



NEXT GEN MEN

2015-2016
REPORT CARD



NEXT GEN MEN

is a youth-led, nonprofit organization focused on building better men through youth and peer engagement, education, and empowerment.



OUR STORY

We were inspired to start Next Gen Men (NGM) after realizing how the traditional ideas about masculinity and manhood we grew up with had affected our health and wellbeing and affected the health and wellbeing of the people that we cared about. The issues are many, from sexual and gender-based violence and discrimination, social isolation and unhealthy relationships, to poor outcomes for men's mental and physical health.

Thanks to the **Movember Foundation's** first Canadian Men's Health and Wellbeing Innovation Challenge, we created an organization focused on empowering boys and young men to be part of the solution for these issues and to be engaged in making a positive impact on their communities.

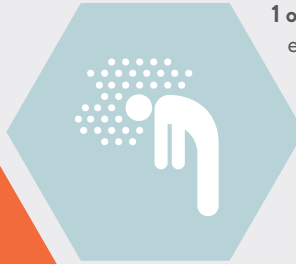


THE FACTS

1 out of every 4 male students in grade 7 and 8 across Canada reported that they often felt lonely or left out



1 out of every 10 Canadian men will experience major depression and **7** Canadian men take their lives by suicide every day



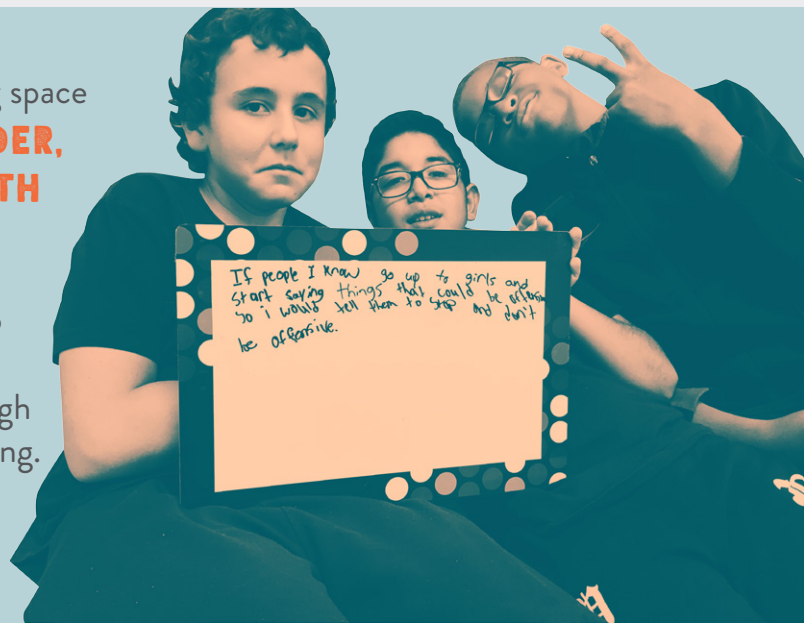
2 in 3 Canadians do not have an understanding of consent in (sexual) relationships



50% of all Canadian women have experienced physical or sexual violence



Since 2015, we've been creating space for young men to explore **GENDER, MASCULINITY, AND HEALTH** in our after-school programs, workshops, and presentations throughout the Greater Toronto Area and calling in our peers to support our social mission through advocacy and community-building.






If people I know go up to girls and start saying things that could be offensive so I would tell them to stop and don't be offensive.

OUR REACH

During the 2015-2016 school year, Next Gen Men reached **75 young men** in grades 7 and 8 across 6 York Region District School Board public schools in our **10-week After-School Program**.

We also reached **more than 600 youth** through customized and tailored **Workshops and Presentations** with schools across the region.

Interest in Next Gen Men's youth programs has grown significantly since we started out in 2015 with just two schools - we now have a **waiting list** of schools across the Greater Toronto Area interested in hosting Next Gen Men at their school!

