

The background of the entire page is a photograph of three shirtless men running through shallow water. They are captured from behind, moving away from the viewer. The water is splashing around their legs, creating a dynamic and energetic scene. The lighting is bright, suggesting a sunny day, and there are many small, bright spots of light scattered across the image, possibly from the sun reflecting off the water or the camera's lens flare. A large, yellow, arrow-shaped banner is superimposed over the lower middle of the image, containing the text 'MEN OF HONOUR FOLLOW UP'.

## MEN OF HONOUR FOLLOW UP

Thanks for organising your students to attend The Hopefull Institute's Men of Honour seminar. We are so committed to presenting this as a way to help young men become socially and emotionally strong and actively pledging to act in respectful ways. This document summarises the key points from Men of Honour and shares ideas for follow up exercises with your students.



## MEN OF HONOUR

**“WE ARE BORN MALE,  
BUT WE ARE NOT  
BORN MEN.”**

Being manly is a choice. If we don't choose to be honourable men, culture and context will take charge and shape us.

For the teen boys of today, growing up means taking full responsibility for your actions and understanding how they affect other people.

What many fail to realise is there is not one ideal benchmark of masculinity. There are many masculinities. We are individuals, not a collective species.

Young men often have to be challenged, goaded and sometimes provoked into manhood. In most circumstances, this can only be achieved through the process of mentorship. Teen boys need someone who will aid in pushing them to their limit helping develop character.

The goal is for young men to become strong and sensitive, courageous and compassionate, emboldened and empathetic. For those feeling confused on the journey to manhood (and it's easy to see why this would be the case), finding a mentor is the quickest shortcut to success.

“You know after any truly initiating experience that you are part of a much bigger whole. Life is not about you henceforth, but you are about life.”

Richard Rohr

# 7

## CONVERSATIONS AND COMMITMENTS

WE MUST HAVE/KEEP  
AS MEN



Following the Men of Honour Seminar, these are areas to keep in mind as you progress towards adulthood.

### 1. EXERCISE

Frequent and regular exercise boosts the immune system and helps prevent diseases of affluence such as heart disease, cardiovascular disease, Type 2 diabetes and obesity.

Being active on a regular basis also improves mental health and helps prevent depression so try to work some form of physical activity into every day.

New England Journal of Health:

**Exercise helps you look better, live longer, be healthier and have more energy for your day.**

#### Examples of Physical Activity Commitments for Young Men:

Do 20 burpees a day

Walk 10,000 steps a day

Use a skipping rope for 5 minutes without stopping

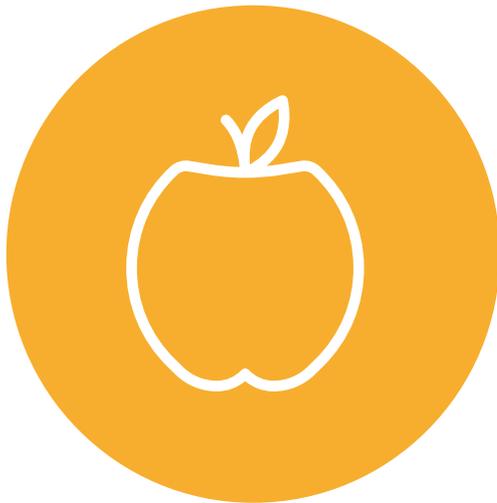
Do 20 squats

3 x 15 pushups

# 7

## CONVERSATIONS AND COMMITMENTS

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## 2. NUTRITION

For your body to work effectively and for it to fire on all cylinders, make sure it has the highest possible grade of nutrients.

**“Let food be thy medicine and medicine be thy food.”**

Hippocrates

**“He who has health has hope, and he who has hope has everything.”**

Arabian Proverb

### Examples of Nutrition Commitments for Young Men:

Eat at least 3 pieces of fruit a day

Drink 6 glasses of water a day

Eat clean 6 days and have 1 day off a week

Fast for 1 day each quarter

Restrict or eliminate junk food as a part of daily life

# 7

## CONVERSATIONS AND COMMITMENTS

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## 1. MONEY

Learning how to manage money is an important skill. If you don't learn how to control your money, it will control you. You need to make money your servant or it will turn you into a slave.

**“If all you buy is stuff, you will end up with stuff all”**

Brad Sugars

**“Never spend your money before you have earned it.”**

Thomas Jefferson

### Examples of Personal Finance Commitments for Young Men:

Get a job

Start saving \$10 a week

Open a savings account

Create a side hustle

Become financially literate (learn to ‘speak money’)

# 7

## CONVERSATIONS AND COMMITMENTS

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## 4. DRUGS AND ALCOHOL

Informed decisions are better than ill-informed decisions.

The four phases of psychological addiction are:  
EXPERIMENTATION > MISUSE > FIXATION > DEPENDENCE  
This can happen to anyone.

**“I started using recreational illicit drugs when I was 17 or 18. It opened up a gateway for me which pretty quickly became an obsession.”**

Former AFL star Ben Cousins

The greatest lie we tell ourselves as young men is, **“I can handle it”**.

