PRINCIPLES OF HEALTHY, RESPECTFUL MANHOOD

1. Embracing and expressing a full range of emotion
   a. Allowing men and boys to cry
   b. Validating men and boys’ feelings

2. Not conforming to the pressure to always be fearless and in control
   a. Allowing men and boys to be and act afraid
   b. Allowing men and boys to ask for help

3. Valuing a woman’s life, treating all people equally and promoting the betterment of humanity
   a. Never using power, control or violence
   b. Never using gender-based attributes to bully or discriminate

4. Not using language that denigrates women and girls
   a. Not making or laughing at sexist jokes
   b. Not perpetuating negative stereotypes with phrases like “You throw like a girl”

5. Developing an interest in the experience of women and girls, outside of sexual conquest
   a. Listening to women and validating their experiences
   b. Embracing female friendships

6. Modeling a healthy, respectful manhood to other men and boys