



Are boys encouraged to express sadness, fear, or anxiety?

In general, our society gives boys permission for one emotion: anger.

If a boy is hurt or upset, he may be comforted briefly, but then he is told to stop crying and "be a man."

This message usually implies he should hide his feelings.

Boys and men are supposed to be solid unemotional rocks.

Demonstrations of emotions are seen as "silly."

Anger is seen as a sign of strength.

Males are considered to be standing up for their rights if they react to a frustrating or undesirable event with anger.

Outrage is often the only reaction to an injustice that is allowed from boys.