**“Every single day of my life I think about heroin and want heroin. If I could wind back the clock there is no way in the world, I would ever take that road and let the devil loose inside me. “**

The Tracks of my Tears

### Examples of Drug Aware Commitments for Young Men:

To never drink and drive  
To make a pre-commitment not to abuse substances  
Decide on my personal values  
To not allow my choices to become chains  
Say no to drugs

# 7

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## 5. SEX

### “Man is neither angel nor beast”

Blaisé Pascal

Sublimation is the act of consciously transforming sexual or any other urge into creativity or physical action.

An important thing for young men to remember is that pressuring someone to have sex is not saying “I love you”, it’s saying “I love me.”

We are the most oversexed generation that has ever lived but paradoxically at the same time we are the loneliest.

Don’t confuse your needs for physical affection with sexual arousal and plain old attention.

The key to great sex is having a uni-focused brain: A mind that stays in the real world with a real woman and is not diverted to fantasy.

### Examples of Sexual Commitments for Young Men:

To not have sex with a person I don’t love

To treat my body and other people’s bodies with dignity and respect

To stand up when I see others act in dishonourable ways

To live by a personal code

To remember that a lustful thought does not have to lead to a lustful act

# 7

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## 6. PORNOGRAPHY

The ability to redirect our sexual energy into becoming better human beings is vital for the wellbeing of our communities. A craving is a craving, and any craving will take you off your game until you master it.

How to limit interaction with pornography in your life:

- Spend more time with friends
- Set up restrictions on your phone
- Get outside and exercise or build something
- Make yourself accountable to a mentor
- Aim to win the day

**“I am not interested in a world where men really want to watch porn but resist because they are being shamed; I’m interested in a world where men are raised from birth with such an unshakable understanding of women as living human being that they are incapable of being aroused by their exploitation.”**

Jonah Mix

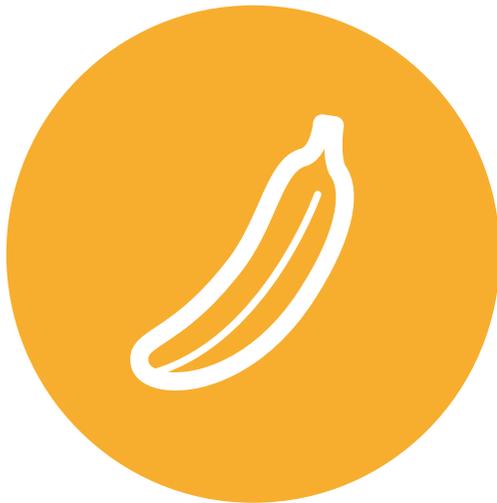
### Examples of Pornography Management Commitments for Young Men:

- Not to stalk girls on social media
- To never make a degrading comment online
- Make a value-based commitment on my use of pornography

# 7

## CONVERSATIONS AND COMMITMENTS

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## 7. MASTURBATION

**“There is an ape that gibbers on my loins. Tame him as we will by day he rages all the wilder in our dreams at night. There is no river in the world that flows cold or strong enough to strike him down. Almighty God, why does thou deck me out with such a loathsome toy?”**

Fredrick Buechener

If you want to know what is in your heart, look to where your mind goes when it wanders.

There is a 45.7% increase in your testosterone levels if you don't masturbate for seven days.

Testosterone increases the potential for muscle growth.

A healthy regular practice is to engage in masturbation every 8–16 days. Note this is a guideline, not a law. Why? Because this would be normal probability within a committed relationship of the time between sexual encounters.

### Examples of Masturbation Commitments for Young Men:

Leave gaps of 8–16 days  
Don't masturbate to porn  
Commit to 'No Nut November'



# MEN OF HONOUR

## WELLBEING FRAMEWORK

This program is designed to help young men cultivate the core skills essential for wellbeing and a positive path to adolescence. These include self-control, self-efficacy, social capability and self-awareness. Having such skills will help them live a self-directed, respectful and meaningful life.

### **This seminar reminds students to:**

**HARNESS THE POWER OF SELF-REGULATION**

**LIVE A VALUES-BASED LIFE**

**DEMONSTRATE HUMANITY**

**DEVELOP RESPECTFUL RELATIONSHIPS**

**ENLIVEN EMPATHY**

**MANAGE COMPULSIONS**

**DISPLAY HUMILITY**



**After the Men of Honour seminar, encourage discussion in your class with the following questions:**

- Q: Name one take away or idea you received from the Men of Honour presentation.
- Q: Discuss one commitment you have made.
- Q: How could you harness the power of a mentor or your peers to help you stick to that commitment?
- Q: Name a mentor who guided you in a certain area.
- Q. Can you think of a time you witnessed a man act in an honourable way?
- Q. What is your greatest strength that defines you as a man?
- Q. Is there a right age for someone to first engage in sexual activity? And/or can you be too young?
- Q. Could you name an area where you are in Stage 2 (Misuse phase) of addiction?
- Q. What avenues are available for you to become more financially literate?
- Q. What are the differences between a boy and a man?
- Q. Name a man you think displays positive masculine values and why?
- Q. What does the term 'boys will be boys' mean?



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