

## SEMH SPOTLIGHT – Male Identity, Male Mental Health and Male Life Outcomes

This spotlight accompanies the Warwickshire Educational Psychology Service short webinar on male mental health and male life outcomes. The webinar can be accessed through the website: <https://www.warwickshire.gov.uk/educationalpsychology>

### 1) Key guidance and research looking into the lived experiences of Boys and Young Men:

<p>Department for Education (DfE) – <i>Relationships Education, Relationships and Sex Education (RSE) and Health Education</i> (July 2025)</p>	<p><a href="https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education">https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education</a></p>	<p>Statutory guidance for schools in England setting out expectations for Relationships Education, Relationships and Sex Education (RSE) and Health Education. The guidance supports schools to deliver age-appropriate teaching on relationships, wellbeing, online safety, consent, respectful behaviour and healthy development, while promoting safeguarding and positive outcomes for children and young people. The revised 2025 guidance places increased emphasis on online harms, misogyny, healthy relationships, parental engagement and pupils' wellbeing.</p>
<p>Equipundo &amp; Beyond Equality – <i>State of UK Men 2025</i></p>	<p><a href="https://www.equipundo.org/resources/state-of-uk-men-2025/">https://www.equipundo.org/resources/state-of-uk-men-2025/</a></p>	<p>A large-scale UK study exploring the experiences, attitudes and wellbeing of men and boys. The report examines masculinity, mental health, relationships, identity, economic pressures and social connection, providing valuable insights for educators seeking to support boys' wellbeing and engagement.</p>
<p>Warwickshire Health and Wellbeing Strategy 2026–2031</p>	<p><a href="https://api.warwickshire.gov.uk/documents/WCCC-1350011118-3558">https://api.warwickshire.gov.uk/documents/WCCC-1350011118-3558</a></p>	<p>Warwickshire's strategic framework for improving population health and reducing inequalities over the next five years. The strategy emphasises mental health and wellbeing, prevention, reducing the impact of poverty and inequalities, and supporting healthier lifestyles through</p>

		partnership working across schools, health services and communities.
Warwickshire Director of Public Health Annual Report 2025 – <i>Growing Up Online</i>	<a href="https://api.warwickshire.gov.uk/documents/WCCC-1350011118-3493">https://api.warwickshire.gov.uk/documents/WCCC-1350011118-3493</a>	This public health report examines how social media, digital technology and AI influence the wellbeing of children and young people. It explores both opportunities and risks, including cyberbullying, misinformation, body image concerns, online radicalisation and mental health impacts, while offering practical recommendations for schools, families and professionals.

## 2. Local Support:

Coventry and Warwickshire Boys Impact Hub	<a href="https://www.boysimpact.com/regional-hubs">https://www.boysimpact.com/regional-hubs</a>	The Boys Impact Hub model brings together educators, researchers, and practitioners to create place-based ‘ecosystems’ that improve outcomes for boys and young men experiencing socio-economic disadvantage. It operates through regional hubs that provide collaborative spaces for professionals to share research-informed practice and strengthen the relational, strengths-based and evidence-led ethos that defines the Boys’ Impact movement.
Rise Coventry and Warwickshire	<a href="https://cwrise.com/A Journey with Rise leaflet">https://cwrise.com/A Journey with Rise leaflet</a>	Coventry and Warwickshire’s leading wellbeing and mental health services for children and young people. Click on the young people tab to find out more information about Rise, mental health explained and information on a range of conditions along with recommended resources and top tips to help you feel better.
Kooth	<a href="#">Kooth</a>	A free, safe and anonymous place for young people aged 11-25 to find online support and counselling. As well as confidential counselling online, Kooth offers access to lots of self-help tools such as discussion forums and an online magazine.
Time for young people	<a href="#">Time for young people</a>	An emotional wellbeing support service for young people 10 to 25 who live or study in Coventry and Warwickshire.
Safe Haven	<a href="#">Safe Haven</a>	An out-of-hours crisis service for adults aged 16+ in Coventry and Warwickshire.

YBM Project	<a href="#">YBM project</a>	The YBM project aims to promote empowerment, increase resilience and help address some of the issues that affect young Black men aged 11–30.
Shaw Trust	<a href="https://www.warwickshire.gov.uk/neet">https://www.warwickshire.gov.uk/neet</a>	Warwickshire’s NEET (Not in Education, Employment or Training) support service.

