

Masculinity: Podcasts

www.lewiswedlock.com/book

These powerful podcast episodes open up honest conversations about masculinity, identity, and mental health — offering students and educators alike the chance to reflect on the pressures boys and men face, and the healthier paths they can choose.

Whether you're looking to spark classroom discussion, deepen your own understanding, or support young people in exploring these topics more confidently, this playlist is a great place to start.

From challenging stereotypes to unpacking emotional struggles, each episode offers a different lens on what it means to be male today.

Suitable for Key Stage 4 and above.

■ Podcasts

Remaking Manhood: The Healthy Masculinity

<https://open.spotify.com/show/4QWpMEidxSV20u4YCJQG74>

Exploring Masculinity and Mental Health

<https://open.spotify.com/episode/2qe9dyXNsgWI6oIIPLExOg>

Raising Conscious Boys (KS4 and above)

<https://www.youtube.com/watch?v=YuE7xwg97oA>

Breaking The Boy Code

<https://open.spotify.com/show/22tpbSvj5fyD4OVc4AEvnH>

Masculinities with Lewis Wedlock (KS4 and above)

<https://open.spotify.com/show/1ChVU9ZIBqJCuXvfmgc0xu>