



PART III

HUMAN GROWTH AND DEVELOPMENT

1 How do you define what it means to be a man? A man is...

2 How do each of these myths affect your understanding of masculinity?

Athletic Ability _____

Sexual Conquest _____

Economic Success _____

3 When you were a boy, who taught or told you to “Be A Man!”? Mom? Dad? Coach? Teacher? Grandparent? Neighborhood? Culture? Media?

4 At what age...

Were you told to ‘stop crying’ and ‘stop being emotional’? _____

Did you become embarrassed by your tears and emotions? _____

5 What was the context? How vivid or painful are these memories?

6 Did you worry you were not ‘man enough’?

7 Have you ‘suffered’ the consequences of the Boy Code?

8 Did you ever hold your peers accountable to the Boy Code?

9 How will your experience with the Boy Code affect your coaching and creating a Culture of Belonging for boys?

10 How do you define what it means to be a woman? A woman is...

11 As a woman, how have you been affected by messages about...

Appearance? _____

Relationships? _____

Power? _____

12 How do these myths define or affect your femininity today? As a wife/partner? As a parent?
As a professional?

13 What messages did you receive about being a girl/woman?

Where did these messages come from? Family? Peers? Media? _____

How did these messages shape your feelings about yourself? _____

14 When you were a girl, who taught you or expected you to “Be Perfect!”? Mom? Dad? Coach? Teacher?
Grandparent? Neighborhood? Culture? Media?

15 At what age did you start worrying about your appearance? _____

What did you do to be more attractive? _____

16 Have you ‘suffered’ the consequences of the Girl Code? _____

17 Did you ever hold your peers accountable to the Girl Code? _____

18 How will your experience with the Girl Code (or the impact the Boy code has on Girls) affect your
coaching and creating a Culture of Belonging for Girls? _____
