

Lewis Wedlock

Navigating Tricky Conversations



My approach

Calibrating Not Condemning

Explorative Not Restrictive

Plural Not Rigid

Curious Not Furious

Looking after ourselves

Your participation is self-defined

Feel free to step out/regulate if activated

Lean into activation (if it feels safe)

My perspective, not the perspective!

Session Outcomes

Identify (some!!) of the macro context shaping ideas of masculinity

Explore tricky scenarios where our type of approach is key

Identify ways in approaching and embracing tricky conversations

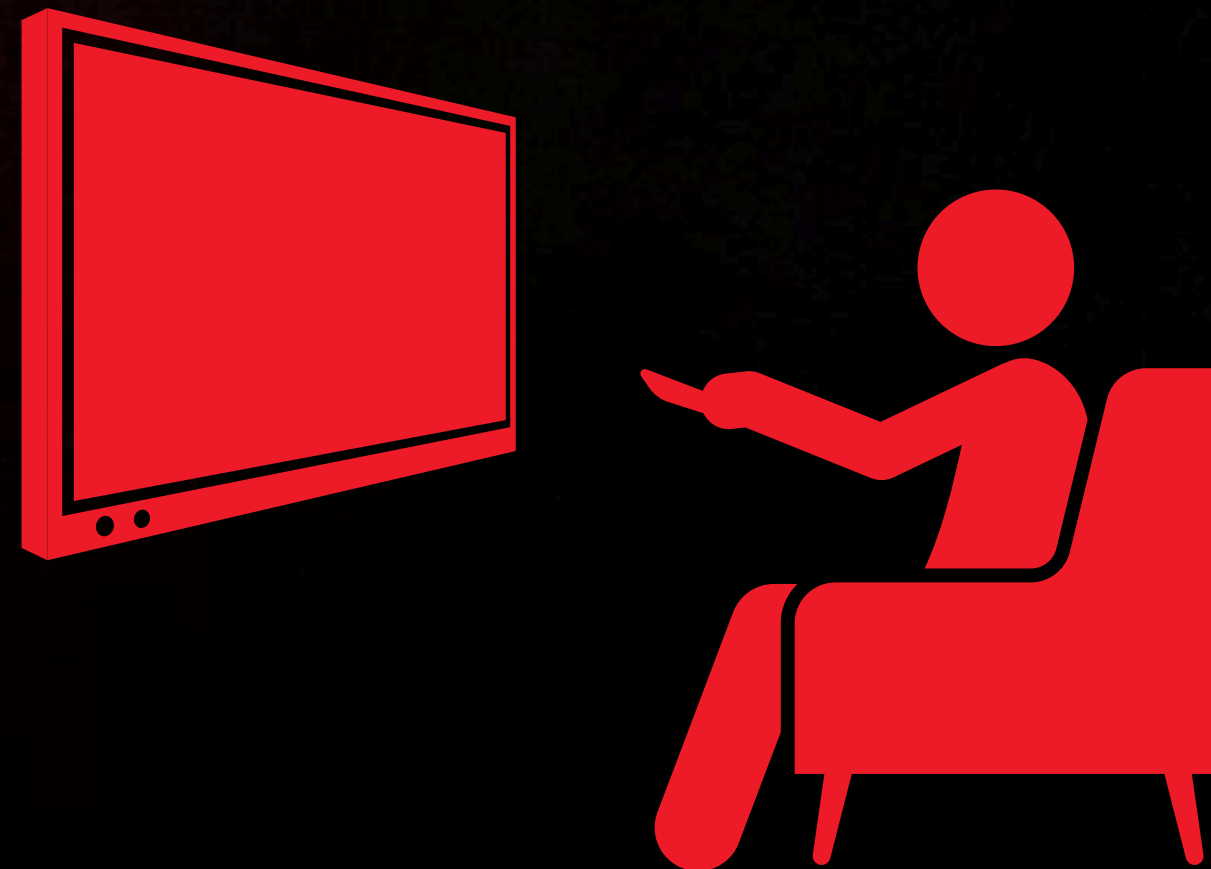
Explore and examine what might prevent us from holding tricky conversations

The Macro Context: True or False?



True or False...

63% of young men surveyed in a recent Movember report said that they regularly watch men and masculinity influencers.



