

NATIONAL **MASCULINITY** WEEK

UNPACKING MASCULINITY - CONVERSATION STARTERS

THIS LIST OF QUESTIONS IS INTENDED TO PROVIDE A STARTING POINT FOR A CONVERSATION RELATED TO MASCULINITY. THE QUESTIONS CAN BE USED FOR INDIVIDUAL REFLECTION OR GROUP DISCUSSION.

1. What societal norms for men do you think are harmful?
2. When you're not actually fine, how do you deal with it?
3. How do you talk about women when they are not around?
4. How do you define success? What does society tell you about success as a man?
5. Are there things you hide from other men because you are afraid of what they might think of you?
6. How was your identity as a young boy or man shaped? And how does it define who you are today?
7. How has your relationship with your family, home, and or culture defined who you are as a man?
8. Are there times in your life when you have felt like in order to cope with a situation you had to have a "hard" external shell, when in actuality you wanted to express your emotions? If so, when?
9. What factors get in the way of expressing positive masculinity?
10. How do your beliefs about what it means to be a man inform your actions?
11. In your life, what parts of masculinity have been harmful?
12. In your life, what parts of masculinity have been beneficial?
13. What expressions of masculinity have you been encouraged to engage in?
14. What expressions of masculinity have you been encouraged to avoid?
15. Can you share one thing that I should absolutely know about you?
16. What was the last time you cried and why?
17. What is one of your core values and why is it important to you?
18. Who is your "go to" person when life becomes difficult? What do they do to support you?
19. What can I do to best support you?
20. What or who has been the strongest influence on you and what you understand of masculinity?
21. What are some positive aspects of masculinity that you have observed?
22. What factors have shaped your notions about the relationship men and boys have with girls, women and individuals of diverse gender and sexual identities?
23. What beliefs do you have about what is masculine?
24. What beliefs do you have about what is feminine?
25. What activities do you associate with being masculine?
26. What activities do you associate with feminine?
27. How do you navigate conflict and disagreement?
28. What expressions of masculinity have you been encouraged to explore?
29. What expressions of masculinity have you been discouraged to explore?
30. Hey man, you okay? (but really... are you okay?)
31. Sorry to hear about your breakup, what can I do to support you?
32. Seems like you've got something on your mind - what's up?
33. What mask do you wear?
34. How's your family?
35. How's your partner?
36. What can I do to help you?
37. You say you're fine, but what's up?
38. Have you thought about how your actions or behaviors that might impact others?
39. Who taught you what it meant to be a man?
40. Who sets the definition of manhood?
41. What stories do you tell yourself?
42. How do you cope with stress?
43. What would happen if your worst fear was realized?
44. What drives you?
45. Who needs your support?
46. Do you find it hard to open up? If so why?
47. Who do you want to make proud? Why?
48. Who gets to see all of you?
49. What would you do if you weren't afraid of people's judgement?
50. Who has to lose for you to win?