Masculinity & Relationships with Our Fathers

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

Guyland: The Perilous World Where Boys Become Men
By Michael Kimmel