

Below are some ideas to help think through artwork and messaging ideas for the “What it Means to be a Man in 2021” Social Media Contest



Talking Points below are taken from Youth Discussion on Masculinity 1/6/2021.

What does Toxic Masculinity mean to you?

Toxic Masculinity is all about not allowing a man to be his true self; it defines manhood by violence, aggression, sex, and social standing. It is the idea that men must show strength in all things. Often, showing emotions is portrayed as a sign of weakness instead of an actual strength, communicating your desires, needs and/or struggles. Through life experiences, who doesn't have these? Toxic Masculinity is dangerous, it makes men bottle up their feelings, and when you hold in all of your feelings, at some point you can burst.

What does Healthy Masculinity mean to you?

While Toxic Masculinity is all about boxing men in a strict box of rules and ideas, Healthy Masculinity means being honest and open about oneself; it allows men to express themselves and their interest in all things. Healthy Masculinity helps to break down the staunch gender stereotypes that are perpetrated by our society.

When you think of a man who do you think of? Why?

Who taught you what a man was? Who are your role models? Think about what they stand for and why those ideals are something you respect.

Want to read more visit the links below:

[Healthy Masculinity Information Sheet](#)

[Counter Stories](#)

[Thats Not Cool](#)