

Cayuga Prison

AVP Manly Awareness Agenda

Session 1. Welcome and community building

Welcome

Team Introduction

Agenda Preview

Gathering: Name and what I hope to get out of this workshop is...

Opening Talk

Cooperative Agreements (blank paper—ask the group what the agreements are)

Schedule and attendance (Friday until 8:30pm, Saturday and Sunday 8:15am – 4:10pm)

Housekeeping

Clinicking and Unanswered Questions

Ex: Adjective Name Game

L&L: Big Wind Blows

Break

Ex: Step Into the Circle

Session 2. Awareness of Messaging and Stereotypes

Agenda Preview

Gathering: A time I was proud to be a man...

Ex: Concentric Circles (choose 6 questions from page 10)

L+L:

Break

Ex: The Message Exercise

Evaluation: Sessions 1+2

Closing: Texas Hug

Session 3: What does it mean to be a man

Agenda Preview

Gathering: Something I find difficult about being a man is...

DVD: “The Mask You Live In” (2 hrs) include time to process this here.

L&L:

Break

Ex: The Roles Exercise

L&L:

Session 4: Role Models

Agenda Preview

Gathering: A quality I would like to see in a father is...

Ex: The Labels Exercise

L&L:

Break

Ex: The Mission Exercise

Evaluation Sessions 3 + 4

Closing:

Session 5: Manliness in prison

Affirmation Posters

Agenda Preview

Gathering: Read personal mission statements

Ex: Find Your Strong Suit

L+L:

Break

Discussion: How does the prison experience reinforce masculine stereotypes?

Session 6: Closure

Agenda Preview

Gathering: Something I've learned about manliness is...

Ex: Bargaining with Values (D-15 Advanced manual)

L+L:

Break

Guided Meditation on Forgiveness from Advanced Manual (D-93-94)

Graduation

Where we go from here

Evaluation Sessions 5 + 6

Closing: