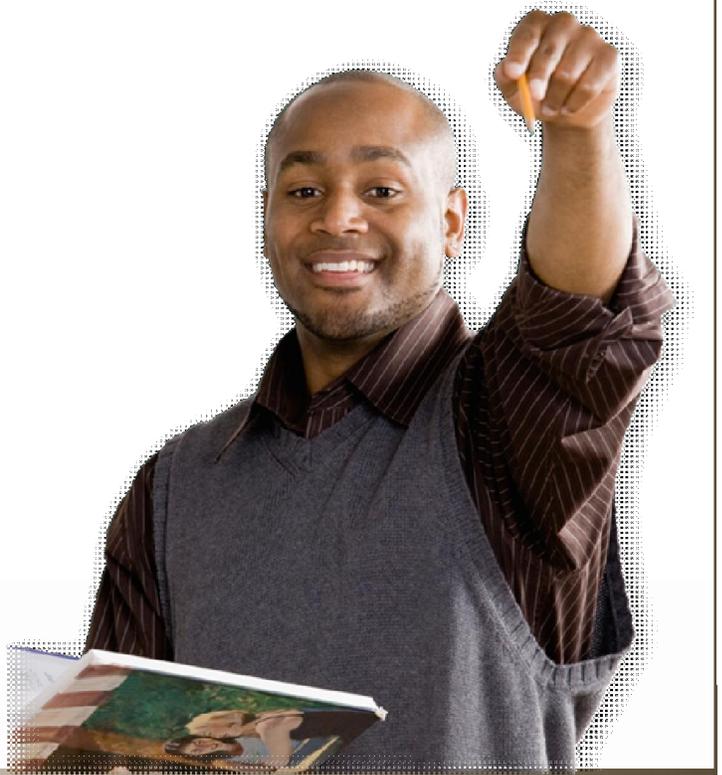


Digital Stories & Discussion Guide



**IT STARTS WITH YOU.
IT STAYS WITH HIM.**

Introduction

White Ribbon is pleased to present this Discussion Guide for school and community educators. This is an initiative of It Starts With You It Stays with Him, a social media campaign aimed to inspire men to reach out to the boys and young men around them and motivate them to build healthy, equal relationships.

As educators, we have an opportunity to positively influence the boys and young men we teach. Promoting gender equality in our schools and communities and teaching boys and young men about healthy, equal relationships helps to create safer schools and communities for women, girls, boys, and men.



Creating gender equitable and violence free schools and communities gives boys and girls a greater opportunity to succeed in the classroom. When students feel safe and secure opportunities are available, regardless of their sex or sexuality, they are more likely to succeed. We can help give students a profound gift by role modeling and teaching the benefits of healthy, equal relationships and gender equality.



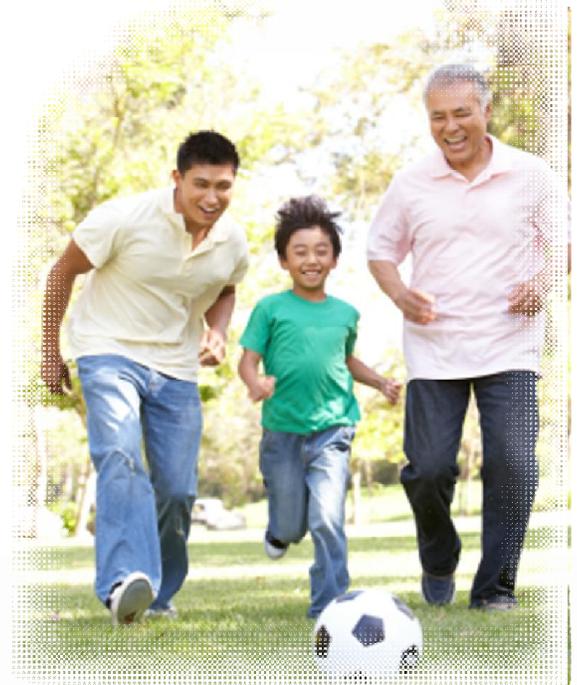
Why focus on men and boys?

