sup>

72%



of all road fatalities in Australia were male<sup>4</sup>

90%



of young people in the juvenile justice system on an average night were male<sup>5</sup>

#### SOURCES:

1. Pilgrim, JL, Gerostamoulos, D & Drummer, OH 2014, 'King hit' fatalities in Australia, 2000-2012: The role of alcohol and other drugs', Drug and Alcohol Dependence, vol. 135, pp. 119-132.
2. Australian Bureau of Statistics 2018, Causes of Death, Australia, 2017, cat. no. 3303.0, <[www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/3303.0~2017~Main%20Features~Intentional%20self-harm,%20key%20characteristics~3](http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/3303.0~2017~Main%20Features~Intentional%20self-harm,%20key%20characteristics~3)>.
3. Australian Bureau of Statistics 2017, Personal Safety, Australia, 2016, cat. no. 4906.0, <<http://www.abs.gov.au/ausstats/abs@.nsf/mf/4906.0>>.
4. Bureau of Infrastructure, Transport and Regional Economics 2019, Australian Road Deaths Database: Fatalities, electronic dataset, Department of Infrastructure, Regional Development and Cities, Australian Government, <[https://bitre.gov.au/statistics/safety/fatal\\_road\\_crash\\_database.aspx](https://bitre.gov.au/statistics/safety/fatal_road_crash_database.aspx)>.
5. Australian Institute of Health and Welfare 2018, Youth detention population in Australia 2018, bulletin no. 145, cat. no. JUV 128, <<https://www.aihw.gov.au/getmedia/55f8ff82-9091-420d-a75e-37799af96943/aihw-juv-128-youth-detention-population-in-Australia-2018-bulletin-145-dec-2018.pdf.aspx?inline=true>>.



# ABOUT BUILDING BLOKES

## ABOUT THE PROGRAM

Building Blokes is a mentoring and development program for young men aged 16-24. The program integrates discussions and activities that teach and equip young men with skills to better cope with problems they commonly face. Graduates of the program will have learnt social and practical skills that allow them to make better and more informed decisions, ultimately improving their quality of life and relationships with the communities around them.

The Building Blokes program runs for 8 weeks with 2-hour workshops held each week. Programs are held in select locations within the Top Blokes footprint. For details on specific program locations, please check the website or contact us on 1300 450 850.

## BEST PRACTICE

The Building Blokes program adheres to all of the National Mentoring Benchmarks as set by the Australian Youth Mentoring Network. Workshop content is based on the Junior Top Blokes program, which has been assessed by a steering committee of academics. Program content is continually updated with the latest research and has a stringent evaluation framework to measure program impact; in particular, measured outcomes include the degree of improved mental well-being, change in behaviour and attitudes, and increase in knowledge and skill set.

## ABOUT TOP BLOKES FACILITATORS

All Top Blokes Foundation Youth Workers hold a tertiary qualification in Youth Work, Social Welfare or Psychology and have experience in facilitating mentoring programs. Each Youth Worker carries current Working with Children and National Police Checks. They also receive ongoing training and development in key knowledge areas such as youth mental health, suicide prevention and intervention, trauma in youth, and cultural awareness in line with best practice and the latest industry standards. All Top Blokes Foundation staff are mandatory reporters and will work alongside community organisations in the event that a mandatory report is required.

## WHO IS THIS PROGRAM FOR?

The program is for young men aged 16-24 who want to improve the quality of their lives. Amongst other topics, the program encourages discussion on key issues such as alcohol and drug usage, disengagement from education or employment, gambling and risk-taking behaviours, and so will benefit young men who are interested in understanding or overcoming these issues in a judgement-free space with the guidance of positive mentors.

## IS BUILDING BLOKES WDO REGISTERED?

Yes, Building Blokes is a registered Work & Development Order (WDO) program. If you are or a young man you know is under the age of 25 and eligible, accrued fines can be reduced by up to \$2,000 upon completion of the program. For detailed information, contact us at 1300 450 850 or visit the Revenue NSW website.

## DOES A PARTICIPANT HAVE TO COMPLETE THE WHOLE PROGRAM?

Credits are made for sessions attended. Once registered, it's better to complete the program and gain a certificate of completion, which looks great on a résumé and provides proof of completion for those with court matters.

## CAN YOU DELIVER BUILDING BLOKES AS A ONE-DAY PROGRAM?

We can conduct in- or out-of-house Building Blokes programs, which can be tailored to suit your service or workplace requirements. For more information or to make a booking, contact us at 1300 450 850.

## HOW CAN WE REFER PEOPLE TO THE PROGRAM?

If you work with young men aged 16-24 and are interested in partnering with us or finding out more information, contact us at 1300 450 850.

# FREQUENTLY ASKED QUESTIONS







**IT'S REALLY GOOD  
TO BE ABLE TO COME  
TO A PLACE AND  
TALK ABOUT LIFE'S  
ISSUES THAT  
BARELY EVER GET  
TALKED ABOUT.**

**- Sam, Building Blokes**

## How much is too much alcohol?

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While drinking in Australia is a cultural norm, there are a number of ways to prevent a night from going wrong. We'll look at common misconceptions about alcohol, the stages of intoxication, what can be done to manage your drinking and what can be done if it goes south for you or your friends.