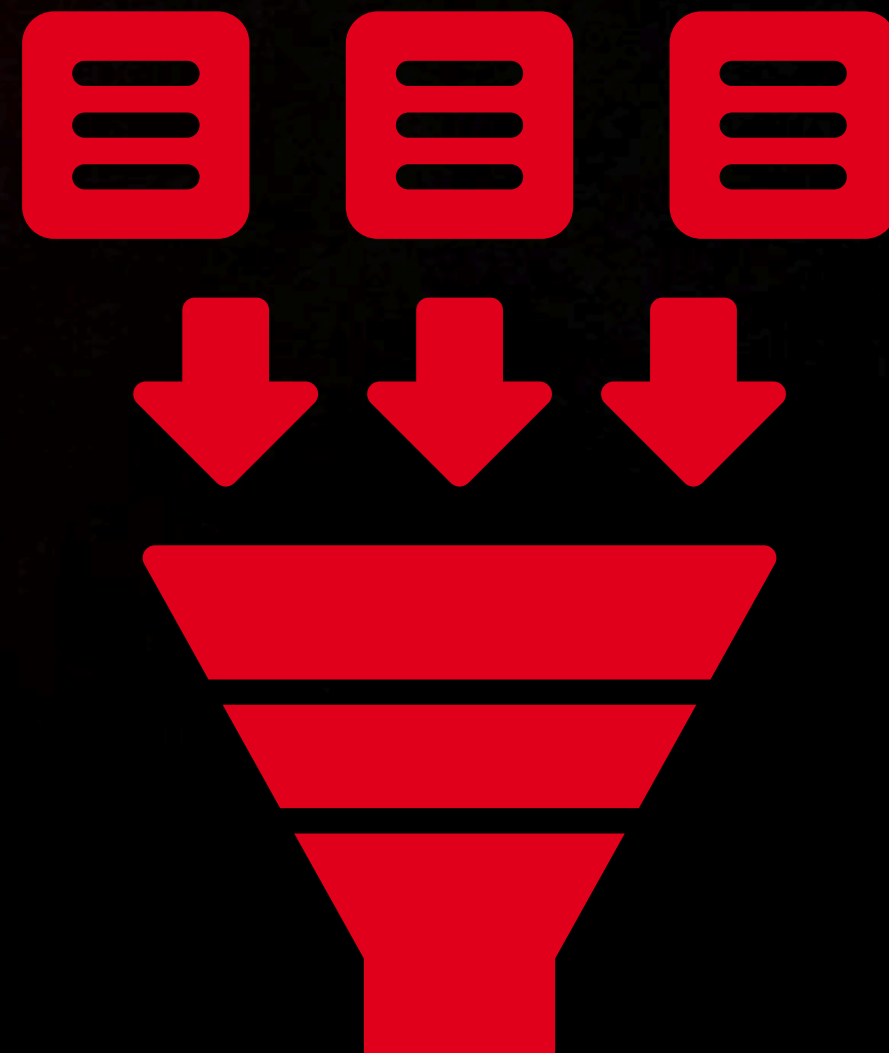
True or False...



Source: Fisher, K., Rice, S., & Seidler, Z. (2025). Young men's health in a digital world. Movember Institute of Men's Health. Melbourne, Australia. dk.movember.com/movember-institute/masculinities-report.

True or False...

It takes 45 minutes for gendered content to reach young people online.



It Can Be As Quick As 20 Minutes



FALSE

Source: https://plan-uk.org/about-us/advocacy_policy_and-research/online-harms?utm_campaign=online-harms&utm_medium=organic-social&utm_source=li&utm_content=WKAB27Q01A

Algorithmic Influence



Recommender algorithms push boys from benign interests (such as gaming, fitness, or sports) into gendered or grievance-driven content in as little as **20 minutes**.



By the second or third day of passive scrolling, algorithms introduce narratives framing men as victims and women as adversaries

True or False...

68% of adolescent boys report that masculinity content simply started showing up in their feeds automatically without them ever searching for it