Most violence committed against women is by men. In fact, most violence against men and boys is also committed by men. While the majority of men do not condone it, they often do not speak out or make their feelings publicly known. As a result, a culture of silence is created around gender inequality and men's violence. Men need to speak up and reach out to their peers and younger boys to help create a society that values healthy equal relationships. Violence against women is a real concern for all of us.

A remarkable thing is happening around the world. In White Ribbon Campaigns in over 60 countries, men and boys are showing their strength by speaking out against the epidemic of violence against women. Men and boys are examining their attitudes and actions.

They are asking important questions about creating healthier and happier relationships. They are proudly joining with women and girls to end the many forms of violence against women that are some of the most persistent human rights problems in the world today. They are proclaiming that our future has no violence against women.

Storytelling can be a powerful tool to explore complex and meaningful issues. In the modern context, digital storytelling is an incredible way to expose young people to a diversity of stories that allow them to see their own lives reflected in the experiences of others and also to develop empathy and understanding for those whose lives are different from their own.



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Project Background

White Ribbon worked with **Community Story Strategies** to create two series of digital stories. The first series of **9 original videos** was developed by 9 different men. The second series of **7 original videos** was developed in partnership with **Social Services Network (SSN)** to develop 7 stories from the South East Asian Perspective.

The storytelling process offered these men an opportunity to explore the experience and choices that shaped their lives as men, particularly in relation to their understanding of gender equity and healthy relationships.

The diversity of themes reflected in these powerful stories presents an opportunity to use real life experiences as a means for educating young people in the classroom. Themes such as societal pressures for young men and boys to conform to stereotypical and rigid ideas of masculinity; the importance of gender equality and the impact of violence against women and girls (and men and boys); fatherhood; and homophobia can be unpacked and used as discussion tools for teachers and students.

The digital stories are all part of the **It Starts With You It Stays With Him** initiative but also stand alone in this discussion guide.



How to Use this Guide

This section of the guide provides you with nine very different stories, each accompanied by a set of discussion starters you may want to use with your students. We advise that you watch the stories before you show them to your students as some of them contain mature subject matter.

Each of us has a story to tell. A story of how we came to be who we are. We encourage you to use these stories together or separately to support your efforts as an educator in promoting healthy, equal relationships in the classroom and in your school.

This guide will help you facilitate dialogue and lead discussions about key issues raised in the digital stories. Included are:

- Suggestions on how to prepare for effectively using the stories with a group;
- Story summaries;
- General discussion questions that can be applied to all of the stories, as well as selected questions tailored to each story



Sharing the Stories

Before Showing The Stories

Make sure you are well versed on the issues. Familiarize yourself with gender equality, violence against women, issues before sharing these stories. Check out www.whiteribbon.ca and www.itstartswithyou.ca, especially the section for educators, to find more info.

Know where NOT to show stories. Make sure your group is prepared for a serious, healthy discussion and that the material is appropriate for them.

Be aware of support services. Identify available support/advocacy services that you can refer discussion participants to afterwards, if necessary. These might include Kids Help Line or a school counselor. These stories will not necessarily provoke disclosures from your group but they may and it's important to be prepared.

When You Present Stories:

Inform viewers about the subjects of the stories. Some viewers may react strongly to the content of particular stories, depending on their personal experiences. Offer an introduction prior to any screening, regarding the nature of the stories you're planning to show.



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Safety & Ground Rules

Safety rules

This isn't a normal class discussion. So you might ask the students to develop some discussion guidelines:

- What do they need from you and from each other in order to feel safe when they talk about these issues?
- Do they require that the students agree to confidentiality?
- That no one has to speak who doesn't want to?
- That time is shared?
- That discussions are respectful and people listen to each other?

Another way to provide safety for certain discussions is to have a question box where students can pose questions anonymously.

Ground rules

The following ground rules will help create a safe and welcoming classroom environment where healthy discussion and sharing can take place. Click on a ground rule for a description.

