[00:13 JOE EHRMANN: My earliest memory00:15 was my father bringing me down to my mother's basement,00:18 putting up his hands00:20 and teaching me how to throw jabs and punches.00:24 It was there that he gave me those three words: "Be a man.00:27 "Stop with the tears, stop with the emotions.00:30 "If you're going to be a man in this world,00:31 "you better learn how to dominate00:33 and control people and circumstances."00:36 That was a source of tremendous shame.00:38 I left that room with tears coming down my eyes,00:41 just feeling that I wasn't quite man enough.00:46 Football became a tremendous place to hide.00:49 You can hide inside that helmet,00:51 you can hide behind the roar of the crowd,00:53 you get to project this facade, this persona,00:56 the epitome of what it means to be a man in this culture.00:59 I thought if I could manifest this hyper-masculinity,01:03 somehow that would validate who and what I was.01:06 Certainly my father would respect that,01:09 see how powerful, how strong, how tough I was,01:12 then give me the love and attention that I desperately wanted.01:17 I'd ask every man to think about01:19 what age they were, what was the context01:22 when somebody told you to be a man.01:25 That's one of the most destructive phrases01:27 in this culture, I believe.01:32 MEN: Stop crying. - Don't cry. - Stop with the emotions. - Pick yourself up.01:35 - Don't be a chump. - Don't be a pussy. - Don't let nobody disrespect you.01:38 - Be cool, and be kind of a dick. - Always keep your mouth shut.01:41 - Nobody likes a tattletale. - What a fag. - You little bitch.01:44 - Don't let your woman run your life. - Bros come before ho's.01:46 - Get laid. - Be a man. - Be a man. - Grow some balls.01:49 - Man up. - Man up. - Man up. - Man up!!!01:51 - Grow some fuckin' balls! - Act like a man. - Be a man. - Be a man!01:57 NEWSCASTER: Yet again, another teen01:58 has taken his own life after being bullied for years.02:01 The details of the gang rape02:02 that took place outside a high school02:04 homecoming dance are horrifying.02:06 Three teens confessed to shooting02:08 an Australian man for, quote, "the fun of it".02:11 13 people were charged in the beating death02:13 of a Florida A&M drum major,02:16 a result of a banned initiation ritual.02:18 The student was found dead,02:20 alcohol five times the legal limit in his system.02:23 He killed his girlfriend and then shot himself.02:25 Over 20 little children dead, he also shot his mother.02:28 The shooting was apparently pre-meditated.02:31 One gunman, and he is among the dead.02:34 OFFICER: ( on radio ) 3-15 and 3-14 for a shooting02:36 at Century Theaters.02:38 Somebody is shooting in the auditorium.02:40 ( siren wails )02:52 If you really knew me,02:54 you would know I feel like an outsider at school.02:58 When I'm having a bad day03:00 sometimes it's hard to talk to somebody about it.03:04 If you really knew me, you would know that when I'm sad,03:07 I really don't say anything about it.03:13 I used to hide emotions.03:15 Like, when I'm sad I wouldn't tell anybody.03:17 And when I'm mad I wouldn't tell.03:22 For a long time I didn't have any friends,03:23 so I didn't have anyone to talk to.03:27 We don't really talk about feelings03:29 or nothing in our house.03:33 If you really knew me, you'd know03:35 that sometimes I feel like I can't be myself.03:38 If you really knew me, you would know03:41 that I don't really know my dad.03:44 If you really knew me,03:46 you would know that my dad, he in jail,03:48 and I don't think I've ever seen him out of jail.03:52 Around fifth grade, my mother passed away.03:55 Most people don't know that about me.03:58 If you really knew me,04:00 you would know that my mom and dad fought over me.04:05 My parents went through a little phase04:07 where they told us they were going to get a divorce.04:09 I just needed someone to talk to about it.04:13 My mom didn't have no good boyfriends.04:17 We were abused.04:19 I felt like just giving up on life.04:24 I got bullied in sixth grade.04:26 I felt like an outcast.04:27 I felt alone for-- for a long time.04:52 KIMMEL: If you walk onto any playground in America04:55 where there's a bunch of boys happily playing,04:59 you can start a fight by asking one question:05:02 "Who's a sissy around here?"05:04 And two boys will go, "I don't know.05:05 He is, he is, he is," and they can have a fight.05:07 Or all the boys will go, "He is, he is."05:08 And that boy will either have to fight them05:10 or run home crying.05:12 That idea of being seen as weak,05:15 as a sissy in the eyes of other guys,05:18 starts in our earliest moments of boyhood.05:21 And it follows us all the way through our lives.05:25 Proving to other guys that we're not girls,05:28 that we're not women, that we're not gay.05:31 We've constructed an idea of masculinity05:33 in the United States that doesn't give young boys05:36 a way to feel secure in their masculinity,05:39 so we make them go prove it all the time.05:41 If I can man up, why step down from that?05:44 You feel me?05:46 Masculinity is not organic, it's reactive.05:50 It's not something that just develops.05:52 It's a rejection of everything that is feminine.05:54 Sometimes my friends act like they're tough,05:57 when I feel like they're not.05:59 From the beginning, we're taught as boys06:02 to lock down our emotions.06:03 We can't talk about being afraid,06:06 we can't talk about being hurt.06:07 We could talk about being pissed off,06:10 we could talk about being angry.06:11 We can't talk about being sad.06:13 If you never cry,06:15 then you have all these feelings stuffed up inside of you.06:17 And then you can't get them out.06:19 We put them on that trajectory, through our popular culture,06:22 through our parenting styles, through our educational styles06:25 and through assumptions about natural manhood06:27 and maleness that we pass along,06:29 that are incredibly insulting and damaging.06:31 And then there's a whole social system06:33 that polices them through this low level of threat06:36 from other men if they're not man enough.06:42 Today we're gonna get into06:45 how we learned masculinity as children,06:47 where we learned it from, who taught it to us.06:50 I'm just going to ask some of you guys to shout out06:52 the ideas that you had on it from your childhood.06:54 In my household, we don't cry.06:57 Showing emotion is like you're weak.07:00 If you're hurt, just hold it in.07:02 No tattletaling. Fight back.07:03 You know, everything was surrounded around money.07:07 Money, money, money, money, money.07:09 Be the best,07:10 go for the triple instead of the double.07:12 It was okay to be a womanizer.07:14 A man has to be dominant and in charge and has control.07:17 You know, a man does everything to the extreme.07:20 Never back down from anything.07:22 A man uses violence to solve problems.07:32 The first lie every boy learns in America is07:35 we associate masculinity with athletic ability.07:38 Size, strength, or some kind of skill-set.07:41 I've always felt the pressure of you need to be buff,07:45 you need to be masculine, you have to have a six pack.07:47 JOE: Those boys that can catch a down-and-out,07:49 or hit the hanging curve, they're elevated.07:52 I want to play football, basketball,07:54 one of the sports,07:55 have fun doing it, make some money.07:58 Like one of them TV-type lives.08:01 They're set up for a tremendous failure08:03 and frustration in life,08:04 because being a man doesn't have08:05 a single thing to do with athletic ability.08:08 You think about all the other boys on that playground,08:11 they don't just want to play sports.08:13 They want to do computers or music or drama or debate.08:18 This past month, I took part in my first theater production.08:24 And now I'm looking back, I wish I had taken part in that throughout high school.08:28 I don't know, I guess I didn't because it was something taboo.08:31 You just weren't supposed to do it.08:33 Second lie every boy learns is that08:35 we associate masculinity with economic success.08:38 MAN: My name is Jordan Belfort.08:41 The year I turned 26 I made 49 million dollars.08:44 Which really pissed me off because it was three shy of a million a week.08:48 You know, it's been said that08:49 comparison is the thief of all happiness.08:52 So if you're building your sense of masculinity08:55 based on power or possessions,08:58 there's always going to be someone that has more.09:01 That leads to an incredibly empty life of striving for things09:05 at the expense of what's really important in life.09:08 I've had 8-year-old kids sit on my couch,09:11 8-year-old boys, and I'll say,09:12 "So what do you want to be when you grow up?"09:14 And they'll say, "A venture capitalist."09:18 There are so many things wrong with that09:19 that I hardly know where to start.09:21 The extent to which he comes in and has already been programmed,09:26 he is going to have very limited options in his life,09:30 and they will never feel authentically like his own.09:34 Then the third criteria is that as a culture09:37 we associate sexual conquest with masculinity.09:40 Zeke the freak! This man is a legend with the ladies!09:44 I can only imagine.09:45 I found the top five09:46 hottest girlfriends of Derek Jeter.09:48 Men everywhere, we all salute you.09:51 Associating that with masculinity is so dehumanizing.09:55 You tapped that ass, didn't you?09:58 Tell the truth.10:00 You know you tapped that ass.10:01 You put her in the backseat. Bam! Code-X.10:04 Look, man, I got a wife.10:05 You got a dick.10:08 You do have a dick, don't you?10:09 Those words are designed to keep boys silent,10:12 to keep them conforming to the construct.10:25 My grandfather is very much that alpha male type.10:28 He's a former military drill sergeant.10:32 Good ol' boy from the South.10:33 He was able to go out into the world10:35 and sort of pull himself up by his bootstraps10:37 and very much fulfill the American dream in that regard.10:40 Granted, he was a white male in a particular time,10:42 which gave him access to that success,10:46 even if he was poor to begin with.10:55 I grew up with my grandfather's voice,10:58 hearing "You need to be bigger, stronger, faster."11:01 So I was always having to prove myself.11:05 And never succeeding.11:07 It made me very