

Opening: 200

In The United States, the standing definition of masculinity is a bastion that has held for thousands of years, and has been reincarnated in every society. However, recently these ancient pillars have begun to shift. It has taken advanced technology, generations of pain, and a historical movement to feel the earth move under a society that has been male dominated since its inception, and all of the inceptions before. As the definition of masculinity migrates to more progressive plains, it leaves behind a void that today's boys and young men need to struggle to comprehend. Where the void exists there is uncertainty, fear, loneliness, and sadness. With no vessel of understanding these emotions, this energy is funneled into more familiar and socially acceptable outlet: anger. This is where the change needs to be made. He needs to learn from a young age that he can appropriately express the emotions he is feeling so he can grow, and that is why the answer starts with his caregivers. American boys need to be taught by their caregivers to name their emotions through visual, auditory, and kinesthetic styles to ultimately redefine masculinity to have a less toxic connotative meaning.

(cut1)

First Body Para | naming emotions:

Redefining anything is a very difficult task. Redefining who you are takes a lot of mental strength. Being able to shed old labels and learning to accept new ones is something almost everyone goes through. Redefining a word may seem easy because you just have to change its definition in a dictionary, but while they both mean the same thing, calling someone a kid is belittling while calling someone a child is much more neutral. When it comes to masculinity, The United States is in a tough spot. Our societal values tell us that to be stoic and strong and a leader while showing emotion is weak and pathetic. This leads to our boys not having high EQs and later in life having trouble with their relationships whether they be intimate or professional. American parents need to teach their sons the tools to deal with their pent up emotions, and most of

(cut1)

First Body Para | Visual: 300

The easiest way to

First Body Para | Auditory: 300

First Body Para | Kinesthetic: 300

Visual learning and Auditory learning are mostly developed after 5 years of age (4), so this leaves the influential early development stages of their life to kinesthetic learning. At 2 years old, children “. . . are capable of labeling both positive and negative emotions such as “happy”, “sad”, and “angry”, and they use these labels to describe both how they are feeling, and how other people are feeling.” In essence, This is the first step for our sons to understand their emotions and understand how to express them. This is where kinesthetic learning comes in. A kinesthetic learner retains information the best by learning with their hands “using their hands or bodies helps these students experience the concepts taught.” We need to help our sons name their emotions as they are experiencing them.

Sources to be cited:

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