

# SHIFTING THE MASCULINITY CONVERSATION

SUPPORTING & CHALLENGING  
MEN IN YOUR LIFE

## HOW TO CHECK-IN

### APPROACH THEM IN A NON-THREATENING WAY

Approach them from a place of care, not harm. Conversations should occur when you are both sober and in a safe place. Avoid this being an “intervention” or place of conflict. You are there to help.

### AVOID ATTRIBUTING EMOTIONS

It is not your place to assign how they are feeling. Don't prescribe emotions, instead ask questions. Let them talk about how they are feeling.

### OFFER TO HELP THEM FIND RESOURCES

Sometimes, people don't know the resources available to them. Other times they may be embarrassed. Offer to help them find resources that fit their needs.

### OFFER AN OUT FROM THE CONVERSATION

From the beginning, let them know it is okay to pause the conversation if it gets to be too much. Let them know you will also be there when they are ready.



*Information for this resource was provided by Tim Mousseau. Tim is a sexual violence prevention & masculinity speaker whose work has moved the needle on these critical topics. He has impacted students through his keynotes at over 250 colleges & universities across the country.*

## HOW TO CALL OUT

### REMOVE THEM FROM THE SITUATION OF HARM

If the person is causing direct harm, identify the most appropriate way to engage them so they stop causing harm. If the harm has passed, figure out when it will be an appropriate time to have this conversation.

### WAIT UNTIL THE APPROPRIATE TIME

Conversations of challenge should happen when you are sober, clear-headed, and free of aggressive or angry emotions. Wait until it is an appropriate time to approach them if you can.

### FOCUS ON ONE SPECIFIC INCIDENT

Don't focus on a repeated history of behavior, even if it is a pattern. Also, check-in before it can become a pattern. Focus on one or two concrete, specific incidents. Don't assign their motivations, but talk instead about how their actions impacted you or those around you.

### AGREE TO NEXT STEPS

Figure out what next steps are. Don't just leave things with a vague promise to get better. How and what can they do to improve?