

HEALTHY MASCULINITY

A CALL TO MEN

HEALTHY MANHOOD
IS THE PATH OUT OF THE MANBOX

12 TO PRACTICING
KEYS HEALTHY MANHOOD

1 Embracing and expressing a full range of emotion	2 Validating the feelings of other boys and men	3 Being willing to cry	4 Being vulnerable — allowing oneself and others to ask for, offer, and accept help	5 Valuing the lives of girls and women	6 Treating all people equally and promoting the betterment of humanity
7 Never using control or violence	8 Never using gender-based attributes to bully or discriminate	9 Never using language that denigrates women and girls	10 Having an interest in women and girls outside of sexual conquest	11 Modeling healthy manhood for other men and boys	12 Using your influence and platforms to promote its practice

READINGS & DISCUSSIONS:

What is Healthy, Respectful Masculinity:
<https://www.talkspace.com/blog/healthy-versus-toxic-masculinity/>

How to Promote Healthy Masculinity:
https://www.whiteribbon.ca/uploads/1/1/3/2/113222347/how_to_promote_healthy_masculinity.pdf

Redefining Manhood: How to Promote Healthy Masculinity Among Boys:
<https://onlinecounselingprograms.com/resources/promoting-healthy-masculinity/>

Boys to Men: Teaching and Learning About Masculinity in an Age of Change:
<https://www.nytimes.com/2018/04/12/learning/lesson-plans/boys-to-men-teaching-and-learning-about-masculinity-in-an-age-of-change.html>

The Boys Are Not All Right:
<https://www.nytimes.com/2018/02/21/opinion/boys-violence-shootings-guns.html>

Resources and Support:

The White Ribbon Campaign:
<https://www.whiteribbon.ca/>

Next Gen Men Blog:
<https://www.nextgenmen.ca/blog>

Promundo Healthy Masculinity, Gender Equality:
<https://promundoglobal.org/>

Extended Activities:

Manhood 2.0 Guided Curriculum:
<https://promundoglobal.org/wp-content/uploads/2018/06/PM-Manhood-2-0-curriculum-v12-2-E.pdf>

HELPFUL REMINDERS HOW YOU CAN HELP:

(adapted from <https://onlinecounselingprograms.com/resources/promoting-healthy-masculinity/>)

- **Focus on the future** by asking questions like, “What kind of man do you aspire to be?”
- **Ask what’s right, not what’s wrong:** Some youth may feel defensive about being in an area or space of vulnerability. Help validate help-seeking behaviors and attitudes that may open up a better dialogue or a willingness to address concerns they have.
- **Create a safe and supportive environment:** If a youth is tentative or unsure about expressing themselves, the first question shouldn’t be, “How do you feel?” It might be easier to ask other questions and set that foundation of being willing to listen without judgement and a willingness to support emotional expression.
- **Recognize that it might be hard to share emotions and feelings:** Be non-judgmental, encouraging, and avoid shaming anyone for feeling unsure about sharing their emotions and feelings. Make sure to reinforce that you are willing to listen when they are ready to share what they want.
- **Talk openly about healthy masculinity and be willing to explore that concept and conversation together:** Conversations around healthy masculinity are ones that many youth will not get a chance to have or unpack with a supportive adult. Help them target what parts of masculinity are positive and how they are choosing to develop their own identity.



YouTube Videos:

TEDTalk- Why I'm done trying to be "man enough" - Justin Baldoni:

<https://www.youtube.com/watch?v=Cetg4gu0oQQ>

What is Masculinity? - Soul Pancake - That's What He Said:

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

The Mask You Live In Documentary:

<https://www.youtube.com/watch?v=k4yFShxUb2E>

Hatch Kids Discuss Male Stereotypes :

<https://www.youtube.com/watch?v=QxYvhh1hQvk>

The Power of Vulnerability – Brene Brown:

<https://www.youtube.com/watch?v=iCvmsMzIF7o&t=1s>

