



REDEFINING STRENGTH: HEALTHY MASCULINITY AND ENDING GENDER- BASED VIOLENCE



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FACILITATED BY JEFF PERERA

THIS WORKSHOP IS CREATED FOR GRADES 9+

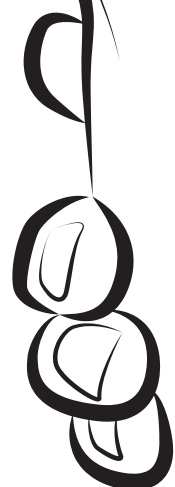
Join Jeff Perera in this powerful and engaging workshop where students will explore how to shift from harmful to mindful understandings of manhood. With warmth, humour, and insight, Jeff creates a welcoming space for teens to reflect, unlearn, and engage in transformative conversations about gender, respect, and inclusion. This session provides practical tools to help students foster healthy expressions of masculinity, build equitable relationships, and become active participants in ending gender-based violence.

Jeff introduces the concept of the "ladder of manhood"—an illusion built on unattainable expectations that often asks us to discard vital qualities like empathy and compassion. Instead, he invites students to reimagine a "ladder of community," one that values lifting others as we rise. In this activity, students will create a visual map of the qualities they want to carry with them and embody as they climb this new ladder—one rooted in kindness, connection, and collective strength. Have students through words or imagery show the qualities they will need to climb the ladder of community. There are two versions of the ladder of community work page to choose from.



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THE LADDER OF COMMUNITY





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