-  NGM AFTER-SCHOOL PROGRAMS
-  NGM WORKSHOPS AND PRESENTATIONS
-  WAITLISTED SCHOOLS



“Next Gen Men is a place
where I can come and **BE**
MYSELF after school.”

– CODY, GRADE 8



OUR PROGRAM

In Next Gen Men's youth programs, we facilitate activities, games, and discussions around our key program pillars:

Self

Acceptance
Esteem
Love
Awareness

Health

Mental
Emotional
Physical

Others

Inclusiveness
Diversity
Empathy
Relationships



Our Goals and Objectives

1. Explore concepts of masculinity and positive, healthy ways to be a man
2. Challenge gender roles and stereotypes
3. Develop leadership skills, self-confidence, and self-awareness
4. Celebrate diversity and learn from others different from ourselves
5. Build skills for mental health prevention and promotion
6. Develop connection and support among peers
7. Practice empathy and increase emotional intelligence
8. Explore what a healthy relationship looks like, how to practice consent, and how to be a good friend

“I feel like a Next Gen man.
Not every man has to be masculine
and **EVERYONE CAN BE DIFFERENT**
and that’s OK.”

– JACK, GRADE 7



OUR IMPACT

Next Gen Men's After-School Program empowers young men to redefine the traditional definitions of manhood and masculinity. We asked the guys about what it means "to be a man" at the start and end of our 10-week program. Check out the results:

18% DECREASE

"Guys should play with trucks rather than dolls."

23% DECREASE

"Guys shouldn't show fear."

21% DECREASE

"A guy should prefer football to sewing."

20% DECREASE

"A guy should never depend on someone else to help him."

21% DECREASE

"When in a group of guys and girls, guys should always make the final decision."

23% DECREASE

"When they're sad or upset, guys should just "suck it up" and get over it."

At the end of the day, Next Gen Men's after-school program is about **HAVING FUN** and **BUILDING FRIENDSHIPS**.



95%

of participants felt safe attending NGM's after-school program



91%

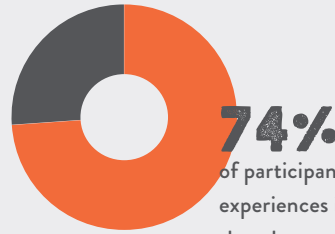
of participants would recommend the program to others



81%

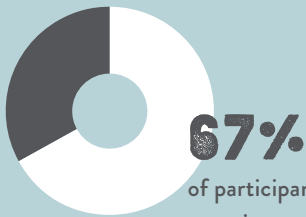
of participants agreed that their experiences increased their understanding of the roles of boys in society

Next Gen Men's After-School Program empowers young men to **TAKE CARE** of their health and **ASK FOR HELP**.

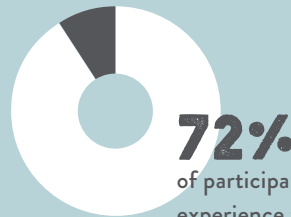


of participants agreed that their experiences increased the likelihood that they would ask for help for a mental or physical problem

Next Gen Men's After-School Program empowers young men to **EXPRESS THEIR FEELINGS** in productive, positive ways.

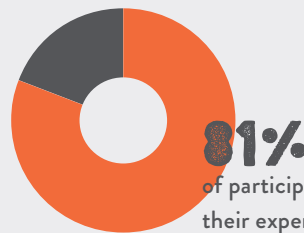


of participants agreed that their experiences increased their ability to express their feelings



of participants agreed that their experience taught them that there are better ways to solve problems than fighting

Next Gen Men supports self-acceptance, self-esteem, self-love, and self-awareness so that the **NEXT GENERATION OF MEN** can have a **POSITIVE IMPACT** on their communities.



of participants agreed that their experiences increased their self-esteem and their self-confidence

“I want to have Next Gen Men
ALL WEEK LONG until the
last day of school.”

– RAHUL, GRADE 8





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Movember Foundation.



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