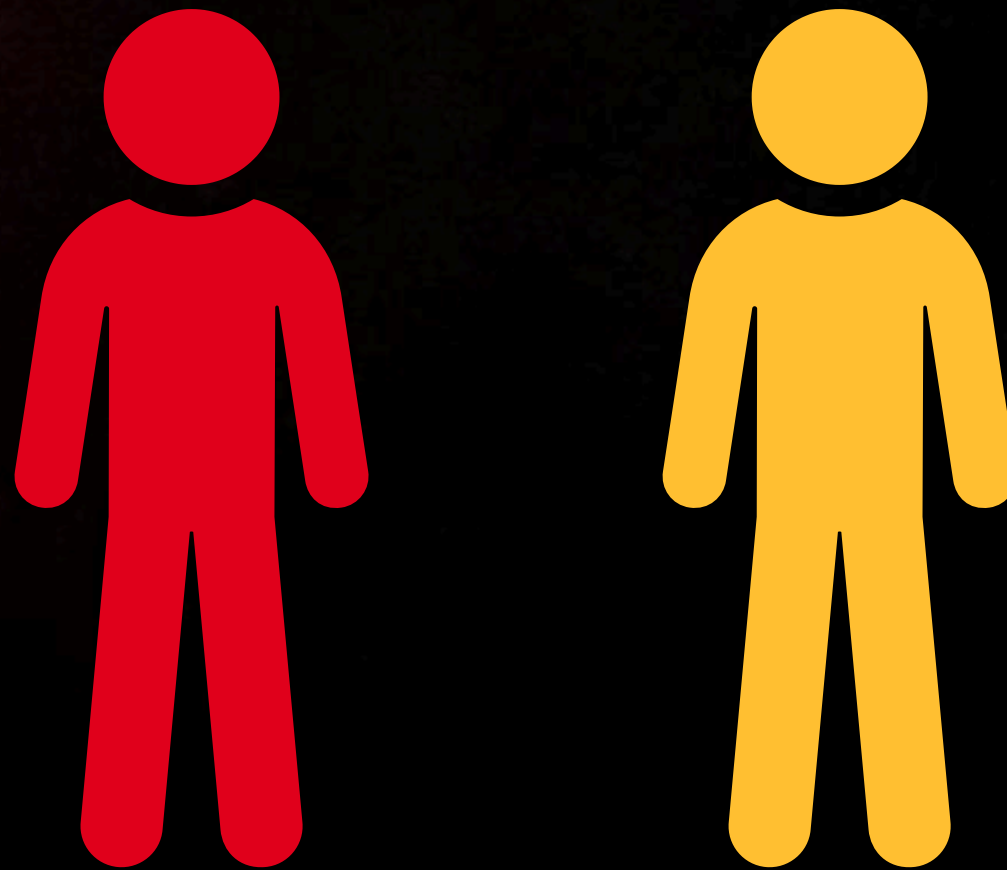
True or False...



Source: Robb, M. B., & Mann, S. (2025). Boys in the digital wild: Online culture, identity, and well-being. San Francisco, CA: Common Sense Media.

True or False...

One in two boys have encountered misogynistic content online.



It is 69%.



FALSE

Source: The Invisible Field (2026). A recent report from NPC & Movember.

True or False...

45% of young men who engage with masculinity influencers agree that "women use feminism to keep men down"



It is 69%.

