



# MENTORING PROGRAM

14-17

# ABOUT TOP BLOKES

**Top Blokes Foundation is a leading young men's mental health charity. We exist so more young males lead healthy and safe lives.**

At Top Blokes, we picture a future where every young male, regardless of background or location, stands tall with a strong voice, unwavering belief in himself and a sense of belonging.

In every school, across every state, we want to see boys and young men fostering resilience, empathy, and wellbeing. We're all about modelling and advocating masculinities in a positive, healthy, and supportive way.

Join us and help young males break free from stereotypes so they can embrace the strength of being themselves.

## BUILDING HEALTHY, SAFE, RESILIENT FUTURES

“ My mental health is important and there's help out there, all I need to do is make sure I seek help and communicate what I'm experiencing and what I might need. ”

PARTICIPANT

## TRANSFORMING LIVES

Our results speak for themselves. Creating a safe space for young men to express themselves openly and authentically is paramount, and we take pride in the tangible difference it makes.

81%

said  
'I am a better friend'

79%

said  
'I am better at  
controlling my emotions'

80%

said  
'I feel I am more  
focused on what I  
want to achieve'

79%

said  
'I think about risks  
before taking them'

Results from 2024 program

Young males have unique challenges in life that require a unique approach, and that's why we focus solely on boys and young men aged 10-24. Our evidence-based programs are tailored to the specific and diverse needs of young males, making a positive impact where it matters most. We've worked with thousands of young men over two decades, so we engage them in ways we know are proven to work.

We work with boys to build their confidence, instil resilience and help them see meet their potential.

### CONFIDENCE

- Sense of belonging
- Self-belief and worth
- Growth mindset
- Can-do attitude

### RESILIENCE

- Navigate ups and downs
- Bounce back from setbacks
- Failures as learning opportunities

### POTENTIAL

- Leadership
- Be an upstander
- Build on strengths
- Inclusivity and empathy

## SOCIAL IMPACT

A three year EY Social Impact study revealed:

- Young males who participated in Top Blokes and had a mentor were four times better off than young males who did not participate.
- Top Blokes contributed to an increase in young men's school attendance and a reduction in detention and suspension rates. In some cases, these reductions ranged from 20% to 100%.
- The study showed that schools saved nine times the initial cost of the Top Blokes program. Additionally, it helped schools reduce the time they spent dealing with boys' behavioural issues.
- Schools saved an average of \$33,000 in avoided time during the boys' involvement with Top Blokes. After program participation, an additional \$20,000 was saved in avoided time.

## LET'S TALK BEST PRACTICE

Our program is aligned with the National Mentoring Benchmarks established by the Australian Youth Mentoring Network. Workshop content undergoes rigorous scrutiny, and is evaluated and endorsed by an independent committee composed of psychologists, educators, researchers, and parents, to ensure the program's continual relevance and effectiveness.

Program content meets all Department of Education policies and program content is mapped to the PDHPE curriculum in NSW and QLD.

## QUALIFIED, EXPERIENCED & LOCAL

Our dedicated team of qualified Youth Workers and mentors bring expertise, lived experience and consistency to our programs. We believe in the power of professional guidance to help boys and young men grow.

Each Youth Worker carries current Working with Children and National Police Checks and receives ongoing training and development in key knowledge areas such as youth mental health, trauma in youth and cultural awareness. All our staff are mandatory reporters and will work alongside schools in the event that a mandatory report is required.

We are locals. We're here to support boys and young men right where they live and learn. We're close to the ground, aware of what's going on in the local area, and can address the real issues young males are facing.

## WE WALK ALONGSIDE THE BOYS, BALANCING SUPPORT AND LEADERSHIP

“He's more open and speaks to me about things he normally doesn't open up about what ever subject or whatever is on his mind.”

PARENT

# WORKSHOP TOPICS

Over two terms for one hour per week, our Youth Workers deliver workshops focused on three main themes:

- Cultivate responsible decision making.
- Foster healthy relationships.
- Embrace diversity and acceptance.

## LEADERSHIP & TEAMWORK

We celebrate collaboration, showing young men that true leadership isn't about going it alone. From communication skills to understanding diverse personalities, we equip students to thrive as both team players and future leaders.

## INFLUENCE OF ALCOHOL

How can we demystify alcohol myths and empower young people? From navigating peer pressure to understanding the seven stages of intoxication, we equip young men with knowledge so together we can promote safe and smart choices

## EFFECTS OF DRUGS

Experimentation to addiction. We unpack the effect of drugs on both mind and body, explore how drug taking behaviour can evolve and break down the dark side of the drug industry from substance misuse to knowing exactly what you are taking.



## MENTAL HEALTH

It's ok to not be ok. Students discover how to break the silence and stigma around mental health. They'll leave this workshop with help-seeking and help-giving skills to create a positive lifestyle for themselves and those around them.

## RESILIENCE

How can we harness the power within? We'll weave positive psychology and resilience principles into a pathway for growth. Students walk away with strategies to build resilience and an understanding of the power of reframing to achieve a positive outlook.

# WORKSHOP TOPICS

## REDEFINING MASCULINITIES

In this workshop we dismantle outdated norms. From societal pressures to media influence, we empower students to forge an authentic, positive self. Critical thinking becomes our compass as we redefine masculinities - shaping healthier attitudes and behaviours.

## PEER PRESSURE & RISK-TAKING

We unveil the subtleties of peer pressure, risk and reward. From calculated leaps to informed choices, students walk away knowing how to cope with, and understand, healthy risk-taking.

## ANGER MANAGEMENT

Can you identify natural anger from harmful aggression? We explore anger as an emotion and as an aggressive behaviour and give tools to explore self-care techniques that help reduce anger and anxiety in participants.

## ONLINE BEHAVIOURS

We help students decode the digital maze. Participants will discover how to recognise and combat cyberbullying through report, block and seek help strategies. They'll walk away understanding the importance of being an upstander.

## COMMUNICATION & CONNECTION

Through discussions and real-life scenarios, we equip young men with healthy communication and conflict resolution tools. We unravel genuine connections that embrace respect, trust, and emotional safety so students are empowered to honour boundaries and champion mutual respect. Students learn how to spot relationship warnings and champion safety.



# WORKSHOP TOPICS

## HEALTHY RELATIONSHIPS

YES! We're talking consent and respect. We look at unhealthy traits and behaviours in intimate relationships and look at how to be an upstander by calling out inappropriate behaviours and actions. We also deep dive into abuse awareness.

## REALITIES OF PORNOGRAPHY

In this workshop we engage in open and frank discussions around the impact of pornography on health and relationships. From physiological wellbeing to mental health, we show young males how to regain control.

## SEXUAL HEALTH

Sexually transmitted infections, contraception and consent. We'll cover it all! Students walk away educated, prepared and aware of strategies to maintain their sexual health.

## DIVERSITY & INCLUSION

Let's walk in each others shoes! Through discussion, hands-on activities and meaningful reflections we recognise our own bias and cultivate a more inclusive mindset. Students build empathy, break barriers and nurture a community grounded in respect and acceptance.

## RACISM & STEREOTYPING

In this workshop we dismantle stereotypes, unravel the web of racism and help students ignite change within their own peer circles.

## CONTACT US

If you'd like to know more visit the FAQ section of our website or chat with one of our team to find out how we can bring Top Blokes to your school.

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# NOTES



# TOP BLOKES

FOUNDATION

**MENTORING YOUNG MALES  
TO LIVE HEALTHY AND SAFE LIVES**

**TOPBLOKES.ORG.AU**



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topblokesfoundation