

International Men's Day 2025



Assembly/Lesson created by Diane Henson, (former) Headteacher, Wheelers Lane Technology College, Birmingham

What is the point of having a day that focuses on the wellbeing of men?

Encourage think/pair /share (can be used in both classroom and assembly scenarios) or set up groups to record thoughts and ideas on sheets of A1 paper for classroom-based activities.

Take feedback and focus on recurring themes: all ideas are valid, all responses should be equally welcomed.

Show the students these statistics once they have discussed the premise of an International Men's Day and discuss the reasons why we may need one:

- ✚ **Men account for 75% of all suicide cases**
- ✚ **Men account for 88% of homeless people**
- ✚ **95.9% of the prison population are men**
- ✚ **Girls outperform boys at school at GCSE and A level**
- ✚ **68% of drug addicts are men**

Now ask what does it mean to be a man?

Again, use this opportunity for the students to dig deeper and express their views and their understanding of masculinity. Encourage honesty at this point and value all responses.

Distribute word cards:

kind

clever

aggressive

<i>thoughtful</i>	<i>technical</i>	<i>angry</i>
<i>loving</i>	<i>emotional</i>	<i>sporty</i>
<i>protective</i>	<i>aggressive</i>	<i>strong</i>
<i>intelligent</i>	<i>artistic</i>	<i>loyal</i>
<i>nurturing</i>	<i>creative</i>	<i>supportive</i>

Ask the students to categorise the words according to gender description. If some say they cannot do that then that is wonderful but if they do (they are likely to try and please you) ask them to justify their choices.

Draw out how pointless it is to assign gender roles and characteristics and how men as well as women make such positive contributions to society and everyday life.

Ask them to list unrealistic portrayals of what it is to be a man-ie: superheroes, James Bond etc etc

Play the music video: The Script: Superhero-listen and then explain the meaning of real superheroes: they are not super men but people under pressure who come through by working together.

[Bing Videos](#)

The song "Superheroes" by The Script is an ode to the resilience and strength of the human spirit. The lyrics describe individuals who have been through difficult times and have emerged even stronger than before, with hearts of steel and a fire in their souls. The song highlights the idea that superheroes are not just fictional characters in capes, but everyday people who have fought hard to make things right and turn their pain into power.

The first verse portrays two individuals who have experienced the meanest side of life. Despite the odds, they have managed to grow a heart of steel that can withstand any hardship. The chorus emphasizes that fighting for what you want in life requires hard work and perseverance, but the reward is the ability to soar like a superhero. The pain that they have endured has made them stronger and has fueled their journey of self-discovery.

The second verse illustrates the hurt and tears that have been shed by those seeking to better their lives. However, at the right moment, their inner fire ignites, and they become unstoppable. The bridge describes the strength within both individuals described earlier, with lions in their hearts and a beast in their belly, but despite this, it is challenging to keep emotions under control. The chorus repeats with the reminder that turning pain into power is what makes a superhero soar and

that this journey is possible for anyone who fights for it. The overall message of the song is to inspire individuals who may be struggling and remind them that they have the strength and courage to overcome any obstacle and rise like a superhero.

Finally stress the importance of acceptance of who people are and how important it is not to try and force people into stereotypical roles of who and what they should be. WE need to celebrate each other for our positive impact on society and embrace our individuality.

Produced 2025