



How the programme works

MEAS is a Gender Based Violence (GBV) Prevention leadership programme for men in Higher Education in Ireland who want to make a real, practical difference.

This national programme supports men to become more confident, grounded leaders who know how to act when it matters, influence others positively, and help create safer, more respectful campus communities.

Rooted in the Irish value of *meas* (respect), the programme invites men to listen, learn, and lead in ways that can make an impact.

MEAS runs from March to December 2026, combining in-person and online learning:

- Two x 2-day residentials
- 1 additional in-person day
- 3 x online sessions (3 hours each)
- Guided reflection and peer discussion.

The structure is designed to fit around busy lives while still creating space for honest conversation, growth, and real-world action.

What you'll get from MEAS

You'll gain insight into:

- ◆ Masculinity, Gender and Relationships
- ◆ How power, culture, and unspoken norms influence behaviour
- ◆ How gender-based violence shows up in everyday settings
- ◆ How everyday actions help prevent gender-based violence – and how inaction can enable it.

And most of all you will gain practical skills you can use!

You'll learn how to:

- ◆ Step in safely when something doesn't sit right
- ◆ Challenge disrespectful behaviour without escalating situations
- ◆ Support others with confidence and care
- ◆ Encourage other men to take responsibility for safety and respect
- ◆ Apply your leadership skills to help create more respectful campuses

These are skills for real life – in lectures, workplaces, social spaces, and leadership roles.

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**Step up.
Be part of the change.
Lead with respect.**

The MEAS project is a collaboration between 10 Higher Education Institutes in Ireland which is being led by Atlantic Technological University and which is co-funded by the HEA under the EDI Enhancement Fund.

Who Should Apply?

MEAS is open to a diversity of men who are staff and students at participating Higher Education Institutions in Ireland

This programme is for men who:

- ◆ Want to step into positive leadership
- ◆ Care about fairness, safety, and wellbeing
- ◆ Are open to learning – even if they're unsure where to start
- ◆ Men who want to influence the culture around them in a meaningful way
- ◆ Men who are interested in engaging other men to get involved.

If you've ever thought "someone should do something" – this is your opportunity to be part of that something.

Why It Matters? - Beyond You

By taking part, you'll be contributing to:

- ◆ A growing network of men leading with respect and preventing GBV
- ◆ Stronger prevention and awareness work across campuses
- ◆ A visible shift in what leadership and strength look like in higher education
- ◆ MEAS participants don't just complete a programme – they help change expectations.

Programme Schedule

Introductory Module

March 6th - 3-hour online

Module 2

March 19th and 20th - 2-day residential

Module 3

April 10th - 3-hour online

Module 4

April 23rd and 24th - 2-day residential

Module 5

October 2nd - 3-hour online

Final day

November 27th - Full day in-person

No prior experience is needed, just commitment, openness and a willingness to engage. Residentials will be held at central venues. Accommodation and meals for all in person sessions will be paid for and booked directly by the organisers. Travel bursaries will be available where needed to cover public transport costs. All venues will be fully accessible. Specific accessibility and dietary requirements will be accommodated.

MEAS is about:

- ◆ Taking positive action
- ◆ Leadership without ego
- ◆ Action, not just awareness
- ◆ It's a space for men who want to lead well, and be part of the solution.

You don't need to be an expert,
You don't need the right
language.

You just need to care about
doing the right thing — and be
willing to step up

*be me as
with respect!*



If this programme feels like something you would like to do, for more information and/or to apply please contact:

svh@tus.ie

Deadline for Applications is 5pm on 17th February 2026.

This initiative is co-funded by



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an Atlantaigh
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