insecure,11:09 and not feeling like I was good enough.11:12 When I was a kid I had long blonde hair,11:15 I had a very high voice.11:17 I wasn't a cool kid.11:18 I was this awkward little kid.11:21 I sang in choir, I played clarinet in the band,11:23 but I also played baseball and football and basketball,11:26 and got to do all of those different things11:29 and express myself in all sorts of different ways.11:31 Things changed around middle school.11:33 I started to get bullied and made fun of11:36 and get called a fag or a pussy or a sissy or a wuss.11:40 And that's when the social pressures really kicked in.11:44 I cut my long hair off,11:46 changed the way I dressed, I dropped my voice.11:47 I don't even know when my voice naturally broke,11:50 I have no idea, because I forced it low.11:52 I played more sports and joined all the teams.11:56 I dated the head cheerleader11:57 and distanced myself from people11:59 who were less masculine than me.12:01 I had a friend who didn't play sports.12:04 He was kind of effeminate.12:07 He was being picked on even more than I was.12:10 And instead of me sort of staying by his side12:14 and being his friend, I remember to some degree,12:19 making the decision to just push myself12:21 not to be friends with him anymore,12:22 to not go to his house, to--12:25 And I remember him asking me why I did that.12:27 And I couldn't tell him.12:28 I didn't know what to tell him at the time.12:32 School was a training ground for me to learn12:34 how to perform masculinity,12:36 to perform to be one of the guys.12:44 Throughout most of history,12:46 there's been this belief that12:49 men and women are fundamentally different creatures,12:52 and it probably begins with the Bible.12:54 Sex is a biological term.12:57 It refers to which chromosomes you have.12:59 Two X is female, X and Y is male.13:01 Gender is a social construct.13:05 These are expressions of masculinity or femininity,13:08 and both of these are spectrums and they overlap.13:12 Boys and girls are far more human13:15 and far more the same than they are different.13:18 If you gave 50,000 psychological tests to girls,13:22 it would fall out on a bell shaped curve.13:24 If you gave the same 50,000 psychological tests to boys13:28 it would fall out on a boy bell shaped curve.13:31 If you superimpose them, they'd be 90% overlapping.13:34 You've got the shoulders that stick out on either side,13:38 and those are very often the traits13:40 that feed into our stereotypes.13:42 People make the assumption13:44 that because the brain is biological,13:45 that any sex difference in the brain13:49 must be hard-wired.13:51 But the brain is plastic.13:52 The brain changes as a result of experience.13:54 You go through a process called proliferation and pruning13:57 which is that you make a whole bunch of brain connections,14:00 and the ones that you use are strengthened,14:03 and the ones that you don't use die back.14:05 Whether it's empathy or aggression14:08 or spatial ability or verbal ability,14:11 things that a child spends their time on,14:13 that's what they're going to be good at.14:15 Parents from even before a child is born14:19 start thinking about the child differently.14:20 They decorate the room differently,14:22 they buy different clothes.14:24 So this notion that there is14:25 such a thing as gender neutral rearing14:27 or that parents are not responsible14:29 for gender differences14:31 is a psychological impossibility.14:33 HELDMAN: We are becoming much more bifurcated14:36 in terms of hyper-masculinity and hyper-femininity.14:39 Girls products have become much pinker14:41 and boys products have become much more camo14:44 and much more violent.14:46 And it's not just in the toys,14:47 but it's also in television programming and movies.14:50 This hyper-masculinization and hyper-feminization14:54 reflect a cultural tension and fear about the fact14:58 that gender is socially constructed.15:00 And we respond in ways to try to organize15:02 and simplify the world15:03 that actually end up simplifying it15:05 to such a great extent15:07 that it puts pressure on young men and young women15:10 to fit into those boxes.15:11 COACH: You got to go in there and you got to be tough.15:13 But you can't be sissying out.15:15 By the time a boy is 5 years old,15:17 he's pretty much taught that it's not okay to cry in public.15:21 He may still do it, but the expectation is15:23 by the time he's 10 that he's perfected it.15:26 And if he's 12 and he's still crying in public,15:28 there's a problem.15:30 Oh, my dear God,15:31 are you one of those single tear people?15:34 You are a worthless pansy-ass15:36 who is now weeping and slobbering15:37 like a 9-year-old girl!15:39 POLLACK: Boys are not encouraged to talk about15:42 any kind of pain with anyone else.15:44 And when they do talk about pain,15:46 fathers particularly, but mothers also,15:48 tend to focus more on how to solve that15:52 or what they're going to do, or their actions.15:55 Hit me, hit me, come on, come on.15:57 Come on, son. Come on.15:58 Son, left.16:02 CHU: They're learning how is it possible16:04 for them as boys to be in the world16:07 and to engage in their relationships16:08 and to behave in ways16:10 that will be considered socially acceptable.16:11 And in learning to accommodate to those ideals,16:15 they're learning to conceal or just downplay qualities16:19 that are traditionally associated with girls and women.16:21 Mothers are told that if they hold a boy too closely,16:24 they're hurting his development.16:27 You're making him a mama's boy.16:29 Do you want to be a flying monkey mama's boy snitch?16:32 Or do you want to be a man?16:34 POLLACK: Now, being a mama's girl,16:36 or Daddy's little girl, that's wonderful.16:38 But a mama's boy?16:40 It means somehow he's soft.16:42 Have a great day, sweetie pie!16:46 We're concerned16:48 that our child is going to be ridiculed.16:50 We're concerned that our son will be the target of violence.16:54 And so, we give him what we think16:56 he needs in order to avoid that.16:58 Mario, football players don't cry.17:00 What? Football players don't cry.17:03 The reason men are less likely to show empathy,17:06 less likely to show vulnerability,17:08 less likely to bring up children in that kind of way,17:11 is that they've been socialized into this.17:15 I was really very moved by the fathers17:17 who brought their little17:19 4-year-olds and 5-year-olds to school in the morning,17:23 and how tender these men were with their sons.17:26 How patient and loving17:28 they were with these little boys.17:29 So I asked them, "What do you see in your sons17:32 that leads you to say, 'I hope he never loses that?'"17:36 And the fathers spoke about their sons'17:39 "out there" quality.17:40 They were so emotionally open,17:43 and their real joy in their friends.17:46 And the men felt that on the road to manhood,17:50 they themselves had lost touch17:53 with these qualities in themselves.17:55 And the quandary for them was,17:57 would they have to silence the very qualities18:00 that they most valued in their sons?18:02 It was the most exquisite sense of dilemma.18:12 Nice.18:13 STEVEN: My father,18:15 we didn't really have a great relationship.18:17 His night job was drinking, he was an alcoholic.18:20 I was afraid of him. He was a mean man.18:24 He was emotionless, he didn't care about much.18:27 In his eyes, going to school wasn't the power behind18:29 what we should have been doing.18:31 It was get a good job, get a lot of women,18:33 and then you're a man.18:36 My mother was more of my striving force.18:38 She taught me that education was important.18:41 So every year on Mother's Day, of course,18:43 I would send her a Mother's Day card,18:45 but also I would send her a card on Father's Day.18:47 And I would just thank her18:48 for playing both roles in my life.18:51 The moment I found out18:53 I was going to be a father was very scary for me.18:56 I was an undergrad,18:58 and my son's mother told me she was pregnant.19:00 And we were no longer together.19:03 And I told her19:04 if she wanted I would raise him.19:06 I would take care of him.19:08 My father didn't raise me,19:10 and this is very important for me to raise my son.19:13 It's been very hard to play both roles19:15 as a mother and father for Jacksen19:18 because I was taught that men are tough, they're strong.19:20 I spent a lot of nights crying.19:23 Because he did have feelings and I had to,19:27 you know, take care of that.19:29 And then one day, it clicked,19:31 and it clicked because Jacksen said to me,19:33 "Daddy, I'm sensitive."19:35 And I was like, "Okay...okay."19:40 So then I just started like,19:41 I started reading a lot, you know, doing Google searches19:44 on how to be sensitive and stuff like that.19:48 I started just asking him how he felt,19:50 like how do you feel, why are you sad, are you okay?19:52 He taught me how to be more in touch19:54 with my own emotions and his as well.19:56 He would cry sometimes, I would cry with him.19:58 And I would tell him,20:00 "Daddy wasn't allowed to cry growing up,20:02 but it's okay, if you need to cry, cry."20:04 It took some time for me to get there.20:09 Porter: Men are doing better.20:11 Men are much more loving with their sons20:14 and speak about love, and hugs and kisses, you know.20:17 Men are much more purposeful in,20:20 you know, the experience of nurturing their children20:23 and sharing in those responsibilities.20:25 So we are getting better.20:27 The fact that we're having this conversation20:29 speaks to progress.20:31 But it doesn't take away20:33 that there is a lot of work still to do.20:47 CODY: Growing up in the household that I grew up in,20:51 there was a lot of physical abuse.20:56 My father used to beat my mother20:58 pretty horrifically, from my recollection.21:01 My father sold drugs,21:03 and that's how he made his living.21:06 He was in and out of prison my entire childhood.21:08 In fact, I think he was gone21:10 the first 2 years that I was born,21:12 so I didn't even really get to21:14 establish that connection that most young boys21:17 get to establish with their father.21:21 In middle school it was extremely difficult to deal with21:24 because I didn't--21:25 I didn't know what it meant to be a man.21:27 Like, I did not have a father