**MANDOWN**  **There’s never the right time for men to talk.**

This short film begins with focus on one of the characters going to football, Brian. Can you name and describe two different feelings/emotions you think he is experiencing in the opening seconds of the film?

The second character, Jack we meet is in his room. Can you name and describe two different feelings/emotions you think he is experiencing before the **MANDOWN** title appears?

How do you think Brian is feeling when he bursts into Jack’s room?

How does Brian describe Jack’s room?

Do you think Brian’s feelings change when Jack throws his laptop on the ground? (explain why/why not)

Can you name two places Brian goes to for more information?

The Doctor refers to ***“lots of mistakes people make trying to help people with depression”*** – Can you think of two possible mistakes Brian has made when dealing with Jack?

Can you list 3 tips that the Doctor gives Brian for approaching Jack?

How does the Doctor describe a physical wound vs. a mental wound?

What is Brian’s initial response when Jack asks him if he’s all right?

Was his answer true?

How long have the two characters been friends?

Has Brian ever seen Jack like this?

What does Brian say to Jack to show him he cares?

Between what ages do almost 75% of all mental health difficulties first emerge?

Why is it important to have resources to highlight men’s mental health?

Does the message of this film exclude women? (Explain your answer)

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