- **Model Respect**
It's important to encourage participation in the discussion and model the type of behaviour we expect from students.
- **Share the Time**
If a few people monopolize conversation, the experiences and insights of many students will remain hidden. Providing safety means encouraging participation, stopping anyone from monopolizing the discussion, but not putting anyone on the spot who might feel uncomfortable talking about the topic.
- **Generalizations and judgments**
Be careful to avoid generalizations, stereotypes, such as "boys will be boys," "girls are powerless victims" or "men commit violence" (as opposed to some men).
- **Single-gender groups**
We suggest that for some discussions, a class be divided into single-gender groups to provide more safety and let certain things come out that might not in a mixed group. If you do this, make sure they don't become sessions to dump on the other gender, and also make sure that when you come back together, the groups listen to each other.
- **Diversity**
If applicable, try to mix young people into groups that reflect the ethnic and cultural mix of your class. If someone wants to talk about his or her own culture's experiences in terms of violence against women or gender relations, that's great, but be careful not to put someone on the spot.
- **Disclosure**
Since many students have experienced violence, these exercises and activities sometimes provide the safety they need to come forward and share their experiences.



Ground rules

Keep in mind that the point of an activity is to encourage dialogue and self-reflection about healthy relationships.

- **Start a dialogue with open-ended questions that prompt reflection.**
These are usually questions starting with "how," "what" and "why". For example, "How does this affect you?" "Why is this an issue?" "What can be done to change this situation?"
- **Acknowledge different opinions.**
When a student introduces a controversial point, try to separate fact from opinion. Should a disagreement occur, encourage students to challenge the ideas without putting down the person expressing them. Communicate to the students that the purpose of these discussions isn't to win an argument but to share information and ideas.
- **Encourage lively discussions, but avoid arguments.**
Violence and relationships are emotional topics so discussions can become heated. Consider discussing why this is happening.
- **Stay focused.**
When discussions get off track, try to reintroduce the original issues. For example, "Terry, I think you have a point there, but can we get back to talking about ..."
- **Listen.**
Ask everyone to listen to each person's point of view before responding. It's important to understand what a person is trying to say, but also to provide safety and trust in the group.
- **Don't feel you have to be an expert on the issues.**
If you can't answer a question, say so. Ask others if they know. If it's important, promise to look into it.
- **Consider holding single-gender discussion groups.**
This can provide safety and, if it's a class where boys talk more, it gives girls a chance to speak. When the two groups join, make sure the discussion doesn't become a face-off.
- **State that hurtful or insulting language or behaviour isn't acceptable in these discussions.**
The environment will be poisoned for everyone by words and ideas that are sexist, racist or biased against particular groups based on their nationality, age, sexual orientation, religion or physical abilities. In case any students think you are being arbitrary, our provincial human rights codes protect people from discrimination or harassment based on these characteristics.



Discussion Questions

In this section we provide you with some general questions that could apply to any of the stories or if you use several of the stories together. Each story also has a set of questions that relate specifically to the topics it presents. In the topics page you will find a list of themes addressed in the stories, making it easier for you to choose which ones to show based on the issues you want to discuss.

General Questions

1. How did the story make you feel? Describe the parts of the story (audio and visual) that especially moved or affected you, and talk about why they had such an impact.
2. Identify some of the life challenges the storyteller raises. What are some of the ways that they handled, or might have handled, these challenges?
3. How do issues of sex and gender play out in the story, for the storyteller and those around them?
4. What did you learn from watching the story? (About the storyteller and people like them, and also about yourself.)
5. What decisions did the storyteller make? How did they affect them and the people around them?
6. If you were a family member or friend of the storyteller and/or the people they talk about, how might you have approached talking with them about the situation?
7. What can be done at multiple levels (individual, family, community, organizational, government/policy) to make sure that others don't go through the same struggles as the storyteller? What can you do, as an individual, to make a difference on these issues?



Topics

All the stories deal with issues of masculinity, manhood, personal choices, self-esteem, and healthy relationships to varying degrees. The other issues covered are outlined below. Please watch all the videos before using them with your group to ensure they are appropriate and to see how they can be utilized.

