

*The Byrnes Health Education Center Presents*

# 5 Men Up

*A program on male stereotypes and aggression among middle school boys.*

**Outreach Program for Middle School Boys in Grades 6-8**  
**90 Minute Program**

“5 Men Up” emphasizes the need for empathy, examines the role society plays in determining male stereotypes and demonstrates intervention skills designed to empower bystanders.

This program is designed to create awareness and to give students the skills needed to break the cycle and feel empowered to create change within their environment.

To purchase this program for your school or for more information, please contact the Byrnes Health Education Center at 717.848.3064.



*Educating and inspiring people of all ages to make healthy choices.*

515 South George Street • York, PA 17401 • 717.848.3064 • [www.byrneshec.org](http://www.byrneshec.org)

## **Program Values:**

- Empowerment
- Respect
- Empathy

## **Program Activities:**

- Videos
- Music
- Skits

## **Program Content:**

Empathy, identify behaviors associated with male violence, male stereotypes in society, conflict resolution skills

**“The students seemed engaged. Information and presentation was very age appropriate.”**

**“Great interactive activities!”**

*-Spring Grove Area School District Representatives*