

Man up!

Idiom of the month

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1. Discuss these statements in groups.

a. Men never cry.

b. Women cry all the time.

2a. Read

Are you ok, Mark?

No... I feel really sad today.
My girlfriend left me for my best friend.

Stop crying and man up!

What a stupid thing to say, Tom.
Boys and men have feelings too.

Sorry, Mark. Lisa's right.

2b. Complete with the idiom of the month.

He doesn't need to _____. It's ok for boys to cry and talk about their feelings.

People tell someone to 'Man Up!' when they want them to be strong and unemotional like a stereotypical man.

3. Read this message from your friend Simon:

Hey mate. I can't meet you at the park later, sorry. My dog Rexie died last night. I'm devastated. He was the best dog ever. Me and my brother Matt cried for hours when we left him at the vets. Speak soon. Simon.

4. Before you reply, think.

Are you going to tell Simon to (a) Man up! or (b) That you're there for him?

5. Write your reply. Max 50 words.

6. Remember, it doesn't matter if you're a boy or a girl, it's always ok to show your feelings.



They say 'Man up!', we say 'Open up!'

Teacher's Notes

1. Discussions will vary but may include the fact that it is more socially acceptable for women to cry whereas men are often expected to hide their emotions. How often and how easily people cry usually depends on character and social expectations rather than real emotion.

2b. *He doesn't need to 'man up'. It's ok for boys to cry and talk about their feelings.*

4. b

5. Sample answer: I'm so sorry about your dog, Simon! I know how much you loved Rexie. Our cat Rosie died last summer and I cried for days. I'm here if you need anything. I'll call you later to see how you are.