

Yo, It's a Bro Thing! – Bro Session 1

Goals:

- To introduce Yo, It's a Bro Thing
- To start bonding as a group of men
- To define male stereotypes in America

Timeline: 12:30-3:00pm

0:00-0:20: Eat lunch / Chill

0:20-0:40: Introduce Yo, It's a Bro Thing / Bro hand shake / Man Introductions

0:40-0:70: Frisbee Golf – A Walk and Talk

0:70-1:00: Mount Bro-more

1:00-1:30: Breaking down and defining male stereotypes in America

1:30-1:40: Walk it out

1:40-1:50: Wrap up

Procedure:

Introduction (5 minutes)

Facilitator states, *What up men! We have gathered here today to start something exciting! As we are now fully entrenched in the Jewish community as men we are going to dig in and find out what exactly that means! This isn't going to be an easy journey, but I guarantee that we will have fun and learn much along the way. Throughout our bro sessions, we will talk about what it means to be a man Jewish and secular, living in America today. What struggles do we have as men? What stereotypes must we overcome? How has being a man changed in our society throughout history? We'll learn from each other, learn from various male heroes, and define what being a man means to you! Throughout this year, we are going to struggle with each other and try things that may be outside of your comfort level. I want to challenge you all to be open minded and try new things. The conversations and activities that will take place here are to be sacred and I'm asking all of you to pledge to practice kavod within this program. With that being said, just as Abraham and Isaac proclaimed their covenant with God with the famous circumcision, we will proclaim our covenant with each other to be respectful, try new things, and to maintain kavod in this space by our Bro handshake.*

The Bro Shake (5 minutes)

Facilitator states, *Throughout this year, we will always start and end out sessions with a Bro shake. This bro shake will be a constant reminder that we are a united group of bro's, who hear by pledge to learn, grow, and become the manliest, menchliest, group of men we can be.*

Collectively come up with a Bro Shake. Once a Bro Shake has been made, have every participant shake each Bro's hand.

Man-troductions (10 minutes)

Facilitator states, *Now that we are forever bonded as men, we must get to know each other a little bit better. I want everyone to write down on a slip of paper the "manliest" thing you have ever done. Don't write your name on this slip of paper. When you are done, fold it up and put it in this basket.*

(you should expect students to write down something crazy they have done. Don't lead them one way or the other, simply say, "write down whatever you think constitutes as being manly")

The facilitator will hand out a slip of paper to each participant and will instruct all of the participants to go around and ask each other if this manly fact is theirs. Once they find their person, they must link arms and find their partner's person. At the end of the activity, all of the participants should be linked and in a circle. They will then go around and introduce their partner and what their partner's "manly" activity was.

A Manly Game of Frisbee Golf (30 minutes)

Bro's will break into pairs. We will play a game of Frisbee golf. Each partner team will alternate shots. Before starting each whole, the partners will have to answer a series of questions.

Hole 1: Favorite movie of all time?

Hole 2: If you could be any superhero, who would you be and why?

Hole 3: What would you say is your greatest quality?

Hole 4: If you could rock any style of facial hair, what would it be and why?

Hole 5: What is one way that you feel different, since becoming a Bar Mitzvah?

Hole 6: Is your favorite meal breakfast, lunch, or dinner?

Hole 7: You we're just awarded 1 million dollars, but have to spend it all in 24 hours, what would you buy?

Hole 8: What is one thing you are looking forward to about becoming an adult?

Hole 9: What are you expecting to get out of this program?

Mount Bro-More (30 minutes)

Facilitator states, *throughout this year, we are going to be spending much time talking about male role models and male leadership. To get the ball rolling, I want you all to think about who your male role models are? Whether they are famous rock stars, athletes, family members, friends, and whoever else, I want you to start thinking about who are the people that you look up to, and what about them makes them a positive role model. Individually, I want you to create your "mount bro-more" of men. Mount Rushmore represents 4 of our greatest presidents, 4 individuals who have shaped America and that we will never forget. I want you to pick 4 of your greatest role models and think about why you are including them on your "mount Bro-more"*

Activity 1: Individually, participants should pick 4 male role models and put them on their mount bro-more

After initial activity, facilitator should state, *now that you have created your own Mount Bro-more, I want you to get into groups of 3. Collectively, as a group, you all need to choose 4 bro's to include on your new mount bro-more. Everyone must have 1 bro represented from their original mount bro-more.*

Activity 2: In groups of 3, participants must re-create their mount bro-more and collectively choose 4 new bro's to include. Each participant must have at least 1 bro represented on their mount bro-more. At the end, we'll come back together and each group will share their mount bro-more and talk about why they chose these 4 individuals.

Male Stereotypes (30 minutes)

Facilitator asks,

When you think of the ultimate manly man, who is the first person that comes to mind?
(We'll whip around and have each participant answer. Expect students to answer characters in tv or movies or someone famous)

And what about these men that you just stated makes them a man in your eyes?
(Expect participants to answer... they are hairy, they are simple, they are violent, they don't share their emotions, etc.)

Most of the men you mentioned are either characters in a tv show or movie or are someone who is famous. The media has a certain portrayal of men that isn't necessarily the truth. Right now, we're going to take a look at some of the ways that men are portrayed in the media.

(adapted from the Shevet Achim curriculum)

A tribute to men and the meat they eat:

http://www.youtube.com/watch?v=MxhU4AORXV8&feature=player_embedded

- According to this commercial, what is a man supposed to eat?
- What does it look like the men are doing in this commercial?
- How are men portrayed in this commercial?

Unmanly choice:

<http://www.youtube.com/watch?v=70aAcGGBJ2Q&feature=related>

- Why do his friends point to the body wash?
- What stands out about this commercial?
- How are men being portrayed in this commercial?

Activity 1: In groups of 3-4, provide the participants with a cut out of a man. Have the participants draw this man, give him a name, and "dress" him. Each group will present their man to the other participants. When each group has presented, we will go around and ask the participants to label stereotypes on post-it notes and point out places that are considered a male stereotype. We will then go around and discuss the stereotypes that were pointed out.

Walking it out (10 minutes)

(adapted from the Shevet Achim curriculum)

Facilitator states, *we are about to participate in an activity that is going to get a little personal. I am going to ask everyone to be respectful of our peers and also be honest with yourself. This is a safe space for us to share and learn with each other, and I want to remind everyone of the kavod we made when we did our bro shake.*

Activity: Participants will move from one side of the room to the other based on how you see yourself on the spectrum that is defined.

Questions:

I'm used to being the smartest guy in the room
I rarely feel like the smartest guy in the room

I've been in a lot of all guy environments
This is kind of new for me

Everyone who knows me knows that I am Jewish
There are people who know me but don't know that I am Jewish

I want everyone to know that I am a Jew
I generally don't advertise my Jewishness in public

I have a Jewish friend in my life that I really trust
I don't have a Jewish friend in my life that I really trust

There have been many times when I have hidden the fact that I am a Jew
I have never hidden the fact that I am a Jew

Most of my friends watch ESPN everyday
Most of my friends do not watch ESPN everyday

In groups, I keep quiet and wait
In groups, I jump right in

In groups, I tend to argue
In groups, I avoid conflict

In groups, I tend to be the clown
In groups, I tend to be the serious one

SO far, this group is ok
This group stinks.

Conclusion

Conclude with our bro shake!