**Participant Workbook: Communicating with Male Victims**

**Course Title: Communicating Through Silence – Building Safe Spaces for Male Victims**

Duration: 1 Day | Format: Face-to-Face or Online (Facilitated)

Learning Objectives

* Recognise emotional and physical signs of distress in male victims.
* Use empathy, honesty, and active listening to build trust.
* Apply grounding techniques in high-emotion situations.
* Understand the sender-receiver model and clarify communication.
* Build emotional safety through non-assumptive communication.

Session Reflection Prompts

* What stood out to you in today’s conversations about male behaviour and communication?
* How can you demonstrate empathy and honesty when someone is in distress?
* What assumptions do you tend to make in communication, and how can you challenge them?
* Which grounding tool did you find most effective?
* What does trust feel like to you – and how might you help someone else feel it?

Grounding Techniques

Use these with a caller or client who may be emotionally overwhelmed or disoriented:

1. Ask the person to take one deep breath with you.

2. Then say: 'Tell me three things you see around you.'

3. 'Now, tell me two sounds you can hear.'

4. 'Finally, tell me one thing you can smell or feel right now.'

Repeat gently as needed. Reassure them: 'You are safe. I’m here with you.'

Communication Styles

Circle the style(s) you notice in yourself under pressure:

☐ Passive  
☐ Assertive  
☐ Aggressive  
☐ Passive-Aggressive

What helps you return to clear, respectful communication? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Practice Space

Use this space for notes during role plays, grounding exercises, or anything you want to remember.