**The Mask You Live In – Film Review Worksheet**

<https://thoughtmaybe.com/the-mask-you-live-in/>

1. In the film, former NFL player Joe Ehrmann states, “‘Be a man’ is one of the most destructive phrases in this culture”. Do you agree with his statement? Why or why not?
2. What is the definition of masculinity according to the film?
3. Ehrmann goes on to state that masculinity is rated on a three-pronged scale. What are the three prongs?
4. What does Joe Ehrmann say is missing in this model of masculinity?
5. What is the difference between “sex” and “gender” as outlined by neuroscientist Lise Eliot in the film?
6. Almost every boy interviewed in the film mentioned loneliness as an overriding emotion. Why do you think they all feel such isolation and solitude? Can you relate to those feelings? Why or why not?
7. In the film, what term is defined as: “The mindset that tears are for women to shed, or the quality of maintaining an emotional silence; remaining deadpanned and unmoved by emotional pain”.
8. The film argues that with so much pent-up, unresolved feelings coursing through a young man’s chest, the most natural human outlet is through what kind of behaviour?
9. This type of behaviour is quite often projected onto others like our friends and family. Can you think of a time where this happened to you? What did you do? What happened?
10. Dr. Michael Thompson says in the film that masculinity is hugely influenced through the media, the role models we praise, the norms we accept, and the words we use. He goes onto to say that it is society’s responsibility to rewrite the rulebook, redefine masculinity, and ensure a safe passage for all boys into a healthy manhood. Keeping this in mind, who do you see as a role model for you? This can be a celebrity, actor, athlete, musician, politician, etc. or it can be someone in your own life. Why did you pick this person? What do you admire most about them? Why? How will you work to redefine what masculinity means to you?
11. Was there any one aspect or moment in the film that resounded the most within you? What statements or facts did you find shocking/surprising/interesting? Which aspects of the film were you already familiar with?
12. What is your definition of masculinity? How has your present-day definition of this word been informed? Have you actively challenged societal concepts of masculinity, or do you feel you have taken a more passive approach and absorbed gender norms?
13. What is your definition of femininity? Regardless of your gender, do you think you are a more masculine or feminine individual, according to your definitions of both masculinity and femininity?
14. Did you play sports as a child? In what ways were concepts of masculinity intertwined with athletic ability in your upbringing?
15. How were you taught about sexuality as a child? Were your first intimate experiences informed by societal stereotypes in any way? Can you think of any examples of sexually charged imagery you have seen in the media lately, and how they inspire either negative or positive feelings around masculinity?
16. The Mask You Live In is an American-centric film, delving into the concept of masculinity from a North American perspective. Do you have any experience of gender roles in other countries? Are there any stereotypes/concepts that can be applied to the global community? Can you think of any specific examples of how the U.S. differs from other societies when it comes to masculinity and how males are treated?
17. However, you identify yourself gender-wise, do you consider yourself to be a strong or weak individual? Do you associate your answer with masculine/feminine stereotypes in any way? When you are feeling weak, do you feel more feminine, and vice versa?
18. What traits are valued in your community? How do others describe a “good person”? Are positive traits generally more masculine or feminine by nature?
19. Do you ever wear a metaphorical mask when facing the outside world? If so, describe this mask. What function does it have? Does it serve you well?
20. What is your idea of “healthy masculinity?” What active steps can you take today to encourage healthy attitudes around masculinity at all levels of society?