

“Male Allyship – A New Conversation”

Provided by the Utah Women & Leadership Project
in support of A Bolder Way Forward

Utah has [ranked last](#) in the nation for women’s equality since 2015, highlighting a significant gap that demands urgent attention. As a state, we have an opportunity to close this gap and lead by example.

Imagine a Utah where every man steps off the sidelines to actively foster a culture of equality. Many men want to help but don’t know where to start. By participating in this video series, you’re joining a movement reshaping communities, workplaces, and relationships across our state.

This series uses an innovative group-learning approach where meaningful conversation drives transformation. Every conversation sparked by these videos can create ripples of change in our communities.

This isn’t just training—it’s a call to action. Your participation could ignite a wave of positive change across Utah, elevating the state as a leader in equality and opportunity. (Watch the overview video [HERE](#))

Join us in this journey! Here is how you can get started:

- First, you need a group! Groups can be workplace teams or colleagues, civic or religious groups, or friends and families. The focus of the videos is on engaging men in allyship and to create a space for men to talk to other men about their role in supporting equality.
- Next, your group will need to designate a Discussion Leader. This is an important role that will help the experience be a success. We have created a [“For Discussion Leaders” video](#) and [other resources](#) to help them understand their role in guiding the sessions.
- Third, schedule the sessions. There are only five videos and we recommend getting them all booked on the calendar. Our recommended pace is to do one session every two weeks.
- Lastly, maximum impact will be achieved when a group maintains their momentum together. The conversations build on each other, so very effort should be made to ensure group members are committed to attend all five sessions.

FAQ

What does Male Allyship actually mean?

Allyship, at its core, is about people supporting each other. Male allyship is when men support gender equality in their communities, workplaces, and relationships.

What are interactive videos?

Each video uses interactive technology to replicate a professionally facilitated group-learning experience. The design allows your group to navigate activities, key content, skill-building, with the intent to create meaningful group discussion. No one in the group needs to be a presenter or facilitator of the content. You just need to press play!

What is the content?

There are five videos in the series, completed in this order:

1. The Invitation – A conversation about being accountable and growing personally.
2. Hospitality – A conversation about connecting and welcoming those different from us.
3. Ownership – A conversation about activating our allyship both personally and publicly.
4. Possibility – A conversation about getting inspired for what our communities can become.
5. Commitment – A conversation about what we promise to do.

Is there a cost?

The videos are available at no charge through the Utah Women & Leadership Project.

How do we get started?

The good news is everything is ready to go! These are on-demand videos with open access.

1. Start by designating a “Discussion Leader” for your group. They should watch the Start Here video first. This will give them a heads up on their role in helping create successful group sessions.
2. Next, we recommend scheduling each of the five videos for your group about two weeks apart. The concepts and conversations from each video build on each other, so it is important that group members commit to attend all five sessions.

Is there an ideal group size?

The videos support groups of various sizes, and ideal can be anywhere from 3 to over 10. When you have a group willing and ready, you should jump in!

Since the objective of each video is to create meaningful conversation, we do recommend that large groups of 20 or more split into two smaller groups.

Group members should commit to completing all five videos with their group.

FAQ - Continued

Who should be attending? What kind of groups can do this?

The intent is to use these videos to create a space for men to talk with other men about gender equality. The conversations are designed for everyone no matter where they are on their allyship journey, even those with reservations. However, no one should be mandated to attend. The videos are built to work with a variety of group types. This can be workplace teams, civic groups, congregations, friends, or family.

Why is the focus on conversation?

Conversation is a powerful tool for growth and transformation. You can gain knowledge on your own, but you need others to have conversation. The design of each video is to create the conversations that many may not have had before, conversations specifically on allyship topics like accountability, ownership, or commitment. Conversation is also the critical piece in building understanding and relatedness.

Can I do the video series on my own?

The design of the videos is meaningful group conversation. While you could click through a video on your own, you will quickly see it is not like YouTube or other 1:1 media formats. The experience is intended for a group to learn and discuss together.

What is the time commitment? How long are the videos?

The run time of each video is around 9-10 minutes but they are designed with activities and discussions that create about a 45 minute experience overall. Depending on your group size and dynamics, your group's session may run a little shorter or longer.

Do groups need to meet in-person?

Your group can meet virtually or in-person, whichever works best for your group. It works best if either everyone is in-person, or everyone is meeting virtually. The videos are easily shared in virtual meeting platforms and activities and resources are available digitally. In-person meetings provide the benefit of the face-to-face interaction and a few of the activities have the option of printing a hard copies if needed.