

Practicing Positive Masculinity

Culture of Support

Embrace Differences

Kindness to All

Connection to the Earth

Non-Violence

Consent

Responsibility

Learning

Listen.

Get Consent.

Take Responsibility.

Be Kind to Yourself & Others.

Be Vulnerable. Let what's in out.

Be Open. Let what's out in.

Ask for Help.

Show Emotions. You won't die if you cry.

Allow Feelings. They are there for a reason.

Help Others. Be there for others in voice & action.

Show Up. Participate in society & community.

Your True Purpose is to Teach, Mentor & Help Others.

Connect. Prioritize relationships & honor supports.

Be Non-violent.

Control. Control your reactions, control your sex drive, control your drug & alcohol use. Don't try to control people.

Learn About Yourself. Ask questions.

See ALL Gender Identities as Equal to You.

Build Positive Relationships with Other Men.

Confront Sexism, Racism & Homophobia in Yourself & Others.

Question Social Norms Like Binge Drinking & Hypermasculinity.

Stop Competing & Comparing. Question cues of money, career & possessions.

Body Awareness. Be aware of your body in space as it relates to other bodies.

Be Body Positive. All bodies are beautiful.

Make Visible the Invisible. Undo oppression of marginalized people.

Be Patient. Don't bypass the human story in favor of a solution.

Show Care & Concern. Always take care and protect those less able.

Emotional Scarcity Myth. You are not a burden; we have emotional space to hear your story.

Protect the Earth, Water & All Aspects of the Environment.

We Are All One. Deepen your connection to all living things.

Say I'm sorry. Say what you did wrong and why.

Don't Isolate. Reach out and stay connected.

Make Art & Music.

Your Dreams Are Valid.

Understand Intention May Be Different from Perception.

Tell Your Stories of Separation & Connection.

Take Off the Superhero Cape. You need to depend on others to survive.

—THE POSITIVE MASCULINITY PROJECT



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