

POSITIVE MASCULINITY



□ If you are a man, ask for help when you are struggling.

▪ Allow men to express a wide range of emotions.



❖ If you see a man hurting, check in with him.

○ Encourage men to demonstrate nurturing, compassion, and caring behavior toward themselves and others.



✓ Create openings for men to share their experiences and feelings, especially if you sense there's a problem.