



# International Mens Day

## Monday 'Meaning'

This week's **Sacred Time** theme is 'International Men's Day (Mental health and toxic masculinity)'

Every year, International Men's Day is commemorated on the same date - 19 November - around the world.

The event aims to shine a spotlight on men who are making a positive difference, to focus on men's health and wellbeing issues, and to improve gender relations.

Why is this theme relevant in today's world?

## Tuesday 'Talks'



This week's **Sacred Time** theme is 'International Men's Day'.

Toxic masculinity is the idea of adhering to traditional male gender roles that stigmatise and work to invalidate the -very much- valid emotions, passions and preferences of men and boys.

As a society, we've made great strides in recognising women's issues and collectively working to deconstruct the patriarchy. However, it seems that society has just recently reached the point of recognizing toxic masculinity and working to validate natural emotions and feelings among men; however, we still have a long way to go.

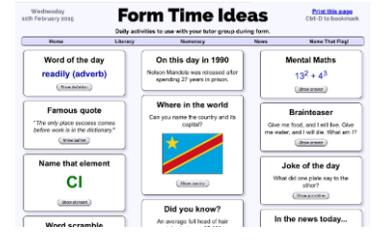
While women have grown up hearing, "you run like a girl," there's a parallel for men, often hearing, "crying is for girls."

**Personal pause** – Reflect on times where you may have stereotyped someone based on their gender. What jobs do you suggest are 'manly'? What does it mean to you to be described as 'masculine'? How has/or can this change?



## 'Try it' Tuesday

Each week for 'Try it' Tuesday, we will get an opportunity to put sacred time into action and be the 'Good Samaritan'. It will also be a chance to have a personal pause. This week let's think of one thing where we can turn a negative in to a positive. How can we bring light out of darkness? How can we bring good out of a bad situation. Make a list of qualities that nurture your inner light such as compassion, kindness, and generosity. Commit yourself to further cultivating one of these qualities starting in the here and now.



## Wednesday 'Words of Wisdom'



This week's theme on 'International Men's Day'

Jesus in John's Gospel teaches 'A new command I give you: Love one another. As I have loved you, so you must love one another'.

We could interpret this to mean that we should show love for one another despite what gender we identify.

**Read** today's specific Bible reading [HERE](#).



## Thursday 'Thoughtfulness'

Our thoughtfulness for today is a prayer:

Fill the hearts of all people with your love and the desire to ensure justice for all their brothers and sisters. By sharing the good things of the earth, may we secure justice and equality for every human, an end to all division, and a human society built on love and peace.

Amen

**Listen** to the BBC Radio 4 'Thought for the Day' [HERE](#).

## 'Find out' Friday



What is happening in the world around us? **Watch** Newsround to find out more [HERE](#).



### **Key questions**

What is happening in your world?

What is happening in St Helens and our local area?

Can we relate our theme this week to what is going on in the world?

Can we do anything to help any issues that our facing the world this week? Should we help?

Our **Cultural Capital** Sacred time this week links to **Citizenship & Character**.

Focussing on 'International Men's Day' concepts remind us that our social networks and our school culture have value to us and that we shouldn't tarnish our community with hurtful words.



## Form activity



Google 'International Men's Day' and click on images.

You will find loads of inspirational quotes. As a form class, come up with your own inspirational quote. Share this in the SACRED ROOM google classroom.