

# POSITIVE MASCULINITY

HERE ARE 5 TIPS TO ACHIEVE IT



## 1.) COMMUNICATE

Express everything you feel, feel comfortable with your emotions.

## 2.) CRYING DOESN'T MAKE YOU WEAK

Expressing your feelings is not a sign of weakness, it doesn't make you any less man. Crying is a relief and a natural response to situations of pain and stress.



## 3.) NO MORE MACHISMO

animate to stop sexist behavior from your friends or colleagues.

## 4.) CLOTHES HAVE NO GENDER

wear the clothes you want, the clothes don't make you more or less man



## 5.) SPORTS ARE FOR EVERY ONE

rough or contact sports aren't just about guys.

ALTAMIRANO, ARELLANO, LUCERO, PASCUAL,  
RODRIGUEZ