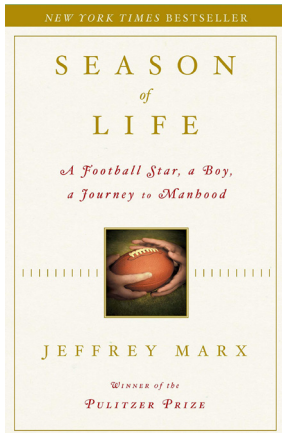




RESOURCES

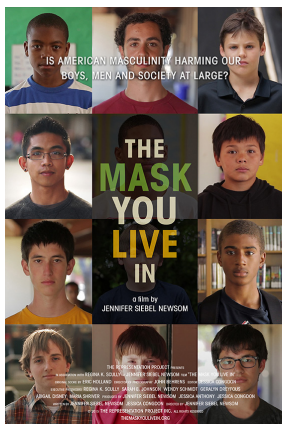


SEASON OF LIFE: A FOOTBALL STAR, A BOY, AND A JOURNEY TO MANHOOD

BY JEFFREY MARX

Joe Ehrmann, a former NFL football star and volunteer coach for the Gilman high school football team, teaches his players the keys to successful defense: penetrate, pursue, punish, love. Love? A former captain of the Baltimore Colts and now an ordained minister, Ehrmann is serious about the game of football but even more serious about the purpose of life. *Season of Life* is his inspirational story as told by Pulitzer Prize-winning journalist Jeffrey Marx, who was a ballboy for the Colts when he first met Ehrmann.

Season of Life is a book about what it means to be a man of substance and impact. It is a moving story that will resonate with athletes, coaches, parents — anyone struggling to make the right choices in life.



THE MASK YOU LIVE IN

DOCUMENTARY BY JENNIFER SIEBEL NEWSOM

AVAILABLE ON NETFLIX

This documentary follows boys and young men as they struggle to stay true to themselves while negotiating America's narrow definition of masculinity. Pressured by the media, their peer group, and even the adults in their lives, our protagonists confront messages encouraging them to disconnect from their emotions, devalue authentic friendships, objectify and degrade women, and resolve conflicts through violence. These gender stereotypes interconnect with race, class, and circumstance, creating a maze of identity issues boys and young men must navigate to become “real” men. Experts in neuroscience, psychology, sociology, sports, education, and media also weigh in, offering empirical evidence of the “boy crisis” and tactics to combat it. *The Mask You Live In* ultimately illustrates how we, as a society, can raise a healthier generation of boys and young men.



BE A MAN: JOE EHREMAN AT TEDXBALTIMORE IN 2013

Joe Ehrmann, in his 2013 TedX talk challenges the myths of masculinity and describes what he calls the 3 scariest words a boy will hear as he grows up, “Be a Man!”. Joe discusses the path to help boys become emotionally healthy men while addressing the destructive societal forces debilitating men from well-being and wholeness.