Series One

Fatherhood - Tuval, John, Jim, Robert
Violence against women - Tuval, Harold, Rolfe, Juno, Ashton
Violence - Harold, Rolfe, Ashton
Role modeling/Mentorship - Tuval, Robert, Kirk, Rolfe, John
Anger - Rolfe, Jim
Racial Identity - Kirk, Jim
Family - Ashton, Kirk, Robert, Harold, Rolfe
Homophobia/Transphobia - Juno

Series Two

Fatherhood - Jeff, Pillai, Suria
Violence against women - Augustine, Raeshean, Suria,
Violence - Augustine
Role modeling/Mentorship - Augustine, Pillai, Raeshean, Talluja
Anger - Raeshean, Gurinder
Traditional Gender Roles - Gurinder, Pillai
Family - Jeff, Augustine, Pillai, Suria, Raeshean, Talluja



The Stories: Series One

Each of us has a story to tell. A story of how we came to be who we are. Using the art of digital storytelling we worked with nine amazing men to talk about the way their lives connect to the messages contained in the It Starts With You, It Stays With Him initiative.



The Heart of A Boy

Tuval tells us of his journey to manhood and fatherhood and the joys and pain along the way.

Runtime 4:38

Becoming

John explores what he learned on a canoe trip about his daughter's power and being her dad.

Runtime 4:15

Mato Sapa: Black Bear

Jim looks back on his harsh childhood and how he found the strength and support to shed his angers and fear and become his true self. **Runtime 3:50**

Becoming the Man I Am

Kirk examines the powerful, positive roots he was given, the roadblocks he faced to success and how he ultimately made the choice to shape his own destiny. **Runtime 5:18**

Three Generations of Transformation

Ashton examines the violence he has witnessed and been a part of and he tells us how he's moved past it by transforming himself. **Runtime 4:54**

They Still Call Me Brian

Juno was born into a world in which he was not accepted. He tells us the story of how he found hope and peace when he accepted himself and remained true to his transgendered identity.

Runtime 4:38

What If It Was Your Mother?

Rolfe discusses his evolution to manhood. He explores how the role models in his life mold his perceptions on what being a man means.

Runtime 4:51

H2O

Robert tells us about the loss of two major male role models in his life and how they affected him. **Runtime 4:50**

Felt Their Words...

Harold grew up disrespecting and hurting others and himself. His story looks at a moment in his life that changed everything.

Runtime 3:26



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The Heart of A Boy



Tuval explores the frustrations he has with the limited definition of what it means to be a man. Using examples from the work he has done with young men, he explores what it means to break out of the “man” box and invites others to do the same. Telling stories of the pain that women in his life have felt as well as the experiences he has had working with young men, he finishes by connecting it all to his role as a new dad. Trying to see himself through his son’s eyes gives him inspiration and motivation to be a better man.

Topics

This story addresses the following topics:

Fatherhood
Violence against women
Masculinity
Role modeling

Discussion Points

- How are boys and men expected to prove their manliness to others?
- How many of you have been told not to cry?
- What kinds of violence do young girls and women face? Is it a serious problem?
- What is sexual assault? What are other forms of sexual violence?
- What is consent?
- How can we use consent to eliminate sexual violence?
- What role do adult men play in teaching boys about becoming men?
- Can men be nurturing, gentle and kind?
- Do you think there are men who care about violence against women?
- What kind of difference do you think you can make in ending violence against women?



They Still Call me Brian



This is the story of a boy who was given the name Brian. He remembers being upset because his sisters got yellow dresses and he didn't. He was forced, tricked, manipulated and seduced into the belief that heterosexuality is the only normal and proper expression of sexuality. He was angry for the loss of his childhood and reverted to hurting others close to him to keep them away. Brian's life changed by voluntarily attending a Domestic Violence Program. He learned one of life's hardest lessons, "that change begins within yourself". Brian changed his name to Juno and accepted being transgendered in hopes that his family script of chaos would be rewritten. Sadly, his parents and sisters choose not to know the real Juno; they still call him Brian.

