

September 2021

## Masculinity & Relationships with Our Fathers

### Listen:

Spotify: <https://open.spotify.com/episode/2AS37NsC30450BS4Rq0ZB2>

Apple podcasts: <https://podcasts.apple.com/us/podcast/relationships-with-our-fathers-masculinity/id1562920267?i=1000522889146>

### What it's about:

Former President Barack Obama and Bruce Springsteen open up about their complicated relationships with their fathers, what it means to be a man, father figures, and role models.

### Why it's important:

In the midst of today's social movements, many men find themselves wondering how to reconcile what they've learned about masculinity with values of inclusion. This brings a vital conversation to the forefront - what does it mean to be a man, and what effect does that have on others? Reclaiming the definition of manhood from its most toxic expressions is critical to our organizations and the mission to develop good men.

### Reflect & Discuss:

- What person (or people) most influenced your understanding of what it means to be a man? What did they teach you?
- How would you describe the ideal man as defined by our culture?
- How is this different from what a "good man" *should* be?
- In what ways do you embody or fall short of who you believe a "good man" should be?

### Want to learn more?

What is Healthy, Respectful Masculinity?

<https://www.talkspace.com/blog/healthy-versus-toxic-masculinity/>

Healthy Masculinity At Home And Work: The Battle Against Man Box Culture

<https://www.forbes.com/sites/kathycaprino/2021/05/24/healthy-masculinity-at-home-and-work-the-battle-against-man-box-culture/?sh=252a1a417f13>

Guyland: The Perilous World Where Boys Become Men

By Michael Kimmel

<https://www.harpercollins.com/products/guyland-michael-kimmel?variant=32128639926306>