

Resilience is Hosting a 5-Week Virtual Series - Defining Masculinity

Holland, MI – Embracing a healthy, respectful manhood prevents violence against women, sexual assault, sexual harassment, and bullying. Healthy, respectful manhood is also linked to improved physical health and emotional well-being for men. When boys are told not to cry or feel, there are lasting negative effects on their health and relationships. Issues of rage, anxiety, depression and unhealthy coping mechanisms can manifest. According to the Centers for Disease Control, the suicide rate is four times higher in men than in women.

Resilience: Advocates for Ending Violence works with a **Call to Action Team**, a group of West Michigan men that are committed to reframing manhood by embracing healthy and respectful behavior and preventing interpersonal violence and discrimination. Their conversations with boys and young men in our community allow them the opportunity to embrace emotional vulnerability while gaining a deeper understanding of how society impacts manhood. During this time of physical distancing and mandated limitations on large group gathering, Resilience wanted to offer a chance to gather virtually and engage in meaningful conversation about our role in ending domestic and sexual violence.

Resilience is hosting a **5-week Virtual Defining Masculinity Conversation Series** on Wednesday mornings at 11AM beginning June 3. Resilience Men as Allies Coordinator, Seth Snoop, will be engaging in conversations on topics such as the meaning of manhood, healthy relationships, emotional vulnerability, and how men can become an ally for change. This virtual series is free and open to all.

To register for the Virtual Defining Masculinity Series, please use the link below. Recordings will be available on our website after each session, along with a guided outline on how to facilitate these conversations with the young men in our community.

Virtual Event Details:

Virtual Defining Masculinity Series

Wednesdays at 11AM (June 3 – July 1)

Registration link: <https://bit.ly/2B2kUdX>

Conference Questions? Lesley Coghill, LesleyC@ResilienceMI.org, 616-494-1741

To view recordings or guided outlines: www.ResilienceMI.org

Sources:

<https://www.acalltomen.org/impact-healthy-manhood>

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