## What to know about party drugs

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When it comes to drugs, the more information you have, the better. We'll take a look at what makes up the average pill in Australia, the different stages of drug use for the different types of drugs and, using a harm minimisation approach, how to party safer.

## Getting to know Mary Jane

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Know what the short-term and long-term effects of marijuana are on your body. We'll dispel some of the myths around the drug so you can make more informed decisions for yourself. Again, the more you know, the better.

## Understanding mental health

### MENTAL HEALTH WEEK

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With around 1 in 5 Australians experiencing mental health conditions, you're very likely to come across various disorders in your life. It's important to break down the stigma and shame that are sometimes associated with having them, especially given how commonplace they are. In addition to discussing the characteristics of these disorders, we'll take a look at the culture of mental health amongst men and what you can do to improve your own well-being.

## Bouncing back

### MENTAL HEALTH WEEK

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To finish off Mental Health Week, we'll explore resilience; that is how you can healthily bounce back from tough situations you may face. We'll use real-world examples to give actionable methods of building resilience and look at the concept of reframing, which can help you solve problems and make better decisions. In essence, this is about helping you get control over your emotional and mental health.



## Being man enough

### UNDERSTANDING MASCULINITIES

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Your idea of what it means to be a man influences many of your mental, emotional and physical health outcomes. We'll deconstruct the various definitions of masculinity, look at the social and peer pressures that tend to box men into a traditional or stereotypical definition, as well as give you a space free from those pressures to decide for yourself what kind of a man you think you should be to live a healthy life and build positive relationships.

## Sex, genders, sexualities and everything in-between

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Socially, the world tends to view people through a heteronormative lens; that is, people are heterosexual and identified as male or female. Biologically, it's a lot more varied. We'll take a look at the wider spectrum and distinguish between sex, gender and sexuality, which can be confusing.

## Building healthy intimate relationships

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Here, we'll talk about how to build healthy relationships, how to mitigate issues that arise to ensure they stay healthy, and explore an important foundation of positive relationships - consent.

## Unpacking domestic violence

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Domestic violence isn't always physical, and oftentimes, it doesn't start out as physical either. We'll look at what domestic violence is, its impact on the community and the reasons why domestic violence is perpetrated to be able to prevent it. We'll also look at ways to call out negative behaviours and attitudes when we see or hear them as another prevention strategy.

## Anger management

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It's not unhealthy to feel anger - it's natural - but there are unhealthy ways of expressing it. Here, we'll go through the anger cycle to help you get control, and explore ways to prevent an outburst.

## Building your real world social network

### HEALTHY PLATONIC RELATIONSHIPS

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Similar to healthy intimate relationships, we'll take a look at what values are important in a non-sexual relationship. We'll also talk about how to make friends after school.

## The *hard* facts about porn

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Overuse of pornography can have pretty serious physical and mental consequences. Here, we'll talk about the effects of porn use on your mental and sexual health, as well as how different pornography typically is from real-life sexual experiences.

## Condoms, consent and cups of tea

### SEXUAL HEALTH

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Sex is natural, but it still carries a responsibility to prevent negative consequences for yourself and your partner. We'll look at sexually transmitted infections and how to not get them. But in case you do experience one, we'll also look at how to manage them. Note: some of them don't have cures.

## What happens online, stays online - forever

### ONLINE BEHAVIOURS

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Being online has many benefits. However, spending too much time online, as well as behaving questionably can have serious negative consequences for you and others. We'll look at strategies to minimise these negative effects.

## Heads or tails - risk vs. reward

### PEER PRESSURE AND RISK-TAKING

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Risk-taking is a part of life, from asking someone out to making an investment to choosing to speed up on the road. We'll discuss risks worth taking and how to measure the costs against the benefits. We'll also look at factors that might influence this, like peer pressure, and how to deal with it.

## Is Australia racist?

### STEREOTYPING AND RACISM

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We'll look at how individuals might experience stereotyping and the negative impacts it has. We'll also examine the discriminatory implications of Australian policies and cultural events.

## Check your privilege

### POWER AND PRIVILEGE

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We'll break down what privilege is, who are the groups that experience less privilege and why it's important to acknowledge this.



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## Dollars and sense

### BUDGETING

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Saving money gives you more opportunities in the future, like buying a car, finding a place to live and taking care of yourself and the people around you. We'll talk about how to make and maintain a budget, and why credit cards and micro loans should be last on your list of options.

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## Do you even lift?

### BODY IMAGE

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Body image issues are often influenced by unrealistic expectations we place on ourselves. We'll talk about how the things we see around us influence our expectations, and why this can drive individuals to unhealthy methods of trying to achieve these ideas. We'll also look at the consequences of steroid use.

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## Routine and self-esteem

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Having a routine helps to keep you on track to achieve goals. The more of your goals you achieve, the more this can boost your self-esteem. We'll talk about how to create a routine and how to maintain it.



**For more information, please contact us.**

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**E: [info@topblokes.org.au](mailto:info@topblokes.org.au)**

**P: 1300 450 850**

**HEADQUARTERS**

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