

# Men, Friendship & Vulnerability



### Advanced (C1-C2)

#### **WARM UP**

### Part 1. Discuss the following questions.

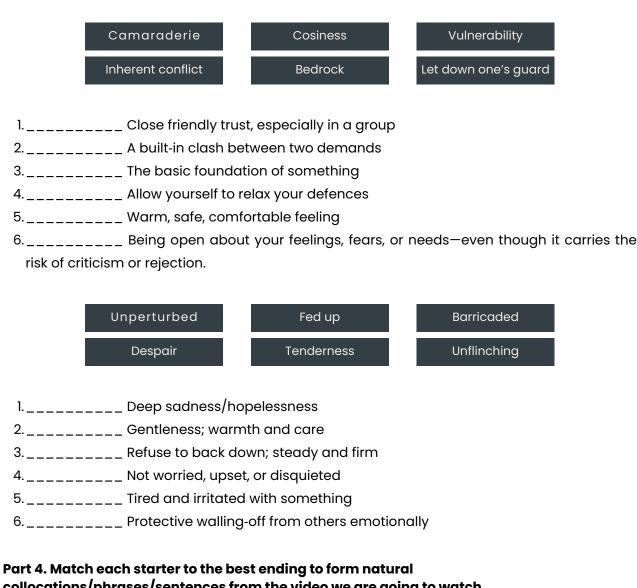
- 1. What makes a friendship feel real?
- 2. What do you find easy/hard about keeping close friends as an adult?
- 3. What helps you move from small talk to "real talk"?

### Part 2. Read the statements below and decide if you agree (A), disagree (D), or partially agree (P). Then, explain your reasoning.

- 1. "Real friendship requires admitting fear or failure at least occasionally."
- 2. "After 30, most men can't build deep friendships without a shared activity to anchor them."
- 3. "Mixed-gender friendships make it easier to talk about feelings than single-gender ones."
- 4. "Social expectations to 'be strong' do more harm than good to men's friendships today."



Part 3. Match each word/phrase to its correct definition. Can you guess any before looking at the options?



collocations/phrases/sentences from the video we are going to watch.

	The bedrock	An inherent conflict	Be barricaded		
	Be capable of	Be more than	Argue		
1	in themselves				
2	of true friendship				
3	fed up				
4	against despair				
5	between what is r	equired of being a man o	and what is involved i	n being a	
friend					
6	tenderness				

### **VIDEO ACTIVITY**

### Part 1. Before watching the video, discuss the following questions.

- 1. What topics do your friends usually talk about? When does it go deeper?
- 2.Do you think "help me" is a phrase friends use enough? Why/why not?
- 3. What simple tools could make honest chats easier (online/offline)?

## Part 2. Watch once. Note three central claims you heard and one line that resonated with you.

#### **Central claims**

- 1.
- 2.
- 3.

### Line that resonated with you

1.

## Part 3. Watch the video again and decide if each statement is true (T) or false (F) based on the video. If false, can you correct it?

- 1. Friendship is generally easy for men. (T/F)
- 2. A key barrier is a clash between masculine norms and what friendship needs. (T/F)
- 3. Talking about football or technical topics is enough for deep friendship. (T/F)
- 4. Admitting fear or asking for help can start real friendship. (T/F)
- 5. The speaker suggests conversation cards with braver questions. (T/F)
- 6. Men are inherently incapable of tenderness. (T/F)

### Part 4. Complete the missing parts of the quotes from the video.

1.""The	of true friendship is — unfortu	ınately — vulnerability."
2."There won't	be a friendship that properly counts	until we ourselves to be as
weak as we c	re."	
3."Most would d	agree such cards were, naturally,	and unnecessary."
4."The	is that men are so	able to direct these emotions toward
one another	,	

#### **VIDEO FOLLOW-UP**

### Part 1. Discuss the following questions.

- 1. What's a friendly way to invite a deeper chat?
- 2. Where's your line between privacy and openness?
- 3. What would a non-cringey "conversation card" question look like?
- 4. Where do mixed-gender friendships help/hinder openness?

## Part 2. Read this quote from the video. Say what it means to you (agree/disagree and why), and share one brief real-life example.

"They (men) must waste so much time, and be so brave, in defending an illusion that they never asked to be a part of."

## Part 3. Debate each statement below, giving one clear argument for and one against each, then share your verdict.

- 1. "Prompt cards in pubs would deepen conversation without killing the vibe."
- 2. "Mixed-gender groups make openness easier than single-gender ones."
- 3. "Workplaces should sponsor regular 'friendship spaces'."
- 4. "The 'be strong' script does more harm than good to men's friendships."
- 5. "Online friendships can be as deep as offline ones."
- 6. "Men-only spaces still matter."

#### **REVIEW ACTIVITY & FINAL THOUGHTS...**

### Part 1. Use at least 5 of the words/phrases below in a sentence related to male loneliness.



### Part 2.Discuss the questions below to reflect on what you've learnt during this lesson.

- 1. What idea from today surprised you, and why?
- 2. Think of a time (yours or someone else's) when someone let down their guard a little—what changed in the conversation?
- 3. What's a friendly sentence you could use this week to invite a real chat?
- 4. What might stop you from having that deeper chat—and what's one simple way around it?