figure in my life,21:30 I just had strong women.21:34 I was bullied a lot growing up21:36 because I'm not the most masculine of men,21:38 I never have been.21:40 Why am I ostracized and treated different21:43 because I don't want to fight,21:45 because I don't see the point in having rampant21:49 unprotected sex with uncountable women,21:52 and then sitting here and boasting about it over booze and smoking a joint?21:57 And yet that's what society deems as masculine.22:01 I don't value that.22:03 And I think it's because22:04 I still am so close to my mom and to my grandmother.22:07 And they're both extremely strong and respectable,22:10 not only women, they're respectable people.22:13 And so, that to me is what I wanted to emulate.22:23 One of the things that came up in my study has to do with the "mean team,"22:27 which was a team created by the boys, for the boys,22:30 for the purpose of acting against the girls.22:33 This was a pre-kindergarten class.22:35 In the beginning there was a little bit of intermixing,22:37 but then by December of that first year,22:40 the boys versus girls dynamic had become clear.22:42 And even the hierarchy22:43 among the boys had become clear.22:45 It had these rules and these ways of being22:47 and these ways of engaging each other and behaving.22:50 One of the rules was thatthey couldn't play with the girls.22:52 And if you broke those rules,22:54 you could be fired and technically,22:56 not be a boy anymore.22:58 One of the boys told me,23:00 "I'm actually friends with all the girls.23:02 "I actually like the girls.23:04 But if Mike--" the leader of the mean team--23:07 "finds out, then he'll fire me from his club,23:09 and then I won't have a club."23:11 They totally understand, like kind of,23:13 these are the rules and then these are the consequences23:15 for their status among the boys.23:20 GABY: When I was choosing schools for Roman23:23 to go to kindergarten,23:24 I specifically chose one that was Christian based.23:28 It seemed that there was an emphasis on23:31 family values and kindness.23:34 But by the end of kindergarten,23:36 I started to see a change in my son's behavior23:41 and the kids around him.23:43 And I would describe it as, like,23:45 just a hard edge that got progressively worse.23:49 In first grade, there were days23:51 where he would come home and just burst into tears.23:53 And I would say, "What is going on?"23:55 And he said, "Well, you know, so and so23:57 pushed me out of line for the fourth time this week,24:00 and the teacher really didn't do anything about it,"24:02 or, you know, "They were making fun of me at recess,"24:04 or, you know, "I went to soccer practice24:07 and they said I was the worst person on the team."24:10 So it started with things like that,24:12 and by second grade,24:13 there was one day where he came home saying24:15 that he was strangled in the hallway.24:18 By the middle of the school year,24:20 I would pick him up from school24:22 and I could see in his face24:24 that he was doing everything he could to hold back the tears,24:27 because he didn't want to be made fun of even more by the boys.24:30 And the second we drove half a block away,24:34 just the floodgates opened, and he was so sad.24:38 ROMAN: I just felt alone.24:40 I wasn't doing what everyone else was doing.24:43 I was different.24:59 KUPERS: There's a dominance hierarchy.25:01 There are tough guys who are on the top25:03 and there are weaklings, girls,25:05 who are the bottom of the heap.25:07 Now this is the origin of sexism and homophobia.25:11 In sexism, it's that a girl isn't as strong as a boy.25:15 With homosexuality,25:17 the gay man becomes the most stigmatized25:21 version of weakness and sissiness.25:24 What happens in your relations with other kids25:27 is that you pick out someone who appears weak in that way.25:30 You maybe bully him,25:32 but maybe it's just a more subtle kind of demeaning.25:35 And you start hating that thing about him25:38 that you're afraid of in yourself.25:44 MOLY: I was born in Salt Lake City.25:47 After first grade, we moved to Massachusetts.25:51 I dealt with a lot of bullying.25:55 I dealt with a lot of taunting.25:57 I got picked on because I was the smallest kid,26:02 the skinniest kid,26:04 the most non-white kid,26:06 and lastly, the kid probably most suspected to be gay,26:09 which, you know, is true.26:12 Ended up being true.26:13 But, yeah, I remember these kind of big kids26:16 coming over and yelling out, "Hey, faggot!"26:20 or, "Why don't you go back to China?"26:24 I would always fight back.26:26 I'd get my stomach punched in.26:28 I just remember coming home from school26:30 with like bloody hands just from being pushed onto the concrete,26:33 and my hands kind of grazing against the concrete.26:36 It was terrorizing for me.26:38 I would always end up crying.26:41 I felt a lot of shame from26:42 not being able to defend myself.26:45 My dad would start giving me advice26:47 about how to fight back.26:49 I mean I love my mom, you know, and I love my dad.26:57 But I just got the same thing from them.27:02 Everybody's telling me to just deal with it.27:05 After a fight, I learned to just wash my own hands of the blood,27:10 I learned to just not talk about it.27:14 I felt so down and depressed27:16 to the point of contemplating suicide many times.27:20 I just didn't feel like living anymore.27:25 I never really knew why I had such a difficult time27:28 talking about how I felt27:31 until I looked back at my history27:32 and then I was like, well, obviously, that's why, you know,27:35 because I was discouraged with physical force27:39 from ever expressing emotions.27:49 WAY: Boys directly make the link between27:50 having friendships and mental health.27:52 So they tell me, "If I didn't have someone to talk to27:55 "about my secrets and about my personal life,27:57 I would go crazy, I would go whacko."27:58 Sometimes when I'm sad I can tell my friends this,28:01 and they could try to help me out and stuff.28:04 WAY: At 11, 12, 13, 14,28:07 boys tell these very passionate stories28:08 about other boys and wanting to be friends with them28:12 and wanting to share secrets.28:14 CHU: This one boy described how he was having difficulties28:16 with his parents understanding him,28:17 and the person who saved him28:19 on a daily basis was his best friend,28:21 who he felt really loved him unconditionally.28:24 WAY: Starting when they're about 15, 16, 17,28:27 the language shifts.28:29 You hear boys actually talking about28:30 their struggles in their friendships,28:32 being hurt by other boys, feeling betrayed by other boys,28:35 wanting to have intimate friendships,28:37 not knowing how to find those friendships.28:40 From middle school I had four really close friends28:43 and we did everything together.28:44 But once I went into high school,28:46 I struggle finding people I can talk to about things28:48 because I feel like I have to deal with it myself.28:51 I'm not supposed to get help.28:55 They really buy into a culture28:56 that doesn't value what we've feminized.28:59 So we've made feminine relationships,29:01 emotions, all these critical things, empathy,29:04 and so boys begin to devalue29:05 their relational parts to themselves,29:08 their relational needs, their relational desires.29:11 WILL: In good times, guys are like really close to each other29:14 and they're really good friends with each other, and they interact a lot.29:17 But when things get a little bit worse,29:19 it's more like you're on your own.29:22 One of the adolescent boys described it as,29:24 if you spill your guts the way that girls do,29:27 if you tell somebody how you really feel,29:29 then they can use that against you at any time.29:31 WAY: So the loss of the intimacy in their friendships,29:35 feeling, oftentimes, for many of our boys,29:37 very lonely, very isolated,29:39 they really enter into a culture of masculinity29:42 that makes these bizarre equations29:44 that male intimacy has to be about sexuality.29:47 They'll start saying things like,29:49 "I feel close to him, no homo.29:50 He's cool, no homo."29:52 So this constant allusion that any sign of intimacy29:54 is going to be perceived as potentially gay.29:57 They understand that if you're straight,29:59 you have no desire for male intimacy.30:02 We don't do that with women, we do that with men.30:04 Each of them is posturing30:06 based on how the other boys are posturing.30:08 And what they end up missing is30:10 what they each really want, which is just that closeness.30:18 Drinking and drug taking are very often a way30:21 that boys relax those tight rules30:24 which say they always have to be silent and strong.30:28 And when you get drunk you can hug your friends,30:30 and you can tell them how much you love them.30:33 You can have sex with a girl and not feel afraid30:38 in a way that all people feel when they start having sex,30:41 because it's intimate and it's unfamiliar30:44 and it's incredibly exposing.30:56 It's not just acceptable that teens are drinking,31:00 doing drugs, and having sex,31:02 it's expected and sometimes31:04 looked down on if you're not doing that.31:05 You feel out of place if you're the only sober one there.31:08 To the break of dawn, y'all!31:10 \* Welcome to the party31:13 ( song continues )31:18 \* Welcome to the party31:20 \* We're just getting started \*31:23 \* Gonna play it loud, let it all hang out \*31:25 \* If you're in, let me hear you shout \*31:30 \* Yeah, let me hear you shout31:34 \* Let me hear you shout31:48 So boys take drugs and alcohol,31:50 but they're often doing it to treat loneliness.31:53 When they're lonely or in a lot of psychic pain31:56 and they don't have the words to put it into language,32:00 they take to drink and drugs to blot it out.32:12 Hey, Mom. Hi.32:16 LUIS: My mom and father met32:18 when they were about 17 years old,32:21 and they decided to leave Mexico for a better future.32:25 My mom told me, you know, "Go to school and get a career32:28 so you don't have to be like me."32:32 ( speaking Spanish )32:39 ( Mother speaking Spanish )32:57 My dad actually, he was kind of a wild kid.33:01 Like, he would like to party a lot33:03 and he would like to go out with his friends.33:06 One night he just made a bad move33:07 and decided to drink and drive.33:09 