Topics

This story addresses the following topics:

Loss of childhood

Being Transgendered and others with power over you wanting you to change your sexuality

Being different, acting different, and feeling different and being able to accept yourself

Homophobia creating situations of violence towards people who are seen as different

Learning to value all of ourselves, your behavior and actions

Confronting others with loving-kindness when you are being challenged to change your sexuality

Discussion Points

- How did Juno feel about being seen as different?
- How did Juno's transgendered sexuality have an impact on others?
- Is heterosexuality the only normal and proper expression of human sexuality?
- Tell a story about feeling, acting or being seen as different like in Juno's story?
- Being transgendered, who did Juno see in the mirror?
- Who are Juno's different selves and how did they come to be valued?
- How does Juno present today and how similar is it to how you present self?
- What forms of violence are there in Juno's video?
- What forces are at work creating these violent situations?
- How do people in Juno's life justify violence?
- What were the choices made by Juno when faced with violence?
- Are there other choices Juno could make? Are there other choices Juno's parents, teachers or others could make?
- What would you do being confronted with violence to change your sexuality?



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Becoming



John explores his own experience becoming a man and the confidence he gained camping and exploring wilderness. He contrasts this with his socially awkward experiences in school and dealing with girls in particular. John then relates his fears and hopes about raising his daughter and helping her become a woman. He recounts a wilderness experience he shared with this daughter, the confidence she gained and the strengthening of their relationship that occurred as a result.

Topics

This story addresses the following topics:

Fatherhood
Coming of age
Adolescence
Wilderness
Confidence/strength
Mentorship

Discussion Points

- What events mark a boy becoming a man?
- What events marked the transition to adulthood in your life?
- How does becoming an adult differ for men and women?
- What relationship does society expect fathers and daughters to have?
- What relationship would you like to have with your daughter?
- What would make it easier/harder for fathers and daughters to share each other's interests?
- If you could create whatever event you wanted to mark your transition to adulthood, what would it be?



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What if it Was Your Mother?



Rolfe discusses his evolution to manhood. He explores how the role models in his life mold his perceptions on what being a man means. Rolfe reveals his experience of having his father as the strong and powerful person was a distorted view of masculinity. He shares how he evolves towards becoming a better man by modeling himself through the actions of his mother. Through his life experiences he shows how the media and society can distort a young person's perception of what being a good human being is and how they can share a healthy relationship. Rolfe shows that through his experiences and learning through his mistakes and realizing that his mother is a true role model Rolfe begins to explore masculinity and manhood. He uses this knowledge to form discussions with the young men and women he works with regarding healthy, positive relationships with each other.

Topics

This story addresses the following topics:

Role modeling
Masculinity/manhood
Healthy relationships
Violence against women (mental & physical)

Discussion Points

- How does society affect the perception of young people regarding masculinity and healthy relationships?
- What types of violence other than physical do women face?
- How do elders assist the positive growth of young men and women?
- How do you make a difference regarding healthy relationships and violence against women?
- How do we change the societal perception of manhood and masculinity?



Mato Sapa: Black Bear



Jim's story is about growing up without a connection to who he was. He was different in appearance and behaviour from those in his neighbourhood and suffered from harassment at school from students and teachers. Yet he had quiet role models who helped to instill, in subtle ways, behaviour that he was to find helpful in later years. Anger, fear and a lack of sense of self tore away at Jim's life until he finally asked for and received help. Women in many different roles have been instrumental in helping him find his self worth. He faced his fears and anger and saw them for the self destructive forces that they truly are.

Topics

This story addresses the following topics:

Feeling of loss of identity
Lack of self worth
Anger issues arising from feeling disconnected from the world
Seeking approval from everyone but self
Acknowledgement of the important teachings women share

Discussion Points

- How do we find out who we really are?
- Why is it so hard to accept and love ourselves for who we are?
- Why are we afraid to accept the wisdom of women?
- How big a role does our cultural/spiritual past play in shaping our futures?
- Why is love and being a loving person so confusing for men and women?



H2O



H2O looks at the intense impact fathers can have on their sons in both life and death. Robert describes significant memories of his father and the impact of his father's life and tragic death. This story is told alongside the story of Robert's next male mentor and neighbour who also dies tragically. By reflecting on key moments with these men he explores how his life has been shaped by them. He explores the difficult space of rejection by the father and compares this to the experience of dying. This video is about loss as well as how his admiration for the two main men in his life ultimately leads to the discovery of his manhood and pride in being a father himself.

