

A CALL TO MEN

HEALTHY MANHOOD
IS THE PATH OUT OF THE MANBOX

12 TO PRACTICING
KEYS HEALTHY MANHOOD

1

Embracing and
expressing a full
range of emotion

2

Validating the
feelings of other
boys and men

3

Being
willing to cry

4

Being vulnerable —
allowing oneself
and others to
ask for, offer, and
accept help

5

Valuing
the lives of girls
and women

6

Treating all
people equally
and promoting the
betterment of
humanity

7

Never
using control
or violence

8

Never
using gender-based
attributes to bully
or discriminate

9

Never
using language
that denigrates
women and girls

10

Having an interest
in women and girls
outside of
sexual conquest

11

Modeling
healthy manhood
for other men
and boys

12

Using your
influence and
platforms to
promote its practice