And, you know, he got pulled over.33:12 They found out later he wasn't a US citizen.33:16 So they deported him back to Mexico,33:19 and he's been there since I was in seventh grade.33:22 I miss my dad very much and,33:25 you know, there's nothing I can do33:27 but visit him in Mexico.33:43 LUIS: I noticed a bunch of different faces.33:46 There was a lot of pretty girls,33:48 then there was like the gang members33:50 and then the skaters and then the kids that smoked.33:53 When I decided to join a gang,33:55 it was because it was just cool.33:57 I was eventually jumped in and,34:01 you know, I claimed a color.34:04 They gave me a nickname to just affiliate myself.34:08 I would ditch class.34:10 I had four F's.34:11 I ran away from home.34:13 I just found myself with a lot of troubles.34:15 And I just didn't care.34:36 LUIS: Around my freshman year34:38 is when I felt really depressed and alone.34:41 And I would just wake up in a bad mood.34:44 Sometimes I would cry myself to sleep.34:46 I didn't have no one to talk to.34:48 Like no one could really listen to me and tell me,34:51 you know, "It's going to be okay,34:53 it's going to be all right."34:54 Like, "I got you," or anything.34:58 I really felt like everyone gave up on me,35:00 even my mom.35:02 There's been a time35:03 where I almost did commit suicide,35:06 but I'm going to put more pressure on my family,35:11 my mom and my dad.35:14 Basically all I had was marijuana,35:17 I was smoking that every day.35:19 I would always be high.35:21 I was smoking, and I wouldn't think about any troubles.35:25 I remember July 6th, we went to the cannabis club.35:30 We got THC wax oil.35:32 We smoked a joint.35:34 And then next thing I know,35:35 I saw a cop flashing his lights.35:38 He wrote us a ticket, he came back to the car,35:41 and he searched me.35:43 He found it in my shoe, and he put the cuffs on me35:47 and he told me you have the right to remain silent,35:49 you're going to be taken to jail.35:53 ( Mother speaking Spanish )36:15 We recognize more and more that adolescents are more likely36:19 to be depressed and suicidal,36:20 but we imagine that that will be female adolescence36:24 because of the way we define depression--36:26 more removed, more quiet, not responding.36:30 What boys tend to do when they are getting depressed36:34 is actually the opposite.36:36 Boys are more likely to act out,36:38 more likely to become aggressive,36:39 using cursing words and screaming at people.36:42 But most people see it as a conduct disorder36:45 or just a bad kid.36:47 And what happens?36:49 Before they see the other signs of depression,36:51 which will come36:52 in adolescent males, just as females,36:54 that young male may become suicidal,36:57 but no one has noticed it.37:10 Exactly at the age37:12 that we began to hear the language,37:13 the emotional language, disappear from boys' narratives,37:16 in the national data37:17 that's exactly the age37:19 that boys begin to have five times37:21 the rate of suicide as girls.37:27 The way boys are brought up37:28 makes them hide all their natural,37:31 vulnerable and empathic feelings37:33 behind a mask of masculinity.37:36 And also, when they're most in pain,37:39 they can't reach out and ask for help37:42 because they're not allowed to, or they won't be a real boy.37:45 They are shamed into this,37:46 and they're very ashamed to break out of it.37:54 So they live behind an emotional mask37:57 that keeps boys from expressing their true feelings.38:04 \* I tried my best to fit in Looking for a suit to fit in \*38:07 \* Standing outside of your prison \*38:09 \* Trying to find ways I could get in \*38:10 \* Now I realize that I'm free \*38:12 \* And I realize that I'm me \*38:14 \* And I found out that I'm not alone \*38:15 \* 'Cause there's plenty people like me \*38:18 \* That's right, there's plenty people like me \*38:19 \* All love me, despite me38:21 \* And all unashamed and all unafraid \*38:23 \* To speak out for what we might see \*38:24 \* I said there's plenty people like me \*38:26 \* All outsiders like me38:28 \* All unashamed and all unafraid \*38:29 \* To live out what they supposed to be \*38:34 BRANCH: This is my high school,38:35 I graduated from this high school.38:36 I never wanted to be a teacher.38:38 I was going to be an engineer and make a lot of money.38:42 I became a teacher38:43 because I saw that my community was hurting38:46 without good teachers.38:48 And I think one of the biggest challenges was that,38:50 like, I've been through it, right?38:52 And so I want them to be able to know that38:54 they can move forward and they can succeed38:56 and they can do whatever they choose to do in life.38:59 But it's going to take hard work.39:01 If you go two blocks away, you'll find prostitution.39:04 There's a lot of gang activity in the area.39:07 I consider it like a war zone, right?39:09 Our kids get up every morning,39:11 they have to prepare their mask39:13 for how they're going to walk to get to school.39:16 So if that mask requires me not to39:20 let people see any of my vulnerabilities,39:23 I mean, I may have to put on a very tough mask.39:26 And when I get here39:27 hopefully I can take the mask off,39:28 so I can focus on learning39:30 rather than continually wearing this hardened shell.39:34 A lot of our students don't know how to take the mask off.39:41 So I want you to take one of these masks, take the mask.39:44 Here's what we're going to do: On this mask,39:46 you're going to draw what represents you.39:49 What are some things that you hold up every day39:51 when you walk to school that you let people see.39:55 And then on the back, I want you to write39:59 what is it that you don't let people see.40:02 Like, what's behind the mask, all right?40:18 So what I want you to do is40:20 I want you to take your mask, and I want you to ball it up.40:24 I want you to hit someone40:26 across the circle with your mask.40:29 Don't leave your seat, don't leave your seat.40:32 You can't leave your seat.40:34 Open it up.40:36 Okay.40:38 So who wants to reveal what's on the mask they opened.40:42 Read it out loud, just the front.40:44 "Funny, caring and happy."40:47 Okay.40:48 What's behind the mask?40:49 "Sadness and fear." Sadness and fear.40:52 "Goofy, kindness, happiness, silliness, smile, and fun."40:58 Okay, on the back?41:00 "Anger."41:02 Anger. Okay.41:05 I'll read mine.41:07 The front says "entertainment,"41:08 that's what I show on the mask,41:10 on the back says "pain."41:14 "Energy, frustration,41:16 happiness, friendly, heart, smile, outgoing."41:21 And on the back it say "sadness, scared, tears,41:25 missing my dad,41:26 "trying to take care of my brothers and...41:31 pain."41:40 Why you think we hold back our pain?41:43 People don't want everybody to know everything.41:46 You got to keep your poker face on,41:48 can't let them know what you got.41:49 How hard is that,41:51 to walk around every day with a poker face on?41:58 It's not just an activity on paper,42:01 it's about real stuff42:02 that we are dealing with as young men,42:04 that we hide behind because we don't feel safe.42:09 Almost 90% of you had "pain" and "anger"42:11 on the back of that paper.42:14 That's not a coincidence.42:17 That is real.42:20 And we're only eight here.42:22 There are hundreds of young men out there42:24 that are having the same experience,42:26 but they don't have anybody to talk to about it.42:29 They're holding back sadness, they're holding back pain, they're holding back anger,42:32 'cause they have nobody who's even asking them, "What's up with you, man?42:36 "What's happening? What's going on?42:38 How can I support you?"42:43 I want each of you to be able to say what you need to say,42:45 because if we're ever going to dig down42:47 to the deepness of our pain, young men,42:49 if we're ever going to dig down42:51 to the anger that we're holding behind,42:53 so that we end up another man in jail,42:56 because we just exploded on the wrong person42:58 for the wrong thing,43:00 we got to have a safe place to deal with it.43:04 That's brotherhood.43:13 PORTER: For many of our boys43:14 who are trying to find what it means to be a man,43:17 and far too many without a man guiding them,43:20 they begin to define their own sense43:21 of what it means to be a man.43:25 Our boys are yearning for help,43:27 yearning for guidance and mentorship and leadership.43:34 What is there about being a boy in America43:38 that places boys at greater risk?43:46 We're seeing clearly43:47 that boys who come from low income families,43:50 and when I say boys I mean white boys as well,43:53 are less likely to go to college,43:55 more likely to drop out of school.44:11 In most schools we start with humiliation44:14 as a way to punish kids, write their name on the board,44:17 put them in the back of the room, send them out.44:18 We rarely stop and ask what's behind the behavior problem,44:22 why is this child acting out?44:24 Denying those kids learning time44:26 actually has the effect of pushing many of them right out of school.44:29 They will kick a kid out of school knowing44:31 that a kid who isn't reading by the fourth grade44:34 is going to be in the prison system.44:36 Well, you kicked him out twice in the third grade44:38 'cause he did this to his teacher.44:40 Ain't nobody in that child's life ever hugged him.44:42 Go into a kindergarten class,44:45 you're talking about boys, they're doing this.44:47 Ask them a question. They can't shut up.44:49 They're jumping up and down, waving their hands.44:51 All right.44:52 Go into the same class when they're in the sixth grade,44:56 ask them a question.44:57 What do you think? "I don't know."45:01 "Whatever."45:03 "It's cool."45:04 In those 5 years,45:06 the academic pilot light has started to go out45:08 because they have decided45:09 that school is not the place for them.45:11 The number one predictor of student achievement,45:15 it's the expectations of the staff.45:17 The school system just-- they didn't believe in the kids.45:21 In fact, because they were black and brown kids45:23 they didn't think they could do well.45:25 NOGUERA: Everybody has potential...45:27 if they're provided with the right support45:28 and the right stimulation.45:34 BRANCH: I was always told in elementary,45:36 "Oh, you're really smart."45:37 But when I got to middle school,45:39 you're not cool if you're being smart.45:41 Having good grades didn't mean a whole lot.45:43 It didn't mean nothing on the playground45:45 and so I had to figure out how I was gonna fit in.45:47 So I just barely slipped by.45:49 It's cool to be like, "I don't care.45:51 Take my points. Call my mama."45:54 I fell into that trap, right?45:57 And it wasn't till my last year of middle school45:59 is when I got my act together,46:01 and it was a teacher who kind of saved me.46:03 She saw enough in me to say,46:05 "I know that there's something going on with you.46:07 "I know that your father died before you were born.46:10 "But you're using that as an excuse.46:12 You're too smart to act like you're not."46:14 She said, "We don't always get to choose what happens to us,46:18 but we have a responsibility to make the most out of it."46:21 And I was mad at her. I was mad at this teacher.46:24 I was like, I'm never speaking to her again,46:25 she can't talk to me like that.46:26 But I heard it and I remembered it46:29 and it changed the very next day.46:31 And my grades transformed right then.46:33 And it was really like this ideathat my mom could raise me the best she could--46:36 there would need to be other voices that would help me to find my way.46:44 CODY: By the time my wrestling coach came into my life,46:47 I was really, really searching for a man I wanted to resemble.46:53 I guess it's the type of love and admiration46:56 that you're supposed to have for your father,46:57 I felt for my coach, right off the bat.46:59 And I think it was because of that yearning I had to,47:03 to figure out what it means to be a man.47:05 He was a family man,47:08 he loved and cherished his daughter to death.47:11 I saw this man that was dependable, reliable,47:14 and not abusive.47:17 My coach kind of stepped in and showed me47:18 that good men do exist.47:26 EHRMANN: Coaches in this country47:27 have so much power,47:28 such a position in the lives of young people47:31 that they do attain this father-like status,47:34 and I think you've got all these young boys47:36 trying to seek the approval of that coach.47:44 DON: I'll never forget showing up in Catholic school,47:46 just right away just hearing how on the field, like,47:49 "Hurry up, you faggots!"47:51 And you're just like, whoa.47:53 I heard it and I thought about it47:55 and then one second later, I adopted it.48:00 EHRMANN: Coaches can do an awful lot of good,48:01 and an awful lot of bad.48:03 I was talking to a 12-year-old football player48:07 and I asked him the question, what if your coach told you48:10 you were playing like a girl48:12 in front of the rest of the players?48:14 The boy told me it would destroy him.48:16 If it would destroy him to be told he's playing like a girl,48:22 what are we teaching this boy about girls?48:26 And actually, when I say, play like a girl,48:29 I'm using real soft language.48:31 We have much more aggressive, demeaning, demonstrous,48:35 dehumanizing ways of making that point and making it stick.48:41 Don't give me that soft crap.48:42 Don't cry.48:44 Take your ass-whooping like a man!48:46 You (bleep)! You're a (bleep) bleep)!48:50 Sports has gotten way confused in terms of power,48:53 dominance, control, a lack of moral clarity...48:56 NEWS REPORTER: Disturbing new details about what happened48:59 inside the locker room at Sayerville High School.49:01 They held four fellow teammates against their will49:04 and improperly touched them in a sexual manner.49:06 Racial slurs, homophobic name-calling,49:09 those are just a few of the findings49:11 on the atmosphere inside the Miami Dolphins locker room.49:14 We started the week, players beating up women.49:18 We ended the week with players beating up children.49:22 We are in a very serious state here49:25 in the National Football League.49:27 In a win-at-all-costs culture it's strictly about49:30 the win at the expense of character development.49:33 \* Oh! Oh!49:35 \* You could try and take us, oh, oh \*49:38 \* But we're the gladiators, oh, oh \*49:41 \* Everyone a rager, oh, oh \*49:44 \* But secretly they're saviors \*49:47 \* Glory and gore go hand in hand \*49:51 \* That's why we're making headlines \*49:52 \* Oh! Oh!49:55 \* You could try and take us, oh oh \*49:58 \* But victory's contagious \*50:05 Drive, drive, block out, block out, block out.50:07 MAN: Set hut. One, two, three, cut!50:11 All right, good job, good job. Ball's to your right.50:13 EHRMANN: I think the great myth in America50:15 today is that sports builds character,50:17 but sports does not build character50:19 unless a coach intentionally teaches it and models it.50:22 When I did start coaching,50:24 I didn't want to be a transactional coach50:26 using kids for my own identity,50:29 so I just started with a very simple philosophy.50:31 If you're going to be a transformational coach,50:33 you've got to know what you're transforming.50:36 I coach to help boys become men of empathy and integrity50:40 who will be responsible and change the world for good.50:43 That's what sports ought to be about.50:45 And we've got a lot of work to do in this country.50:51 Many of our examples of American masculinity,50:54 be it in sports, military, law enforcement,50:58 the entertainment industry, the men that men look up to,51:02 a lot of what they're teaching is domination, aggression.51:06 They're these hyper-masculine figures51:10 that we try to adhere to.51:15 \* Too tough51:18 \* We won't break \*51:23 \* Dark shadows51:25 \* The young pros51:27 \* They blow and come back tenfold \*51:31 \* We don't need ropes to climb the walls you build \*51:40 \* Ideas and passion break the bricks with you \*51:46 \* Man up51:50 \* Man up51:54 \* Man up51:58 \* Man up52:02 \* Man up52:05 The average boy spends 40 hours a week52:08 watching television, sports, movies.52:11 Fifteen hours a week playing videogames,52:13 and now what's new is,52:14 2 hours in between those other things watching porn.52:18 The predominant male archetypes52:20 that we see in film and television52:21 and other forms of popular culture,52:24 are the strong silent guy52:26 who is always in control and is not emotional.52:29 And then we have the superhero character,52:31 the hero character, engaging in high levels of violence52:35 in order to maintain that control,52:37 in order to achieve whatever goal he has in front of him.52:40 We also have the archetype of the thug,52:42 and this is predominantly men of color,52:44 who are pigeonholed into much more violent roles.52:48 And then we have the man child, or the mook,52:51 which is the male who's in perpetual adolescence.52:54 His body doesn't typically have a lot of muscle,52:57 but he tends to project masculinity in other ways,53:00 through the degradation of women,53:01 engaging in high risk activities.53:04 KIMMEL: All they want to do is get laid,53:05 and of course, at the end, nobody gets anything,53:07 because they get drunk, they take drugs.53:09 And there have been a whole rash53:11 of these movies recently that are funny,53:13 and so you're laughing at what you could become.53:17 What the fuck?53:19 Of course we know that media images53:22 have an effect on people's behavior.53:25 If there was no effect,53:27 the advertising industry would collapse.53:29 Because the advertising industry is based on the idea53:31 that media images will have an effect on people's behavior.53:34 The same kind of hyper-masculinity53:36 that we see in Hollywood movies or on television53:39 are the same kind of hyper-violence53:40 that we see in rap music and hip-hop culture.53:43 The stereotype of being violent and dangerous,53:47 selling drugs, oversexed,53:49 it's all about money, power and respect.53:52 A lot of rappers are imitating53:54 what they see as successful masculinity.54:05 Violent videogames reinforce54:07 those stereotypical structures of what a man should be.54:10 The typical game character tend to be white males with--54:13 it gets this specific-- brunette hair, five o'clock shadow.54:17 When an emotion sneaks in for a male character,54:19 by and large, it is anger.54:21 And any sort of grief is very, very underplayed54:23 and never actually discussed or processed.54:25 Kids end up really looking up to this character.54:27 And what they end up idolizing is someone54:29 who cannot express themselves emotionally,54:32 cannot be honest or open with anyone around them.54:36 ZIMBARDO: When you play video games54:37 and you see the same kind of setup,54:40 It loses it's impact on you54:41 because you habituate to the sameness.54:44 The video game companies know this54:46 and they give you endless variety--54:48 a new category, a new challenge,54:51 you're moving up ranks.54:52 They are creating this arousal addiction.54:56 Boys' brains are being digitally rewired to this technology55:00 where things happen like this-- microseconds.55:07 The ones that are most addictive55:09 are the most violent, where your job55:11 is to destroy the enemy, to dominate.55:14 If you don't have social connection55:15 and you don't have a lot of friends,55:17 or you have a crappy home life,55:18 you can escape into a game.55:19 And you don't have to worry55:21 because you're saving the galaxy.55:22 If your kid sits in front of a screen for 4 hours a day55:26 and shoots and kills in a repetitive,55:28 violent way, hundreds of people,55:30 there's a good chance that kid is going to be impacted by that.55:45 There's a reason the US Army trains people55:47 for combat by using video games.55:50 It's because it gets them used to55:51 some of the experiences.55:52 Well, put your 10- or 11-55:54 or 12-year-old son in that context.55:56 But they're not going into Iraq or Afghanistan.55:58 And if they happen to live56:00 in a more dangerous neighborhood,56:01 or a neighborhood where they're exposed56:03 to violence more routinely than they might be56:05 in some fancy part of town,56:06 then that's gonna be a bigger issue.56:07 I share this story with my kids: garbage in, garbage out.56:10 Wake up in the morning, it's Friday. They're going to a party that night.56:13 They supposed to be at school, they woke up late,56:16 but the first thing that they turn on is the radio or their CD.56:19 And the song is, ( beatboxing ) \* Kill a motherfucker56:24 \* Kill a motherfucker twice \*56:25 Now, while they're playing their video game,56:28 it's "kill a motherfucker."56:30 Then, they drinking or using56:34 some type of substance before the party.56:36 I tell them there's going to be 50 guys at the party,56:38 all of them who listen to the same song you did,56:41 all of them who played the same video games you did,56:43 all of them who took up on the same drugs that you did,56:46 all of them who had the same armament that you have,56:49 and then soon as I walk in the party56:51 and accidentally step on your foot56:53 at the same time the DJ puts on the turntable "Kill a motherfucker,"56:56 what's going to happen at that party? Somebody gonna die.56:59 \* Got blood on my hands I got time to kill \*57:01 \* I'm a menace to society, yeah \*57:03 \* When you see me in your hood \*57:05 \* Bet I'm up to no good \*57:07 \* I'm a menace to society, yeah \*57:08 \* I'm a menace to society, yeah \*57:11 HELDMAN: The Surgeon General57:13 put together a task force to study this.57:15 Three major findings,57:17 which have been replicated hundreds of times since,57:19 that exposure to violent media often leads little boys57:23 to be less sensitive to the painand suffering of others,57:25 it leads them to be more fearful of the world,57:28 and it leads them to engage in behaviors57:30 that are more aggressive towards others and towards themselves.57:32 They're not the only things that cause violence57:35 with young people and with adult men,57:37 but they're pretty potent predictors.57:46 Childhood is a sequence of revealed secrets.57:50 Today, there is no sequence of revealed secrets.57:54 Kids are exposed to porn at age 5 or 657:56 because they're in the middle of a video game57:57 and something pops up57:59 or they click on the wrong website.58:11 I started seeing it more and more,58:13 I started seeing it in other places,58:15 like music, pictures, magazines.58:31 With my group of friends, it's more taboo to talk about,58:34 it's kind of like something like, okay,58:36 everyone knows that I'll watch it,58:38 but let's just like not talk about it,58:39 because it's extremely awkward.58:42 Ladies, your man is nastier58:45 than you ever imagined.58:47 Your man has been watching porno since he was 12 years old.59:02 Because of abstinence-only sex education,59:04 because of the unbelievable shame59:06 that our culture has around sexuality,59:09 pornography is sex education for most people.59:17 At the touch of a button, anybody, at any age,59:20 anywhere in the world, can have a panoply59:24 of sexual experiences-- visual sexual experiences.59:28 Your brain is being affected.59:30 Dopamine receptors are being over-activated59:33 and you get addicted to this visual stimulation.59:36 And the problem is the excess, and it's in social isolation.59:40 Jimmy is in his room alone doing this.59:43 He's cutting himself off from friends, family,59:46 and knowing how to relate to girls and women.59:49 If you're a teenager, who's had no sexual experience,59:53 this becomes the social norm.59:55 And the assumption is this is what is right to do,59:58 this is what women want01:00:01 and this is how men are supposed to perform.01:00:03 And all of those are wrong.01:00:07 The way that boys and men have been trained to think about01:00:10 and objectify women's bodies and purchase women's bodies,01:00:14 whether it's directly in prostitution01:00:17 or indirectly in pornography, and somehow01:00:19 that has no relation to how they think about themselves01:00:22 as sexual beings and women's sexuality?01:00:24 To me it's naive to think that there's no connection.01:00:26 It seemed like they were attacking her.01:00:28 And it didn't make any sense to me as to,01:00:30 is this the actual thing?01:00:32 Like does this actually happen?01:00:44 I think we have to be honest with our sons01:00:46 that our culture is sending mixed messages all over the place.01:00:49 Boys might be going to pornography01:00:52 because they have the sexual impulse,01:00:54 but what they get when they get there is not just sex.01:00:56 It's incredible levels of normalized brutality01:00:59 and sexism that's associated with the sexual act.01:01:03 Somehow those boys are supposed to develop01:01:05 healthy sexual relationships with girls and with women?01:01:19 We have a rape culture.01:01:21 What that means is that individual rapists01:01:23 aren't just crawling out of the swamp,01:01:25 they're being produced by our culture.01:01:27 Two star high school football players have been found guilty01:01:31 of raping a West Virginia teenager.01:01:33 A freshmanat Stanford University01:01:34 and a member of the swim team01:01:36 was accused of raping a drunk unconscious woman.01:01:39 Two cyclists witnessed him raping the woman,01:01:41 they chased him down and called police.01:01:43 Former Vanderbilt football players are convicted01:01:46 of raping an unconscious classmate01:01:48 in the Vanderbilt dorm room on campus01:01:50 and then taking video with their phones.01:01:53 As a young man, you're taught01:01:56 a man is supposed to always be on the prowl.01:01:59 A man is supposed to always be aggressive.01:02:01 They say things like,01:02:03 "Who's that? I'd like to hit that.01:02:07 "I'd like a piece of that.01:02:10 I'd like to tear that shit up."01:02:13 So think about it: "Hit." Violence.01:02:16 "Tear." Violence.01:02:18 "It." Object.01:02:20 "That." Object.01:02:22 We're actually teaching them, consciously and subconsciously,01:02:26 on purpose or not, not to see the humanity in girls.01:02:40 We live in a world, right here in our country,01:02:43 where men's violence against women01:02:45 is at epidemic proportions.01:02:53 IAN: My first year in high school,01:02:55 I was going to a dance with a woman.01:02:58 And I was standing next to a guy,01:03:01 and she was walking away after talking to me.01:03:04 And she was wearing fairly tight pants.01:03:07 And he said, "Oh, now I understand01:03:09 why someone would rape someone."01:03:12 The way in which I've experienced men talk,01:03:16 oftentimes it involves doing things to women01:03:19 that don't seem like they're particularly consensual.01:03:25 When I went to college,01:03:27 there was this pressure to engage in hookup culture.01:03:30 Alcohol was this tool for me to be assertive01:03:34 and aggressive and predatory, to find women to have sex with,01:03:39 so that I could go back and impress other men with it.01:03:42 Particularly around just other guys,01:03:45 you're always one-upping the other person,01:03:47 talking about a woman's ass or her breasts.01:03:50 There's an implied sense that01:03:52 women exist for us to have sex with them.01:03:55 They exist for us.01:03:57 I don't think that we think about the implications of that.01:04:18 I call what we do to our little boys and men01:04:21 "the great setup."01:04:22 We raise boys to become men01:04:24 whose very identity is based on rejecting the feminine,01:04:27 and then we are surprised01:04:29 when they don't see women as being fully human.01:04:32 So we set them up.01:04:33 We set boys up to grow into men01:04:36 who disrespect women at a fundamental level01:04:39 and then we wonder why we have the culture that we have.01:04:44 KIMMEL: Basically what you have01:04:46 on college campuses is young men01:04:48 desperate to prove their masculinity,01:04:50 so you have 18-year-olds trying to prove it to 19 year olds.01:04:53 That's a recipe for failure.01:04:57 The hooking up, the initiations, the hazing--01:05:00 what do they get in return? They get two things.01:05:02 These are the bonds that are the most impermeable,01:05:05 the ones that will last you a lifetime,01:05:06 and you also get the feeling that girls can't do this.01:05:10 So you get both, horizontal solidarity with your bros,01:05:14 and hierarchy-- men are superior to women.01:05:19 The most important dicta of the Bro Code01:05:22 is you never rat out the brotherhood.01:05:24 You never, ever, betray that brotherhood,01:05:28 so this leads to the notion that surrounding bad things,01:05:33 there's a code of silence.01:05:35 What happens is, their heads and their hearts01:05:38 actually come into conflict01:05:40 because their hearts may be saying,01:05:42 "This is wrong. I know this is wrong.01:05:45 "My ethical compass tells me this is wrong.01:05:48 "I should do something about it.01:05:50 A man would act."01:05:52 And on the other hand, "But these are my bros.01:05:54 "I can't betray them.01:05:55 If I do, they'll marginalize me."01:05:58 This is the fear that so many men have01:06:01 that keeps them from acting ethically.01:06:04 A girl was repeatedly attacked for two and a half hours01:06:07 and as many as 20 people either took part01:06:10 or stood by and watched.01:06:11 Many did not step up to help,01:06:13 but nearly all got out their cell phones01:06:16 and started snapping pictures and Tweeting.01:06:18 MAN: Three top Penn State officials are likely to stand trial01:06:21 on charges they covered up years of Sandusky's abuse.01:06:24 Another adult man has now resigned01:06:27 amid accusations he knew there was a problem and did nothing.01:06:30 Intentionally or by neglect, the Baltimore Ravens,01:06:32 the National Football League, and Commissioner Roger Goodell01:06:35 have conducted a cover-up of Ray Rice's brutal assault01:06:38 on his then-fianc01:06:40 MAN 1: The severity of Rice's attack01:06:42 was clear almost immediately after the assault.01:06:44 MAN 2: The NFL did have the evidence01:06:46 that the police department did.01:06:47 The league is still not responding.01:06:50 There are forces at work in male peer culture01:06:53 that keep men silent,01:06:54 even men who know that something is wrong,01:06:56 they don't say anything or do anything01:06:58 because they make a calculation01:07:01 that if they say or do something,01:07:02 it'll lose them status within their peer culture.01:07:04 There's a choice.01:07:07 And many times the choice is rooted in our privilege.01:07:10 So while we as good men don't perpetrate the violence,01:07:14 we are part of the collective socialization,01:07:17 the fertile ground that's required01:07:19 for the violence to exist.01:07:30 I worked for 10 years in the jails of San Francisco01:07:34 in a program that included a project01:07:37 to deconstruct and reconstruct01:07:39 what we call the male role belief system,01:07:42 to which I think virtually all men01:07:44 in our society are exposed.01:07:46 Men are defined as superior, and women as inferior.01:07:50 And to be a real man, you also dominate other men.01:07:53 So in other words, this is a recipe for violence.01:08:03 My mom gave birth to me 4 days before her 17th birthday,01:08:07 and so she was a young girl01:08:09 and she projected a lot of that trauma on to me.01:08:12 My mother had like this,01:08:15 like just a rage towards me to this day.01:08:17 And I remember her kicking me down the hallway01:08:19 and choking me and slapping me.01:08:21 And...01:08:23 and the worst part about this was not the physical part of it,01:08:26 'cause that was normal for me at that time.01:08:29 It was afterwards she took a Polaroid picture of me...01:08:33 crying.01:08:35 And I don't remember her exact words,01:08:37 but I remember her shaming me.01:08:40 And I couldn't figure out what it was01:08:42 that was so wrong with me, that...01:08:44 why, especially at that age, why did I deserve this?01:08:55 I was molested by one of my siblings' father.01:09:01 He took me into his bedroom, closed the door01:09:04 and then I remember questioning in my mind like,01:09:06 why did he close the door?01:09:08 He asked me to pull down my pants and, uh...01:09:12 I remember pulling down my pants and then my underwear01:09:16 and he just looked at me for a while.01:09:25 And, uh...01:09:27 and then he touched me.01:09:36 I eventually told my mom and she didn't believe me,01:09:39 which made it worse.01:09:41 I felt guilt around it, um...01:09:45 that I should have somehow--01:09:47 I should have known better.01:09:49 I knew that I was suicidal.01:09:52 Um...I was a cutter.01:09:56 Once I was hospitalized for swallowing01:09:59 an entire bottle of my aunt's prescription pills.01:10:04 I didn't feel that there was any worth to my life,01:10:06 and then, you know, who would care whether I was here or not.01:10:13 The best way that I've been able to understand01:10:18 my capacity to murder another human being01:10:20 is that I didn't value my own life at the time,01:10:24 so I couldn't value the life of another human being.01:10:32 A human child knows it's not loved,01:10:35 he or she, if they're beaten,01:10:36 or if they're just simply neglected,01:10:40 ignored, abandoned.01:10:42 The men that I worked with in the prisons01:10:44 had suffered all of these forms of child abuse01:10:47 to a degree I've never seen in any other setting.01:10:50 And to say they were dominated by shame01:10:52 is to say they didn't have pride or self-love.01:11:03 Whether it's homicidal violence or suicidal violence,01:11:07 people resort to such desperate behavior01:11:10 only when they are feeling01:11:11 overwhelmed by shame and humiliation.01:11:17 I grew up with three brothers and a father that drank a lot,01:11:21 and I was probably bullied the most by my dad.01:11:25 He ruled with intimidation, you know, and fear.01:11:29 I was always scared when Mom said,01:11:30 "You're in trouble, and I'm going to tell your dad."01:11:33 I knew I had an ass-whipping coming01:11:35 and that meant he was going to hit me01:11:36 with whatever he had close to him, you know.01:11:39 Whether it was a fan cord he ripped out of the wall, or his belt.01:11:43 I was shy, I was quiet, I was always in my head.01:11:47 I just felt...01:11:50 terribly alone.01:11:52 The only culture where I felt like I belonged a little bit01:11:56 was in the drug culture when I found it.01:11:59 I was 12 years old when I started smoking weed.01:12:02 At first, because of peer pressure,01:12:03 but I soon liked it01:12:05 because I didn't have to feel the way I always felt.01:12:09 Then I moved on to harder drugs.01:12:12 My world changed when I picked up a gun.01:12:14 Became a whole lot more violent.01:12:16 People around me started dying.01:12:18 The guy I killed, we had conflict.01:12:21 I had been accepted in this drug culture.01:12:24 When he didn't pay me, I thought, "My homeboys know.01:12:26 "If I don't do something to this guy,01:12:28 "everybody's gonna take whatever I have,01:12:30 play me for a punk."01:12:32 That's the story I was telling in my head.01:12:34 I just felt all the fear and anxiety01:12:39 and everything else I had bottled up in me just burst.01:12:42 And I shot him six times.01:12:47 And I ran.01:12:50 I think that's the first time I ever felt, um...01:12:55 like I had power.01:12:58 For so long I had felt so powerless in my life.01:13:01 Like that was a moment I finally stood up for myself.01:13:08 But it came at such a huge price.01:13:33 If you're told from day one, don't let nobody disrespect you,01:13:37 and this is the way you handle it as a man,01:13:40 respect is linked to violence.01:13:42 Boys are trained to externalize our pain.01:13:45 When something bad has happened to us,01:13:47 we need to do something bad to somebody else,01:13:49 avenge the humiliation that we've suffered,01:13:51 the shame that we've experienced.01:13:53 To me that's such a basic and an incredibly important part01:13:56 of what is going on in the violence pandemic in our society.01:14:23 Plenty of girls live in a culture01:14:24 where there's easy access to guns.01:14:27 Why don't girls and women do the shootings?01:14:31 The national conversation that happens01:14:33 almost never mentions gender as a factor01:14:35 when in fact, it's the single most important factor.01:14:37 But it's unspoken, and so part of our challenge01:14:40 is to make visible what has been rendered invisible.01:14:43 I've been forced to endure an existence of loneliness,01:14:49 rejection, and unfulfilled desires.01:14:53 Tomorrow is the day in which I will have01:14:57 my revenge against humanity,01:14:59 against all of you.01:15:11 One of the things that has provoked01:15:13 so much anger in American society today01:15:15 is this notion of aggrieved entitlement,01:15:17 that men feel entitled to positions of power01:15:19 and all that but they don't feel like01:15:22 they're getting them as much anymore.01:15:23 That's the injury.01:15:25 Not that I was in power, but that I was entitled to be.01:15:28 The boys that have committed these crimes,01:15:31 the men who commit crimes of violence every day01:15:32 in the streets of the United States01:15:34 and in the homes of the United States,01:15:35 are our sons,01:15:36 they are saying something about us as a culture.01:15:39 But we ignore them at our peril.01:15:40 And I think the first reaction of so many people01:15:42 who are threatened by introspection,01:15:45 by self-awareness and self-criticality,01:15:47 is to push them aside as if they're somehow others,01:15:51 they're somehow aberrational.01:15:52 And, again, this idea of mental illness01:15:54 is one way to push them aside.01:15:57 That's why we don't have to think about our culture,01:16:00 we don't have to think what we're teaching our sons.01:16:02 We don't have to think about the role of the media culture01:16:05 in helping to shape certain norms around masculinity.01:16:07 We don't have to think about the mixed messages01:16:10 we're sending to boys and men about violence, which we send all the time.01:16:13 Cultures define manhood in different ways,01:16:15 and there are healthy ways to define manhood; there are unhealthy ways.01:16:18 So the question is, can we do better than we're doing in our society?01:16:21 And the answer is: Yes, we can do better.01:16:28 IAN: My sophomore year in college01:16:30 I was in my first real01:16:32 long-term committed relationship,01:16:35 and had learned that she had been raped.01:16:40 And I found out later that my mom had been raped01:16:42 when she was younger.01:16:44 It was painful for me to think about that01:16:46 happening to someone that I really cared about.01:16:48 And that it happened to all sorts of people.01:16:52 It gave me the opportunity01:16:54 to start thinking about masculinity in a critical way.01:16:57 Trying to become more of a full human being01:17:01 and less constrained by who I thought I had to be.01:17:05 I stopped playing sports,01:17:07 in terms of collegiate competition,01:17:09 and I went back to doing theater.01:17:11 One of the characters that I played01:17:13 was a transgender character.01:17:16 I remember when my parents came to the show, um...01:17:21 and my dad was really uncomfortable.01:17:26 He was not comfortable with his son,01:17:28 who was more of a prototypical man's man,01:17:31 changing into this very un-man's man-like person.01:17:35 Even in the context of theater, where it wasn't really me.01:17:39 And that sort of began a point of friction,01:17:41 I think, between my father and I.01:17:43 His response was,01:17:44 why wouldn't you want to be what you really are?01:17:52 CODY: The very last time that I spoke to my father,01:17:55 I was a senior in high school.01:17:56 I told him that I hated him01:17:58 and I never wanted to talk to him again.01:18:00 In kind of the heat of that moment,01:18:02 I decided that I should write down01:18:06 everything that I was mad at him for01:18:07 since my first memory of him beating my mom.01:18:11 And so I sat down and I wrote a letter,01:18:13 and I had intended to send it to him in the mail.01:18:16 I was taking an AP English class01:18:19 and the teacher resembled my wrestling coach01:18:21 in a lot of his characteristics.01:18:24 I came into his classroom and I said,01:18:26 "Something inside me needs to have you read this01:18:30 before I can send it, and I don't know why."01:18:34 And he got...01:18:36 I think three-quarters through the first page,01:18:38 and he, like, fell into tears.01:18:42 Like, tears just running down his face.01:18:45 He was like, "I understand you so much better now.01:18:49 "That's why you push yourself so hard in everything you do,01:18:52 "why you have to be the best, why you have to be perfect,01:18:55 why you stress out about every single little thing."01:18:57 He looked at me and he just said, "You're good enough.01:19:04 And apparently, that's what I needed to hear...01:19:09 from a man.01:19:16 STEVEN: About 4 or 5 years ago,01:19:18 Jacksen said, "How about we make a box,01:19:21 "and we put notes in there every week to each other.01:19:23 "If I'm mad, I'll put a note in there,01:19:25 "if I'm happy, I'll put a note in there.01:19:27 "That's how we'll communicate01:19:28 about what we're feeling for the week."01:19:30 And so Jacksen found one of my shoe boxes,01:19:32 cut a hole in the top, and he named it the mailbox.01:19:35 And we do it once a week, and we open it on Daddy Sunday, which is Sundays.01:19:40 I wrote this one.01:19:42 "To Dad.01:19:44 "Dear Dad, I love how we play together every Sunday.01:19:50 "It's really fun playing with you, Dad.01:19:54 Love, Jacksen."01:19:55 And this.01:19:57 And my father has never in 30-some-odd years of life01:20:01 told me he loved me.01:20:03 I tell my son I love him every day.01:20:07 EHRMANN: The father wound is any ongoing psychological,01:20:11 emotional deficit or injury01:20:13 that would have been met in a healthy relationship.01:20:15 So the father wound01:20:17 is probably one of the most serious issues in this country.01:20:20 Wounding boys become wounding men,01:20:22 apart from some kind of intervention.01:20:25 In my own healing process, I took myself as an adult man01:20:30 and myself as a 5-year-old boy01:20:32 and I walked both of them back01:20:34 down my mother's basement steps01:20:36 and there I confronted my father.01:20:39 Five-year-old boys are supposed to be loved,01:20:41 they're supposed to be tucked in at night.01:20:45 It's an amazing thing when I did that work,01:20:47 because it was the first time01:20:48 I ever had empathy for my own father.01:20:50 I've started to think about, you know,01:20:52 who hurt him in a way01:20:55 that he would be so angry as he was?01:21:00 I think every man's journey01:21:02 is how do you reconnect that heart to the head,01:21:05 to start living out of the authentic you?01:21:14 Today is really about self-reflection.01:21:16 About your story, okay, your narrative,01:21:19 why that's important to self-reflect and to share out.01:21:22 LUIS: When I came out of juvenile hall,01:21:24 I knew that I had to make some changes,01:21:27 so I quit smoking and decided to be sober01:21:30 and see what I can do to change my life around.01:21:34 First day of school I came in here,01:21:37 you know, I was very excited.01:21:39 And these past 2 months have been amazing.01:21:42 I can share anything with these guys, anything.01:21:45 And, you know, they've been absolutely01:21:49 more than a family to me, I love them to death.01:21:53 I transformed from four F's to four A's.01:21:57 I was very proud of myself,01:21:59 but most of all, I made my mom proud.01:22:02 HAGEDORN: When I see my kids, I don't see gangsters,01:22:05 I see my little brothers.01:22:06 What we're trying to do is to connect with them,01:22:09 to create a space where they can re-humanize themselves,01:22:12 because they've been so dehumanized.01:22:14 We feel safe in here, we can talk to anybody in here,01:22:18 it's like another family, pretty much.01:22:31 And so the lessons that we're being taught from early on,01:22:34 is that being a woman, or being feminine,01:22:37 or being anything that's not within the "man" box,01:22:40 within the confines of this construct, is bad.01:22:44 So what I'm gonna do next is,01:22:46 I erased the labels "man" box, "not manly" box.01:22:49 When we take away these barriers that society places on us,01:22:53 our parents, our peers, our teachers,01:22:56 media, whatever it may be,01:22:58 when we strip those away,01:23:00 we get to be whoever we choose to be01:23:02 and we find that we are some of the very things01:23:05 that we were taught that are not manly.01:23:10 I want to just share this in closing out, too.01:23:13 You know, before, when I was stuck in that "man" box...01:23:17 Yeah.01:23:18 I felt a sense of incomplete.01:23:22 I felt that I always never was the person I was meant to be,01:23:25 or the person my family envisioned me to be.01:23:29 Once I got out of that "man" box,01:23:32 through this process and the work,01:23:34 I feel like I stand 10 feet tall and feel that I'm worthy.01:23:40 I have a right to be loved.01:23:42 A sense of belonging with the peers that I've built01:23:47 and made a community with in here01:23:49 and I feel whole.01:24:07 Many of us are operating from a place of tradition,01:24:11 just the way things always have been.01:24:14 We need to get men into their hearts01:24:16 and out of their heads.01:24:18 There's freedom outside of these rigid definitions of manhood.01:24:23 We need to redefine strength in men,01:24:25 not as the power over other people,01:24:28 but as forces for justice,01:24:29 and justice means equality and fairness01:24:32 and working against poverty and working against,01:24:34 you know, inequality and violence-- that's strength.01:24:37 And we need more men who have the courage01:24:39 to stand up and speak out,01:24:41 even when it means taking a risk.01:24:42 To go into male culture, and say some things01:24:44 that are going to make other men uncomfortable.01:24:46 Because this is about leadership.01:24:48 We're asking men to use that privilege to develop a voice,01:24:52 to speak out, to stand up.01:24:54 Become part of the solution.01:24:56 It's absolutely not about teaching boys something new.01:25:00 It's not about turning boys into girls,01:25:02 or something that they're not already.01:25:04 But it's actually helping them to stay with01:25:06 or return to what they already know.01:25:09 Empathy and caring for other people01:25:12 and being sympathetic toward people,01:25:15 these are not just feminine traits or behavior patterns.01:25:20 These are human patterns.01:25:23 We have a responsibility to our sons01:25:24 to break down the systems of emotional constriction01:25:27 that leads so many men to have lives of--01:25:30 of quiet desperation and depression01:25:32 and alcohol and substance abuse01:25:34 and all the other ways that men self-medicate.01:25:36 So if we ever gave boys permission to process grief,01:25:40 gave boys permission to cry,01:25:42 to develop all of their emotions,01:25:44 you'd do away with not knowing where to go with their own pain.01:25:48 POLLACK: For mothers, if in your gut you feel01:25:50 you want to stay close to your son,01:25:52 don't be dissuaded.01:25:54 The one study we have01:25:56 of boys being close to their mothers in a healthy way01:25:58 shows that those boys are less likely to engage in violence,01:26:02 more likely to succeed in life, and live 5 years longer.01:26:05 Whatever a father does with his son is masculine.01:26:08 If you like cooking, cook with your son.01:26:10 If you like fly-fishing, fly-fish with your son.01:26:13 But do something with your son,01:26:15 because every boy measures his masculinity01:26:18 at the deepest level against his dad.01:26:21 We have lots of kids that have no father figures at home01:26:23 or who just don't even have intact families.01:26:26 Those kids need mentors01:26:28 who are a regular part of their lives,01:26:30 who are checking in,01:26:31 who are spending quality time with them,01:26:33 and who provide the kind of moral support and example01:26:37 and guidance that they need to grow up.01:26:39 Coaches have this unparalleled power platform position.01:26:44 They're held up in most communities and most schools01:26:46 as kind of the epitome of what it means to be a man.01:26:49 Boy, if we ever got the heart of a coach01:26:51 pouring it out into the hearts of young boys,01:26:54 with an understanding that I'm really not just a coach,01:26:58 but I ought to be a mentor.01:26:59 Then you start making huge changes in the society.01:27:02 Media and technology today has an enormous impact01:27:06 on the social and emotional health of boys.01:27:09 And we want that to be a good impact.01:27:11 So we need to encourage good media, good technology,01:27:14 and we need to limit the down side of the bad stuff.01:27:17 We need to challenge boys and men01:27:19 to rise to the better angels of their nature.01:27:22 To rise to the best aspirations they have for themselves01:27:24 as human beings and as men.01:27:27 I think that's a positive challenge01:27:29 and I think a lot of men can rise to that challenge.01:27:31 Everyone in boy's lives should help us stay true01:27:33 to who we are so that we don't have to wear a mask.01:27:50 Bye! Bye! (laughing )01:28:02 \* I have a little bit of trouble \*01:28:05 \* Being tough sometimes01:28:08 \* Sticking up sometimes01:28:11 \* Being enough sometimes01:28:13 \* I have a little bit of trouble \*01:28:17 \* Keeping myself in line01:28:19 \* Keeping myself trying \*01:28:22 \* Thinking I'll be fine \*01:28:24 \* Ooh, it's lonely at the start \*01:28:30 \* Till my heart says I can01:28:36 \* Might be confused a little \*01:28:38 \* Flying until I land01:28:42 \* What it's like to be a man \*01:28:46 \* Nah nah nah nah nah nah nah nah \*01:28:53 \* What it's like to be a man \*01:28:58 \* I don't ask trouble \*01:29:02 \* But it comes sometimes01:29:04 \* And when it does, I find01:29:07 \* Little room to grow01:29:10 \* If we stand together01:29:13 \* Just think what we could do01:29:15 \* Those doors that we'd break through \*01:29:18 \* The places we could go01:29:21 \* Ooh, it's lonely at the start \*01:29:27 \* Till my heart says I can01:29:32 \* Might be confused a little \*01:29:35 \* Flying until I land01:29:38 \* What it's like to be a man \*01:29:43 \* Nah nah nah nah nah nah nah nah \*01:29:50 \* What it's like to be a man \*01:29:52 \* Come with me01:29:55 \* Come with me01:29:58 \* Come see my side01:30:04 \* Come with me01:30:06 \* Come with me01:30:09 \* Come see this side01:30:14 \* Ooh, it's lonely at the start \*01:30:20 \* Till my heart says I can01:30:26 \* Might be confused a little \*01:30:28 \* Flying until I land01:30:32 \* What it's like to be a man \*01:30:35 \* Come with me01:30:37 \* Come with me01:30:40 \* Come see my side01:30:46 \* Come with me01:30:49 \* Come with me01:30:51 \* Come see this side01:30:56 \* Ooh, it's lonely at the start \*01:31:02 \* Till my heart says I can01:31:08 \* Might be confused a little \*01:31:11 \* Flying until I land01:31:14 \* What it's like to be a man \*01:31:18 \* Nah nah nah nah nah nah nah nah nah \*01:31:24 \* Nah nah nah nah nah nah nah nah nah \*01:31:30 \* Nah nah nah nah nah nah nah nah \*01:31:37 \* What it's like to be a man \*](https://dccc.kanopy.com/video/mask-you-live)