Topics

This story addresses the following topics:

Rejection
Death and Loss
Fatherhood
Mentorship/Role Models

Discussion Points

- What do you think are responsibilities of fathers to their children?
- How is the shock and trauma of the family breakup disruptive and confusing for a child?
- Why is it important for kids to grow up in families that are calm, caring and violence free?
- How can the experience of loss lead to character development?
- How does the video compare the rejection by his father to the experience of death and loss? Why is this comparison made?
- The narrator says, "We can not choose our death but we can choose how we want to be - each moment we have that choice." What kinds of choices are being talked about here with regards to being a father?
- Why does being a good father and husband take a lot of work?



Becoming the Man I Am!



A riveting journey embodying trials and triumphs is what drives Kirk's story, with a somber yet soothing musical undertone. His humble, yet glaringly captivating childhood illustrates the challenges he's had to endure and overcome being a young black male. Transitioning into a new society as a teenager had its own struggles, but through perseverance, a firm encouraging and courageous family instilled within Kirk a desire to become an upstanding person against the ills inflicted upon his being and women in our society. As a youngster he learned the crucial and pivotal role females play in shaping our world, and how we must all work to eradicate the plague of violence aimed at dehumanizing their existence. Through his teaching and an engaged sense of citizenship, Kirk explores these issues within various public spaces, attempting to shift our societal gaze in a progressive direction.

Topics:

This story addresses the following topics:

Racial Identity & Racialization
Poverty and Socio-Economics
Institutional & Systemic Racism
Masculinity & Manhood

Upstanding Citizenship
Courageousness & Determination
Cultural Values & Family
Personal & Societal Identity Formation

Discussion Points

- What challenges do young black males face in our society?
- How did these challenges affect Kirk's identity formation?
- What role does race, racialization and racism play in his life journey?
- Explain the strategies and tools Kirk used in overcoming these societal impediments?
- How does masculinity play a critical role in his story?
- In what ways is his story similar or different from that of our traditional notions of manhood?
- Why does he choose to identify with the role models he echoes in his story?
- What value or meaning do they bring to his life?
- From your own reflections, what kind of man does Kirk aspire to become and practice being?
- What are stereotypes? How do they shape his identity formation?
- How can you play a role in eradicating racism and unhealthy stereotypical ideas of masculinity?
- What do you think it takes for you to be yourself?
- Why is this important to your life journey?



Felt Their Words...



Growing up where Harold lived there weren't too many role models, and the ones he did have polluted his head with a false sense of what being a man took or meant. Along with all the teachings came negative notions about women. Women were considered property by some, others used women for their own sexual prowess. For the longest time he treated all his interactions with women as a game with two goals in mind, have fun, and to acquire a high number of females. After a few years of breaking hearts Harold ran into a situation that changed his life and the way he viewed women forever.

Topics

This story addresses the following topics:

Multiple sexual partners

Peer influence in decisions we make.

How should men treat women?

Should intimacy be a major focus in our relationships?

How the decisions we make not only affect ourselves and individuals but also nature (creating good karma)

Discussion Points

- Why is it considered cool for men to sleep with multiple partners?
- Is this different for women?
- Is it ok for anyone to sleep with multiple partners?
- How can you make sure you and your partner are safe?
- When is it ok/not ok to listen to your peers?
- Does having multiple sex partners hurt men or women?
- What is empathy? Is it important?
- Where can you learn or be influenced on how to be a real man? What is a real man?



Three Generations of Transformation



Ashton's story is about his personal relationship to the violence that he has experienced, been impacted by and has generated in his life. It marks a key period in Ashton's life where he has broken silence to hold himself accountable to transform his experiences, for himself, his future children and his ancestors. It's about being as honest as he can about who he is and what he needs to do in his life to learn, grow and expand.

Topics

This story addresses the following topics:

Relationships
Transformational
Generational oppression
Family
Love

Discussion Points

- How do you let your history transform yourself?
- What is required to forgive yourself and others to move beyond challenges?
- Who do you look to for refuge from the pain you experience?
- How do you speak with others openly about the things that you are struggling with in life?
- Would you share your feelings with people who have hurt you?
- When do you feel most afraid, angry, and intense in some way?



