



**“IDEAS WORTH SPREADING”
TED TALKS ON MANHOOD, FRIENDSHIP, & MENTAL HEALTH**

[TED](#) is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics – from science to business to global issues – in more than 100 languages. Meanwhile, independently run TEDx events help share ideas in communities around the world. Their mission is to spread ideas.

The mission Pi Kappa Phi Fraternity is to create an uncommon and lifelong brotherhood that develops leaders and encourages service to others for the betterment of our communities. Your fraternity values common loyalty, personal responsibility, achievement, accountability, campus involvement, responsible citizenship and lifelong commitment.

In an effort to merge the TED and Pi Kappa Phi mission and values, this resource contains TED Talks around the area of manhood, friendship and mental health.

The idea is really simple. Watch a TED Talk together at a chapter meeting, with Big Brothers and Little Brothers or as part of the associate member meetings and create conversations.

TED TALK #1: “CONFESSIONS OF A DEPRESSED COMIC”

SYNOPSIS & LINK

Kevin Breel didn't look like a depressed kid: team captain, at every party, funny and confident. But he tells the story of the night he realized that – to save his own life – he needed to say four simple words.

Link: http://www.ted.com/talks/kevin_breel_confessions_of_a_depressed_comic#t-46808

CONVERSATION QUESTIONS

- Discuss the experiences of the person in this video. Do you know anyone who has a similar experience?
- What are some of the reasons men don't seek help?
- What are the differences for a person who feels depressed and a person who has clinical depression?
- How can men learn to start talking about how they feel before they are at the point of suicide, addiction or other extreme emotional states?
- Discuss effective coping mechanisms men can use to address their mental health.

CAMPUS ASSISTANCE PROGRAM (CAP)

Pi Kappa Phi Fraternity partners with Campus Assistance Program to provide 13,000 behavioral health counselors across the country to serve the members of the fraternity. This resource provided a 24-hour-a-day access to behavioral health counseling, via online and telephone sessions wherever and whenever they need one - near campus during the semester, at home during breaks and almost everywhere in between. In addition, Campus Assistance Program provided assistance with stress management techniques, legal counseling and forms, financial counseling and services, life balance resources and online tools and helpful information.

Information to share with members on how to use this service: Call CPA at (866) 227-3834 or visit www.caplifelhmsanet.com (Username: pikappaphi and Password: myresource)

*The conversation questions were compiled by Ross Szabo. Ross is the CEO of the Human Power Project, a company that designs cutting edge mental health curriculum for people of all ages. He is an award winning speaker, writer, trainer and Returned Peace Corps Volunteer. Ross has spoken to more than 1 million people about the importance of mental health and provided a positive example to empower them to seek help. Ross turned a diagnosis of bipolar disorder with anger control problems and psychotic features at age 16, into an opportunity to educate others. He is the co-author of *Behind Happy Faces; Taking Charge of Your Mental Health* and a blogger for *The Huffington Post*. Ross has received the 2010 Didi Hirsch Removing the Stigma Leadership Award, 2012 Changing Minds Award and had his advocacy work entered in the Congressional Record. Ross can be reached at ross.szabo@gmail.com.*

TED TALK #2: “THE BRIDGE BETWEEN SUICIDE AND LIFE”

SYNOPSIS & LINK

For many years Sergeant Kevin Briggs had a dark, unusual, at times strangely rewarding job: He patrolled the southern end of San Francisco’s Golden Gate Bridge, a popular site for suicide attempts. In a sobering, deeply personal talk Briggs shares stories from those he’s spoken – and listened – to standing on the edge of life. He gives a powerful piece of advice to those with loved ones who might be contemplating suicide.

Link: https://www.ted.com/talks/kevin_briggs_the_bridge_between_suicide_and_life

CONVERSATION QUESTIONS

- Discuss the experiences of the person in this video. Do you know people who have attempted to take their own lives or people who have died by suicide?
- What were the most important tips on what to do when someone wants to take his own life?
- What are the warning signs of someone who is contemplating suicide?
- How long should you wait to call 911, the counseling center or CAP when someone is showing signs that he wants to take his own life?
- What are some things you can do to take care of your mental health when a friend is struggling with depression or suicidal thoughts?

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TED TALK #3: “A CALL TO MEN”

SYNOPSIS & LINK

Tony Porter makes a call to men everywhere: Don't "act like a man." Telling powerful stories from his own life, he shows how this mentality, drummed into so many men and boys, can lead men to disrespect, mistreat and abuse women and each other. His solution: Break free of the "man box."

Link: https://www.ted.com/talks/tony_porter_a_call_to_men

CONVERSATION QUESTIONS

- Discuss the experiences of the person in this video. Are there parts of his story that are similar to the way you were raised?
- What are the drawbacks of constantly telling little boys that they shouldn't cry or express emotions?
- How common is it for young men to lie about the first time they have had sex? What are the main influences for why they lie?
- How does hiding emotions and viewing women as objects affect young men?
- What can young men do to talk about their emotions and promote equality with women?

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TED TALK #4: “THE DEMISE OF GUYS”

SYNOPSIS & LINK

Psychologist Philip Zimbardo asks, "Why are boys struggling?" He shares some stats (lower graduation rates, greater worries about intimacy and relationships) and suggests a few reasons – and challenges the us to think about solutions.

Link: <http://www.ted.com/talks/zimchallenge>

CONVERSATION QUESTIONS

- Discuss the experiences of the presenter. Are you surprised by the research in his video?
- What are some of the reasons that young men enjoy spending time with each other more than with women?
- How many hours a week do you play video games and watch porn? Do you know anyone who has negative behaviors because of video games or porn?
- What can young men do to increase their confidence in conversations and overcome shyness?
- How can young men help each other realize the problems highlighted in this data and work together to make a positive change?

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TED TALK #5: “WHY GOOD LEADERS MAKE YOU FEEL SAFE”

SYNOPSIS & LINK

What makes a great leader? Management theorist Simon Sinek suggests, it’s someone who makes their employees feel secure, who draws staffers into a circle of trust. But creating trust and safety – especially in an uneven economy – means taking on big responsibility.

Link: http://www.ted.com/talks/simon_sinek_why_good_leaders_make_you_feel_safe#t-30875

CONVERSATION QUESTIONS

- Discuss the presentation. What lesson meant the most to you?
- How can the concept of helping someone else, because they would have done the same for you, be applied to your fraternity?
- How does hazing create an element of members fearing the leaders in their chapter?
- What are three steps the leaders in your chapter can take to help members feel safe and show they would sacrifice for them?
- What kind of leadership do you respect the most?

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TED TALK #6: “HOW MOVIES TEACH MANHOOD”

SYNOPSIS & LINK

When Colin Stokes' 3-year-old son caught a glimpse of "Star Wars," he was instantly obsessed. But what messages did he absorb from the sci-fi classic? Stokes asks for more movies that send positive messages to boys: that cooperation is heroic, and respecting women is as manly as defeating the villain.

Link: http://www.ted.com/talks/colin_stokes_how_movies_teach_manhood

CONVERSATION QUESTIONS

- Discuss the presentation. What part of the presentation surprised you?
- What was your favorite movie as a kid? Did it have elements of focusing solely on a man's role to rescue women?
- Are there movies with female leads that young men like? What leads to young men liking those female leads?
- Discuss the Bechdel test. Why do you think so many movies don't meet the requirements of having 2 women who talk to each other about something other than the man they like? How do movies that fail this test affect young men?
- What can young men do to try to decrease the amount of sexual abuse and harassment of young women?

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