

STRUT YOUR STUFF!

Get your stylish Male Model swag available exclusively through: ImAMaleModel.ca



▲ THE TEE FOR ME

Say it loud, say it proud, on this basic must have essential.

BE A MODEL SCOUT!

If you're reading this, you already know you're a Male Model. But right now hundreds of men may be wandering the streets blissfully unaware of this sexy opportunity.

HERE'S HOW YOU CAN HELP US SPREAD THE MESSAGE:

VISIT OUR SITE

For more info: ImAMaleModel.ca

FOLLOW US

facebook.com/ItStartsWithYou
twitter.com/starts_with_you

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BE A MALE MODEL

Take a moment to recognize an outstanding dad, friend, teacher or coach for his model behaviour. Share on twitter or instagram using the hashtag **#itstartswithyou** or on facebook at: facebook.com/ItStartsWithYou

IT STARTS WITH YOU

IS A WHITE RIBBON INITIATIVE

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Voir le volet francophone
géré par le Centre ontarien
de prévention des agressions
à cacommeceavectoi.ca

Funded by:



male model

"FATHERS" EDITION

SECRET STASH:

AQUAMAN OR **NAMOR**, who packs a tighter diaper bag?

STRAIGHT TALK:

Teens share what it's like having two model dads

STUDY: Being "present" is the new sexy

STUDY: Good role models make great kids



TREND:

Less gadgets and more face time strengthen bonds

#ITSTARTSWITHYOU



IMAMALEMODEL.CA

IT STARTS WITH YOU.
IT STAYS WITH HIM.



IT STARTS WITH YOU is:

CALLING ALL MALE MODELS!

YES YOU!

If you think you're not ready for the cover of Male Model magazine, here's news: You're a model whether you're prepared for the role or not.

Our talent scouts are everywhere—on soccer fields, at schools, at malls, even in your home!

Your boys and girls are watching you. And they're soaking up their experiences for reference and use.

As a father or father figure, your actions help shape boys' attitudes on gender-based violence. What you say (and sometimes choose not to say) informs what behaviour girls think is acceptable.

GET STARTED!

Get stories, tools and ideas on connecting with your kids and modeling healthy, equal relationships, visit:

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white ribbon

MALE MODEL: SPOTLIGHT



LISTENING BETWEEN THE LINES

BY FRANK, MALE MODEL

One day, on the way to dropping my 3 boys off at school, Rihanna's song "Don't Stop the Music" came on the radio. This is one of their favourite songs and Rihanna tops their list of popular artists.

I lowered the volume slightly and told them about the violence she experienced from her boyfriend. They asked a lot of questions, each filled with sadness and concern. I explained to them that it's not right for men to hit their girlfriends, and that disagreements are best resolved with words rather than violence.

When one of them said "he didn't have the right to do that to her," I knew that I had been successful in getting the message to them.

MALE MODEL: TIPS AND TRICKS

ON THE CATWALK: WALKING LIKE A MALE MODEL

BY RICK, MALE MODEL

ACCEPT IT. YOU'RE A MODEL

Freaky thought: Your kids watch, record and play back what they see you do. Since you're practically on camera, imagine if you used this opportunity for good?

DEVELOP A HEALTHY WORK-LIFE BALANCE

Think you'll regret time not spent at the office on your deathbed? So don't let work crowd out time spent with your kids. You can use time together to just hangout, goof around, and model healthy, equal, relationships while you're at it.

LISTEN TO WOMEN

It's hard to understand someone else's perspective if you haven't walked a mile in their shoes. But if you want to know how violence has affected the women in your life, consider asking. And don't forget to listen. Then join thousands of stilettoed Male Models around Ontario and walk a mile in her shoes.

TEACH YOUR KIDS ABOUT BOUNDARIES

Sure, testing boundaries is all part of being a kid. But, when you teach your boys how to set their own boundaries, they'll learn how to respect those of others. On the field, at home, and in their relationships.

CHALLENGE DEGRADING LANGUAGE

Your spidey-sense tingles when you overhear sexist, homophobic and other degrading language. Do nothing, and you're part of the problem. Or, speak up and model what being part of the solution looks like.

Get more ideas at: ImAMaleModel.ca