The Stories: Series Two

Each of us has a story to tell. A story of how we came to be who we are. Using the art of digital storytelling we worked with nine amazing men to talk about the way their lives connect to the messages contained in the It Starts With You, It Stays With Him initiative.



A Walk With My Father

When Jeff's father died, he felt the need to bury his emotions in order to see his family through this difficult time in their lives. **Runtime 4:10**

True Story

Augustine shares his experiences to mentor and help others effected by violence, to try and help them manage their traumatic experiences. **Runtime 5:00**

Music in My Veins

Taluja grew up with expecting the type of life he saw in the Bollywood movies of his childhood. When he married, he found that reality is better than fantasy. **Runtime 3:08**

Sailing Smoothly?

Gurinder shares his story of finding solace and community in his spirituality. His story is a great example for men; looking inward to find a healthier, better place to approach life's challenges. **Runtime 4:02**

A Much Larger Family

Pillai tells us his story of navigating stereotypes of gender roles, using his experiences to help others. **Runtime 5:17**

The Fruit of Love

Suria shares his story of making a conscious effort to support a healthy, equitable relationship with his wife. **Runtime 4:48**

Nothing Can Hold Me Back

Raeshean witnessed and experienced violence at the hands of his mother's partner. His story tells us how finding support in sports was instrumental to the healing process. **Runtime 3:55**



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A Walk With My Father



After his wife died, Pillai found himself playing the role of mother and father. He tells us his story of navigating gender role stereotypes, using his experiences to help others.

Topics

This story addresses the following topics:

Loss of a Partner
Stereotypical Gender Roles
Fatherhood
Single Parenting
Mentoring
Community Service
Immigration

Discussion Points

- How did Pillai's life change after his partner passed away?
- How are the roles of mothers and fathers defined?
- How does embracing stereotypically feminine roles influence your ideas of masculinity?
- What challenges can newcomers face when joining or building new communities?
- Tell a story about feeling, acting or being seen as acting outside the stereotypes of your gender?
- How did Pillai use his own life experiences to help others?
- What are the personal and professional benefits of helping others?
- What does it mean to be a mentor to boys, young men and men in your community?



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A Much Larger Family



When Jeff's father died, he felt the need to bury his emotions in order to see his family through this difficult time in their lives. He felt he had to "be the man" and be there for everyone, while becoming numb to his own grief and being absent to his own needs. Jeff recalls the path he had to take in order to be continuously present in his own life, for the people he cares about, his family and himself.

Topics

This story addresses the following topics:

Emotions, Death and Loss
Absence of Role Models
'Man-Up' Culture
Conforming to Ideals of Toxic Masculinity
Masculinity
Family

Discussion Points

- How are boys and men expected to prove their manliness to others?
- How many of you have been told not to cry?
- What does it mean to be 'present' in your life and the lives of others?
- How can we use consent to eliminate sexual violence?
- What role do adult men play in teaching boys about becoming men?
- Can men be nurturing, gentle and kind?
- Do you think there are men who care about violence against women?
- What kind of difference do you think you can make in ending violence against women?
- How does the absence of a father figure affect young men and boys?
- How does it inform their own attitudes towards being a father figure?
- Why do men feel the need to bury their feelings?



True Story



Augustine has survived many violent and harrowing situations. He shares these experiences to mentor and to help others affected by violence, and to try and help them manage their traumatic experiences.

Topics

This story addresses the following topics:

Mentorship
Coming of Age
Violence
War
Humanitarian Work
Immigration

Discussion Points

- How can experiencing violence as a youth affect you in adulthood?
- What are some positive uses for strength?
- How can refugees express their experiences with violence?
- What does it mean to be a mentor to boys, young men and men in your community?
- What does it take for men to choose a path of non-violence?
- How did Augustine use his own life experiences to help others?
- How did Augustine's experience with violence affect the way he raised his own son?
- What can you do to be a change maker?
- What is the benefit of approaching conflict from an open, engaged, perspective?



