

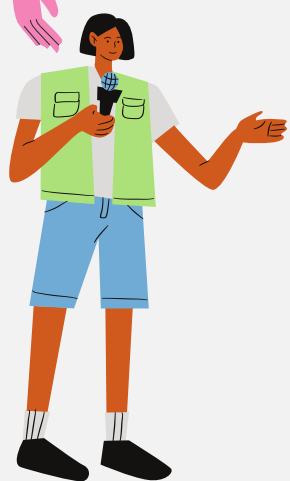
5 TOP TIPS TO OVERCOMING TOXIC MASCULINITY IN SCHOOLS

Toxic masculinity is harmful to society and to men/boys themselves. Masculinity on the surface is not inherently toxic but it rests on a knife edge. Liking sport and being a strong person are not bad things. However if we tell all young boys that they are not men if they don't like sport and warn them that 'boys don't cry', we open them up to some very challenging struggles in the future.



Tip 1: 'Masculinity' & 'toxic masculinity' are two different things

Peoples fight against toxic masculinity is often thought to be destroying 'masculine' things. It's not at all. Masculinity is ok - toxic masculinity is not.



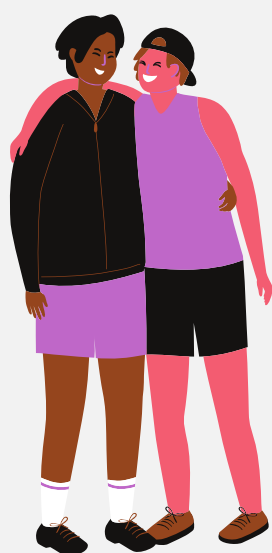
Tip 2: Encourage boys to talk

It is not un-manly to talk about feelings. Normalise boys talking to each other about their thoughts and feelings and not 'bottling them up'.



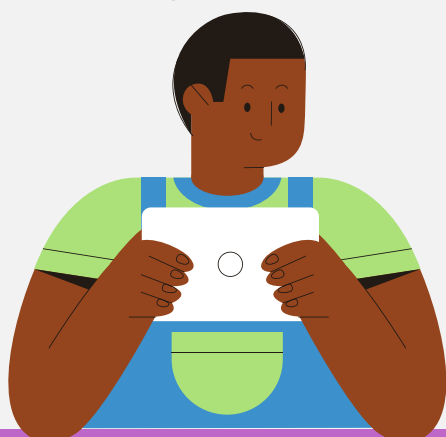
Tip 3: Challenge harmful stereotypes and language

The biggest killer in men under 40 is suicide. It is no surprise when we realise that young boys are repeatedly told to 'man up' and 'dust yourself off' rather than ask for help.



Tip 4: You are no less of a man if you like traditionally feminine things

Shatter the stereotypes by being positive role models for young boys.



Tip 5: Be open to challenge

We all have our own prejudices and internal biases and these are very hard to overcome. Having an open and frank conversation about these difficult topics is the biggest way we can make a difference.