



## Be a Man: Masculinity and Gender-Based Violence

Monsoon United Asian Women of Iowa  
R3 2018-2019  
\$50,000

Develop and implement a culturally-specific, workshop-style curriculum in Central Iowa for middle school boys in sports programs in order to increase recognition of gender-based violence, decrease likelihood of students perpetuating harmful gender norms, and to increase awareness about community resources for survivors.

### Communities

Adults  
Asian-Pacific Islander  
Athletes  
Boys  
Bystanders

Coaches  
Communities of color  
Girls  
Men  
Students  
Women

Youth/Adolescents/  
Young Adult

### Products

Curriculum: Culturally-specific, workshop-style curriculum

### System:

School (K-12)  
Sport

### Level:

Local



#### Enhance Partnerships

Worked closely with the Des Moines Public School Board and school system.



#### Provide Resources

The curriculum seeks to supplement the “Coaching Boys into Men” and “Athletes as Leaders” programs with topics that are culturally-specific about gender-based violence, healthy relationships, and harm reduction. The youth mentors have utilized the skills gained from their ongoing training to produce online content ([blogs](#), [vlogs](#), podcasts) that promote healthy social norms that prevent against violence against women.



#### Measure Impact

A pre-and-post survey was taken to measure the program’s effectiveness, as well as qualitative post-evaluations such as a group interview and observations.



#### Build Champions

Hired and trained 5 youth mentors who are all high school athletes to facilitate the supplemental curriculum in a local middle school in Des Moines.



#### Train & Educate

Administered this curriculum to 11 athletes aged 12-14 from a middle school in Des Moines with a weekly 45-60 minutes session during the school year with plans to grow the project in the follow year to more schools.



#### Learning Circles

Youth mentors presented to members of the Des Moines Public School Board and representatives from the Iowa Department of Education regarding their healthy masculinity project, and also asking for more equity for marginalized groups within their school systems. In December 2018, youth mentors planned and implemented a community event to raise awareness about the connection between violence and homelessness in central Iowa, specifically violence against women and LGBTQ+ youth. Peer Mentors facilitated youth-led workshops and participated in speaking engagements on gender-based violence. They facilitated 2 workshops at Iowa State’s 4-H Retreat and 1 workshop at The University of Iowa’s What About Me(n) Conference, as well as planned 2 youth-led events raising awareness about gender-based violence.

### What’s next:

The school as well as Des Moines Public School District are eager to see this project continue. If capacity allows, the project will expand into additional middle schools in 2019-2020.

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