### 3. National Support for Positive Masculinity, Boys' Wellbeing and Gender Equality in Schools.

Centre for Male Psychology	<a href="https://www.centreforalepsychology.com">https://www.centreforalepsychology.com</a>	An independent UK organisation dedicated to advancing understanding of male psychology, masculinity and men's mental health. It provides research, articles, training, consultancy, webinars and educational resources for professionals, educators and the public.
Bold Voices – Whole School Approach	<a href="https://www.boldvoices.co.uk/whole-school-approach">https://www.boldvoices.co.uk/whole-school-approach</a>	Bold Voices is a social enterprise that supports schools to address gender inequality, misogyny and gender-based violence. Their whole-school approach includes pupil workshops, staff training, parent engagement and practical resources to create safer, more inclusive school cultures.
Beyond Equality	<a href="https://www.beyondequality.org/">https://www.beyondequality.org/</a>	A UK charity working with boys and men to explore masculinity, gender equality and healthy relationships. Through school workshops, staff training and community programmes, it helps young people challenge stereotypes and develop positive identities.
Being ManKind	<a href="https://beingmankind.org/">https://beingmankind.org/</a>	Being ManKind is a social impact initiative that uses stories from diverse male role models to help boys and young men develop confidence, kindness, empathy and positive identities. The organisation provides books, free educational resources, lesson plans and school workshops that explore topics such as masculinity, mental health, relationships, self-esteem, bullying and gender stereotypes.
GOAT Boys	<a href="https://www.goatboys.co.uk/">https://www.goatboys.co.uk/</a>	A mentoring initiative focused on helping boys become grounded, ambitious and resilient young men. The programme connects boys with positive male role models through mentoring, character development activities and community projects. They are seeking further schools to adopt this mentoring programme, nationwide.
EE Mentor Badge Programme	<a href="https://eelearnsmart.co.uk/mentor-badge/">https://eelearnsmart.co.uk/mentor-badge/</a>	A free online learning resource developed by EE and Internet Matters for sports coaches and mentors. It provides practical guidance on supporting boys, challenging misogyny and harmful online influences, and promoting respectful relationships and positive masculinity.

Moonshot	<a href="https://moonshotteam.com/uk/">https://moonshotteam.com/uk/</a>	Moonshot is an international organisation focused on preventing online harm, violence and extremism. It works with governments, schools, communities and technology partners to identify online risks and connect vulnerable individuals with early support and intervention services.
Fatherhood Institute	<a href="https://www.fatherhoodinstitute.org/">https://www.fatherhoodinstitute.org/</a>	A leading UK charity that promotes the importance of involved fatherhood and father-inclusive practice. It provides research, training, policy guidance and resources designed to improve outcomes for children, fathers and families.
Men and Boys Coalition	<a href="https://www.menandboyscoalition.org.uk/">https://www.menandboyscoalition.org.uk/</a>	The umbrella charity for the UK men and boys sector, bringing together organisations, academics and practitioners. It raises awareness of issues affecting boys and men, including education, mental health, fatherhood, discrimination and wellbeing.
ManKind Initiative	<a href="https://mankind.org.uk/">https://mankind.org.uk/</a>	A UK charity supporting male victims of domestic abuse. Alongside its helpline and support services, it provides research, training and awareness-raising resources that help professionals better understand and respond to male victims.
Lads Need Dads	<a href="https://ladsneeddads.org/">https://ladsneeddads.org/</a>	An award-winning community organisation supporting boys who are growing up without a consistent father figure. Through mentoring, positive male role models, life-skills programmes and school-based support, it aims to build confidence, resilience and emotional wellbeing.
Gender Parity UK	<a href="https://genderparity.uk/">https://genderparity.uk/</a>	An alliance of groups and individuals working to highlight issues affecting boys and men and promote gender parity. The organisation publishes information, campaigns and discussion resources relating to education, family life, wellbeing and positive masculinity.

#### 4. Wider resources for parents:

Beyond Equality & Movember – <i>Parent's Toolkit: Talking with Our Teen Sons About Influencers Online</i> (2025)	<a href="https://www.beyondequality.org/blog-posts/parents-toolkit-talking-with-our-teen-sons">https://www.beyondequality.org/blog-posts/parents-toolkit-talking-with-our-teen-sons</a>	A practical toolkit for parents and carers designed to support conversations with teenage boys about social media influencers, masculinity, online content and wellbeing. Developed by Beyond Equality and Movember, it provides evidence-informed guidance and conversation starters to help adults build boys' critical thinking, emotional literacy, resilience and sense of belonging in an increasingly digital world.
--	---	---

