Healthy Masculinity

Whats is?

Healthy masculinity means being honest with oneself about your own feelings, needs and desires. It also means treating all others with the kindness and respect that you deserve. Healthy masculinity means not using your size, strength, or power to get what you want from others

How can we be like that?

We give you some tips for have a Healthy Masculinity

- Asking for help when needed
- Create openings for men to share their experiences and feelings, especially if you sense there's a problem
- Showing vulnerability
- Calling out/in other men who engage in behaviors that are disrespectful or aggressive
- Allow men to express a wide range of emotions

Don´t forget, being a man, doesn´t mean to be insensitive. Together we can make a change and grow as a society