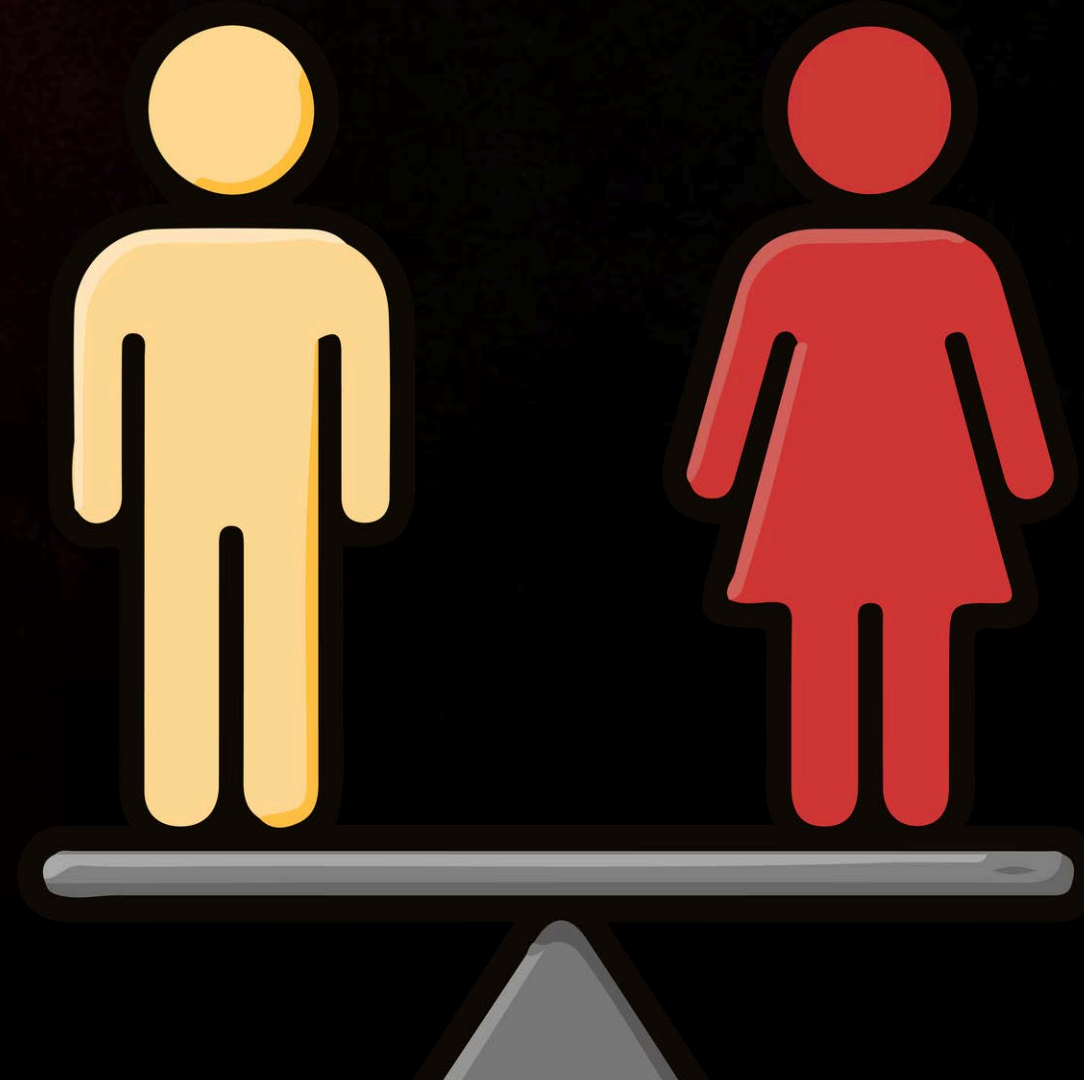


FALSE

Pfitzner, N., McCook, S., Phelan, A., Wescott, S., Roberts, S. & Scott, B. (2026). An introductory guide to the manosphere and the impacts for young people, teachers and schools (ANROWS Insights 01/2026). ANROWS.<https://doi.org/10.71940/YK8F-CY91>

True or False...

54% of UK boys surveyed think that boys have it harder than girls today.



True or False...



Source: The Voice of The Boys (2025). A recent report from Male Allies UK.

The Current Context For Young Men Today



The search for meaning
and clarity



Masculinity under the
cultural microscope



A lack of space to safely discuss
and explore concepts

MASCULINITY



Polarised perspectives shaped
and commodified by grievance
culture.

How can we approach this?



Attunement vs Agreement

Attunement

Acknowledging how someone may have arrived at the conclusion they have

Identifying the perspective, feelings or emotions of someone else whilst maintaining your own point of view

Agreement

Aligning your own perspective/point of view with what is being shared

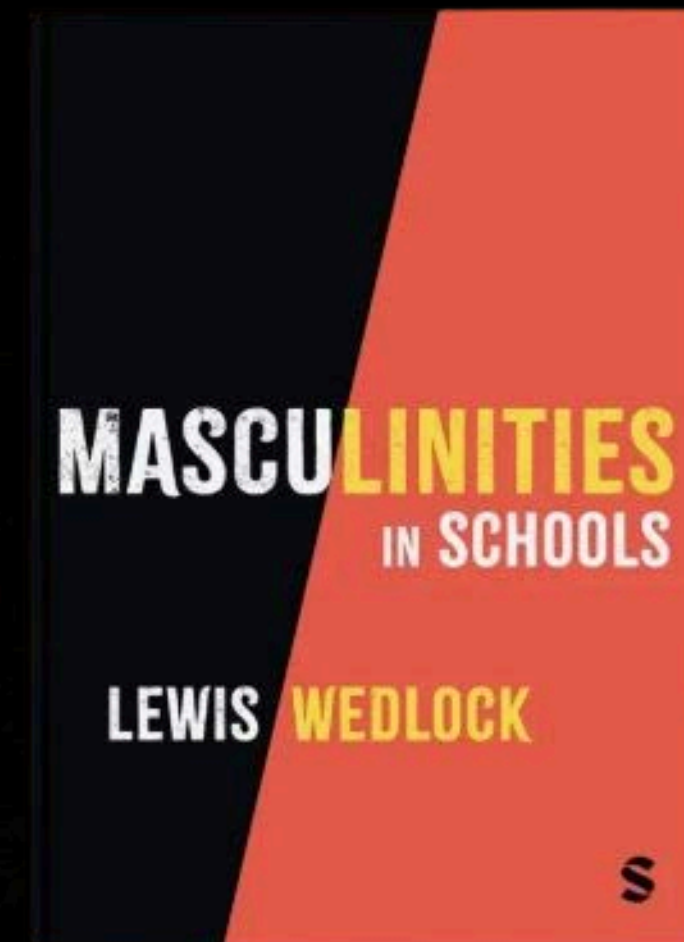
Actively, intentionally supporting what is being shared

Let's connect and chat!

@lewiswedlock

hello@lewiswedlock.com

www.lewiswedlock.com/masculinitywork



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