#### 5. Wider resources and reading:

Centre for Young Lives – <i>State of the</i>	<a href="https://www.centreforyounglives.org.uk/news-centre/centre-for-young-lives-2025-state-of-childhood-vulnerability-report-warns-the-covid-">https://www.centreforyounglives.org.uk/news-centre/centre-for-young-lives-2025-state-of-childhood-vulnerability-report-warns-the-covid-</a>	An annual report examining childhood vulnerability in England, including poverty, SEND, mental
--	---	--

<p><i>Nation: Identifying Vulnerable Children and Young People and Supporting Them to Thrive (2025)</i></p>	<p><a href="#">pandemic-is-still-casting-a-long-shadow-over-millions-of-children-in-england-five-years-on</a></p>	<p>health, school attendance, care experience and safeguarding concerns. The report provides a strong evidence base for understanding the challenges affecting vulnerable children and young people and highlights the need for earlier identification and support.</p>
<p>Pinkett, M. &amp; Roberts, M. (2019) – <i>Boys Don't Try? Rethinking Masculinity in Schools</i></p>	<p>Purchased resource.</p>	<p>A highly influential education text exploring how traditional ideas about masculinity affect boys' behaviour, achievement, wellbeing and relationships in school. The book combines research and practical strategies to help schools better support boys while challenging unhelpful stereotypes.</p>
<p>Pinkett, M. (2023) – <i>Boys Do Cry: Improving Boys' Mental Health and Wellbeing in Schools</i></p>	<p>Purchased resource.</p>	<p>A practical resource for educators focused on boys' mental health, emotional literacy and wellbeing. Drawing on research and classroom experience, it addresses issues such as self-harm, suicide, friendships, body image, masculinity and emotional expression, while providing strategies schools can implement.</p>
<p>Ulster University – <i>Taking Boys Seriously (TBS)</i></p>	<p><a href="https://www.ulster.ac.uk/research/topic/social-work-and-social-policy/research-themes/taking-boys-seriously">https://www.ulster.ac.uk/research/topic/social-work-and-social-policy/research-themes/taking-boys-seriously</a></p>	<p>A long-running research programme investigating how schools and communities can improve educational outcomes and wellbeing for boys and young men, particularly those facing socio-economic disadvantage. The project promotes a strengths-based, relationship-centred approach and provides evidence-informed principles for educators.</p>
<p>Centre for Social Justice (2025) – <i>Lost Boys: State of the Nation</i></p>	<p><a href="https://www.centreforsocialjustice.org.uk/wp-content/uploads/2025/03/CSJ-The_Lost_Boys.pdf">https://www.centreforsocialjustice.org.uk/wp-content/uploads/2025/03/CSJ-The_Lost_Boys.pdf</a></p>	<p>A major report examining challenges facing boys and young men across education, employment, family life, health, crime and digital culture. The report argues that many boys are being left behind and calls for coordinated action to improve outcomes and opportunities for young men.</p>
<p>Brook – <i>What Does It Mean to Be a Man?</i></p>	<p><a href="https://www.brook.org.uk/your-life/what-does-it-mean-to-be-a-man/">https://www.brook.org.uk/your-life/what-does-it-mean-to-be-a-man/</a></p>	<p>A young-person-friendly resource exploring masculinity, gender stereotypes and the impact of social expectations on boys and men. It encourages critical thinking about healthy emotional expression, relationships and identity.</p>
<p>The Transformative Power of</p>	<p><a href="https://www.youtube.com/watch?v=cYa2aEFqbZY">https://www.youtube.com/watch?v=cYa2aEFqbZY</a></p>	<p>A TEDx presentation exploring the impact that positive male role models can have on boys and young</p>

Positive Male Role Models – Chase Hyatt (TEDx Talk)		men. Chase Hyatt discusses how supportive male influences can improve self-esteem, wellbeing, educational outcomes and healthy relationship development.
EE – Yes Boys Campaign Video	<a href="https://www.youtube.com/watch?v=DTSNY1o9Vh0">https://www.youtube.com/watch?v=DTSNY1o9Vh0</a>	EE's <i>Yes Boys</i> campaign highlights the importance of positive role models and supportive communities in helping boys navigate harmful online influences. The campaign promotes healthier, more balanced messages about masculinity and wellbeing.
Being ManKind: <i>Why We Do What We Do</i> (Video)	<a href="https://vimeo.com/237749271?p=1s">https://vimeo.com/237749271?p=1s</a>	A short introductory film explaining the vision and purpose of the Being ManKind project. The video outlines the importance of positive male role models, challenging restrictive gender stereotypes and supporting boys to become kind, confident and emotionally literate young people.

**Please note that information is subject to change and the authors cannot take responsibility for any advice obtained from third parties. Information collated July 2026.**