Discussion Questions

1. How are you expected to “Act Like a Man”...
   a. At home?
   b. At work?
   c. In your sex life?
   d. With your friends?

2. Where did you learn how to “Act like a Man”
   a. When you were young, what were some things your father or older male role models told you about what it means to be a man?

3. Where did you learn about sex?
   a. What role did pornography play?
   b. What did you learn from your male peers?
   c. How does that learning impact your sexuality today?

4. What is toxic masculinity?
   a. How is it harmful to women, gay men, and others?
   b. How is it harmful to men and boys?

5. Who in your social circles do you go to for support?
   a. Would you like to have more social support in your life?
   b. How satisfied you are with your current level of social support?
   c. How could you find more social support?

6. In what ways are you supportive of other people?
   a. Are you satisfied with how supportive you are of other people?
   b. How could you be more supportive of others?

7. What relationships are important to you?
   a. Which aspects of your relationships are you satisfied with?
   b. What aspects of your relationships would you like to change?

8. What can you do to end commercial sexual exploitation and gender-based violence?
   a. Individually?
   b. In your relationships?
   c. In your communities?
   d. In our society?