

# LONG FORM PROGRAM

SIX MODULES

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Tomorrow Man's long form integrated program provides applicable relevance to participants. It is a highly engaging, structured and immersive learning journey, training young men how to walk their own path, talk with gravity and engage actively, with purpose, in all areas of their lives.

Through six modules, over two to three years, including a variety of preparation and integration tasks, Tomorrow Man provides students with the self awareness and capability to realise their potential. Becoming a man they are proud of and having a positive impact on their relationships and the world.

# MODULE 1

## *BREAKING THE MAN CODE*

Explore the impact of rigid masculine gender stereotypes and expectations. Learn a variety of tools and skills to improve the state of man, build stronger connections between one another, their peers and those they care about.

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# MODULE 2

## *THE HISTORY OF MAN*

Learn about the historic evolution of both man, and woman. Understand how to identify the positive and negative traits that men have carried for years, and which key moments, environments and relationships have shaped them.

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# MODULE 3

## *MAN + THE MASK*

Explore how fear of judgement and excessive 'banter' affects individuals and the culture of a cohort. Identify the ways in which men hide and protect themselves.

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# MODULE 4

## *SHOWING UP*

Discuss toxic behaviours, and the current state of man according to society and the media. Explore how 'showing up' impacts those around them and practice being able to 'feel the burn' by taking ownership for relationships that they are committed to improving.

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# MODULE 5

## *NEXT BASE*

Early sexual experiences can establish a sexual future blueprint. Explore the current state of pornography and its impact on the brain. Plus gain awareness of how to have healthy, balanced intimate experiences and relationships, through discussions of consent and how to form a positive sexual legacy.

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# MODULE 6

## *WRITE YOUR OWN CODE*

Presented with the differences between boys and men identify where they currently stand. A moment in front of the cohort expressing what was learnt about the kind of man he is or is going to be.

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# SCOPE + SEQUENCING

We've developed a schedule to achieve the best possible outcome for this long form program. We are happy to work with you individually to find a tailored schedule and module plan to suit.

The following example would follow one cohort of students through all modules.

## EXAMPLE THREE YEAR JOURNEY

YEAR 10  
FIRST YEAR



YEAR 11  
SECOND YEAR



YEAR 12  
THIRD YEAR

MODULE 1  
Breaking the Man Code

MODULE 3  
Man + The Mask

MODULE 5  
Next Base

MODULE 2  
History of Man

MODULE 4  
Showing Up

MODULE 6  
Write Your Own Code

## EXAMPLE TWO YEAR JOURNEY

YEAR 10  
FIRST YEAR



YEAR 11  
SECOND YEAR

MODULE 1  
Breaking the Man Code

MODULE 4  
Showing Up

MODULE 2  
History of Man

MODULE 5  
Next Base

MODULE 3  
Man + The Mask

MODULE 6  
Write Your Own Code

