

## Teach Healthy Concepts Of Masculinity/Femininity

### 3D Coaching Points

At the heart of most of the social ills that we are facing as a society are the issues of false masculine and feminine identity. The culture scripts men to equate their self-worth to their net-worth and women to see their beauty/body type from the outside in instead of from the inside out. These issues need to be corrected for young people to grow into healthy flourishing adults who are secure in their intrinsic worth.

### Strategy Overview

Find a time during the season to have a conversation about the issues of masculinity and/or femininity with your athletes. The following video links provide great teachings on the real issues that young boys and girls are dealing with as they navigate the path to healthy adulthood.

After you play the video(s), process the content of the videos with your athletes. Once the issues have been raised and discussed, have your eyes open for teachable moments throughout the remainder of the season to expose the lies of masculinity/femininity or correct behaviors that find their motive in false definitions of manhood/womanhood.

### Masculinity Videos:

[Be A Man](#) by Joe Ehrmann (free TedTalk)

[The Mask You Live In](#) by the Representation Project ([Buy](#), [Rent](#) or Stream on Netflix)

Other Masculinity Resources: [InsideOut Coaching](#) by Joe Ehrmann | [Playbook for Manhood](#) by Frank DiCocco

### Femininity Videos:

[The Sexy Lie](#) by Caroline Heldman (free TedTalk)

[Miss Representation](#) by the Representation Project ([Buy](#), [Rent](#) or Stream on Netflix)

Other Femininity Resources: [Real Beauty Video Campaign](#) by Dove.

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## Applications – Teach Healthy Concepts Of Masculinity/Femininity

1 <sup>st</sup> Dimension		Level 1 Applications	
Physical Training			
Skill Development			
Tactics			
2 <sup>nd</sup> Dimension		Level 2 Applications	
Motivation			
Confidence			
Emotions			
Team Cohesion			
Goal Setting			
3 <sup>rd</sup> Dimension		Level 3 Applications	
Character			
Identity & Self-Worth		✓	
Value & Significance		✓	

\*Because many 3D strategies have multiple level 2 & 3 implications, these checkmarks do not likely display their full scope of impact. We have tried to limit the number of checkmarks to the most obvious applications to make the planning process easier.

### When will this strategy be executed?

☐ Pre-Season   ☐ In-Season   ☐ Post-Season   ☐ Off-Season

### Action Steps:

### Measurement of Success:

### Date to be completed: