

How to Help Sons Discern and Unlearn Toxic Masculinity

1. Begin with yourself. At birth, celebrate boys and girls the same. Love them and give them equal opportunities. As they grow, teach them about their rights using the child rights convention.
2. Language
Replace " boys will be boys" to “ boys will be responsible"
3. Replace "boys do not cry" with “boys do cry and it is ok"
4. Avoid stereotyping through colour coding boys as blue and girls as pink. Let children wear what they want.
5. Check what toys you buy your boys and girls what they teach them. Many parents buy toy guns, motor vehicles and balls for boys and dolls , dollhouses and kitchen ware for girls. This plays out later in life and the unequal relations between men and women continue. Mothers can change by exposing children to all toys.
6. Tell your sons your story of being a girl. You have experiences with boys and men. You do not want your son to replicate bad behaviours, attitudes and practices. You are qualified to teach your son/s.If you are not ready to tell yours, use the stories in my book and discuss.

It is not easy to drop our beliefs over night. It requires deep reflection on how we have been programmed and pushing past limiting beliefs. We need to take decisive actions to transform our ourselves first then our families. If you are ready for such a journey grab your copy of Mother Behold Thy Son and sign up for the Family ELF Legacy Course to create a lasting legacy of Equality, Love and Freedom.

You can truly change your family and change the world!

Your Sister on CALL

FRANCISCA MANDEYA

MOTHER, AUTHOR, CERTIFIED SOLUTION FOCUSED COACH, POSITIVE INTELLIGENCE COACH, SPEAKER, MBIRA PLAYER