



The Essentials of DareGender's Men's Groups

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1. The Format

- A men's group consists of 9-12 men who meet over a series of evenings to share things with each other that they rarely share with others.
- Each men's group program is led by one or two facilitators who welcome participants, prepare the space, explain the framework for conversations, and ensure that these guidelines are followed. Your facilitator will communicate with you via email before each meeting.
- Each meeting has a theme, which the facilitator will email in advance. Themes could include friendship, sex, fatherhood, needs & boundaries, etc.
- The men's group is a space where you can share and talk about things you normally don't discuss. It is a completely confidential environment, and everyone is bound by confidentiality regarding what is shared in the group.
- A men's group is only successful if everyone shares from a personal place – including the facilitator.
- Of course, you decide for yourself if there are things you'd rather keep private. However, you will get the most out of the experience if you share things that you don't usually discuss with others.
- The men's group is a place to learn about yourself, feel less alone, and gain insight into the lives of other men. To achieve this, we use specific methods or "rules" for conversations, which we introduce to participants. These are quite simple, as there are essentially only two:
 - We do not comment on what others share when we are in the group.
 - We never give each other advice. By refraining from giving advice, it changes the way men interact; they do not go into "fix-it mode."
 - Instead, we listen when others speak and reflect inwardly—how does this man's story resonate within us?

2. What Do You Get Out of Joining a Men's Group?

- Previous participants have highlighted that they learned to open up more and listen in a new way.
- You will gain insight into other men's lives and how they handle challenges.
- You will experience a positive boost in your life through the camaraderie of the group and by having a space where you can open up to other men about anything.

3. Prioritizing the Group

A very important point is commitment to attendance.

- You get the best experience by attending every session and staying updated on discussions.



- To build confidentiality, trust, and presence—essential elements for the group's success and impact—participants must be able to count on each other's presence. The group will not work if members come and go as they please.
- You are always welcome, even if you feel low on energy or introspective on a given evening. You can let the group know at the start of the session that you will be quieter. It is still valuable for you to attend and be present for others.

If you are ill, you should notify the facilitator so the group does not wait for you. Otherwise, your participation is expected.

4. Staying Personal / Staying in Your Own Lane

Discussions are based on your own lives and experiences. We do not engage in abstract discussions or analyze societal issues. We focus on thoughts, feelings, relationships, and small or big events that we have personally experienced and that matter to us—not opinions or analyses.

In DareGender's men's groups, we follow one central rule: Participants do not give 'good advice' to one another.

You are welcome to show care and support to another man who shares something emotionally difficult—whether with a hand on his shoulder or a hug during a break.

However, we do not comment on whether we judge their actions, motivations, or intentions positively or negatively.

This rule can be challenging for some participants to follow, but it has a positive effect on how men interact—an effect that we at DareGender aim to foster in our men's groups.

There are no restrictions on the informal conversations and relationships that may develop between participants outside the group setting. If you, as a participant, would like to receive feedback from others, you may invite it and have an informal conversation during a break or after the meeting.

5. Not Therapy

The men's group is not therapy. While the meetings can have a therapeutic effect—since being seen for who you truly are in a supportive and confidential male community is healing—the facilitator does not provide therapy.

Having a diagnosis such as depression, anxiety, or other conditions does not disqualify you from participating. However, if you have mental health challenges that require treatment, it is important that you seek help outside the group so the men's group is not made responsible for your improvement.

6. Substances

No substances are allowed in the men's group—we drink coffee and tea and have light snacks. Participants must attend sober. If you have an addiction that directly affects how you interact with others, you cannot participate in the men's group at this stage of your life.

7. Confidentiality

What is shared in the group always stays within the group.

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