The Fruit of Love



After experiencing violence as a child, and witnessing his wife suffer the same fate, Suria makes a conscious effort to support a healthy, equitable relationship with his wife.

One of the tragic truths of Patriarchy and its cultural impacts worldwide, is that some women end up reinforcing the very gender roles and toxic norms that adversely harm women and girls, and police men's behaviour. This can be seen in families where the matriarch figure ends up supporting constricting ideas of who can do what based on gender.

Topics

This story addresses the following topics:

Interpersonal Violence
Childhood Experience With Violence
Immigration
Healthy Relationships
Open Dialogue
Violence Against Women (mental & physical)

Discussion Points

- What types of violence other than physical do women face?
- How can the pressures of familial expectations influence our own expectations of ourselves and our children?
- How do elders assist the positive growth of young men and women?
- When does Suria start making his own choices?
- How do you make a difference regarding healthy relationships and violence against women?
- How do we change the societal perception of manhood and masculinity?
- How can Patriarchy manifest itself in unexpected ways?
- How can open, respectful dialogue promote healthy relationships?
- How can men foster positive nurturing environments for their families?



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Music In My Veins



Taluja grew up expecting the type of life he saw in the Bollywood movies of his childhood. When he married, he found that reality did not meet his fantasies. Through the positive role models, guidance and experiences of his elders, and through his musical expression, he learned that reality is better than fantasy..

Topics

This story addresses the following topics:

Unrealistic Ideals of Masculinity
Breaking Out of the Gender Box
Immigration
Open Dialogue
Music as a Medium of Unification
Healthy Interpersonal Relationships

Discussion Points

- How does media influence our expectations of relationships? Our expectations of masculinity?
- How can we unpack the differences between our fantasies and our real lives?
- How can we cope when we feel like we aren't fulfilling stereotypical gender roles?
- How did music help Taluja find harmony and community?
- How can a man's ability to express himself lead to healthy relationships?
- What are the benefits to fathers in "stay at home" roles?



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Nothing Can Hold Me Back



Raeshean witnessed and experienced violence at the hands of his mother's partner. He shares with us his story of how finding support in sports was instrumental to the healing process. An example of how coaches are in a unique position to mentor young men in many ways, to share the skills and tools for boys to become men who are able to develop healthy relationships free from violence and inequality.

Topics

This story addresses the following topics:

Witnessing & Confronting Interpersonal Violence
Domestic Violence
Sports Culture
Anger
Healthy Outlets for Anger
Artistic Expression
Dealing With Emotions
Coaching
Role Models

Discussion Points

- How does witnessing violence affect young people regarding masculinity and healthy relationships?
- How did Raeshean deal with witnessing violence as a young boy?
- How is the shock and trauma witnessing family violence disruptive and confusing for a child?
- Why is it important for kids to grow up in families that are calm, caring and violence free?
- How can these experiences lead to character development?
- How can opening up, sharing and expressing your feelings lead the path to healing?
- How can sports be a positive influence?
- How can we reframe our strength and aggression into positive outcomes?



Sailing Smoothly?



Gurinder faces difficulty and ridicule being a man unable to find employment. He shares his story of finding solace and community in his spirituality. His story is a great example for men; looking inward to find a healthier, better place to approach life's challenges. It starts with you, and the message impacts others.

Topics

This story addresses the following topics:

Loss of Identity
Lack of Self Worth
Masculinity & Manhood
Newcomer Experience
Cultural Values & Family
Personal & Societal Pressure to Adhere to Gender Norms
Mental Health
Climbing the Ladder of Manhood
Spirituality

Discussion Points

- What challenges do elder newcomers face in our society?
- How did these challenges affect Gurinder's identity formation?
- Explain the strategies and tools Gurinder used in overcoming these societal impediments?
- How does masculinity play a critical role in his story?
- In what ways is his story similar or different from that of our traditional notions of manhood?
- From your own reflections, what kind of man does Gurinder aspire to become and practice being?
- What are stereotypes? How do they shape his identity formation?
- How can you play a role in eradicating unhealthy stereotypical ideas of masculinity?
- What do you think it takes for you to be yourself?
- Why is this important to your life journey?
- What role can spirituality play in your life journey?



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