



LEADING AS GIANTS

SESSION 7 | Healthy Masculinity: Many Ways to be a Man

By the end of this session, players will be able to:

- Discuss attributes of healthy and unhealthy masculinity
- Identify that they can choose the kind of man they want to be
- Determine how they want to be remembered as men

Talking Points for the Session:

- Society, including the media and advertising, is often trying to sell us one particular version of masculinity which tends to be rigid, monolithic, and unchangeable.
- The truth is that there are many ways to be a man, some of which are healthy and some are unhealthy.
- There are plenty of examples of men who are healthy, positive role models for all of us.
- A balanced human being embodies characteristics often assigned to men (strength, courage) and characteristics often assigned to women (love, compassion).
- We all can choose the kind of man we want to be.

Masculinity Exercise & Discussion: *(you can use a ball to toss to different players to answer the questions)*
Guide players through this mental exercise by reading the statements below, asking the question, and have at least one player respond..

- Think of a man who is a positive role model to you. It could be a relative or a friend or a player or coach.
 - Q: What are three of the top qualities you admire about this man?
- Now think of a man who has done things you think are wrong. Again, it could be a relative or a player or a celebrity you don't personally know.
 - Q: What are some of the characteristics you think led this man to make such destructive choices?
- Next think about a man you have seen in an ad, maybe trying to sell you a watch or a car or alcohol.
 - Q: What are some of the main characteristics of that man?
 - Q: Are these characteristics closer to the positive role model or to the man who did something wrong?
- Lastly, think about a woman you admire.

- Q: What are three of the top qualities you admire about this woman?
- Q: Are these characteristics closer to the positive role model or to the man who did something wrong?
- Q: How about to the man in the ad?
- Q: What does this exercise tell you about how we see men in our society?
- Q: How would you like men to be portrayed in the media and advertisements?

Legacy Re-Aloud: *(have different players read aloud each bullet point)*

- One way to know the kind of man someone was is to look at his obituary (a notice of a death, which usually appears in a newspaper or online). For instance, take Ben Chapman. He won a World Series with the 1930s Yankees and was selected four times to the All-Stars game, but his obituary starts with “Ben Chapman was one of Jackie Robinson’s greatest tormentors when baseball’s color barrier came tumbling down.” He is remembered first as a racist, in spite of all his baseball accomplishments.
- On the other hand, Roberto Clemente’s obituary begins like this: “Roberto Clemente died in a plane crash while traveling at great risk in response to urgent requests to deliver help to earthquake devastated Nicaragua.” He is remembered not only as a great player, but also as a great humanitarian.
- Think what you would like your obituary to say that is not related to baseball. It could be that you were a great father, a loving husband, a true friend. As a father or future coach, especially of boys, the man you chose to be will be observed and passed along, and will be a part of your legacy. It is totally up to you to shape how you will be remembered as a man.

Wrap up and Takeaways

- There’s many ways to be a man.
- You can choose what kind of man you want to be.
- This is how you are going to be remembered.