

The Men in Media test

(print version)

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Use this worksheet to notice what a movie or TV show says about men and manhood.

☐ Movie ☐ TV show _____

Caring Men in Media Test

Do two named male characters talk to each other about their inner emotional lives, and is the disclosure met with compassion?

☐ Yes ☐ No

Manhood in Media Tracks

Which statements describe a lead or supporting male character?

Check all that apply. Each checked box is one point in that section.

Dominance manhood

Emotional restriction, control, and hyper-masculine presentation.

SCORE ____ / 4

- | | |
|--|--|
| ☐ emotions limited to anger and silence | ☐ controls or harms others, including non-humans |
| ☐ disdains and abuses anyone who expresses feminine and/or queer behaviour or emotions (including themselves) | ☐ maintains a hyper-masculine physique and presentation |

Questioning dominance manhood

The costs of masculine expectations—and resistance to them.

SCORE ____ / 4

- | | |
|---|--|
| ☐ suffers socially or physically for failing to conform to dominance manhood | ☐ has angst regarding dominance manhood expectations |
| ☐ openly contemplates and questions dominance manhood | ☐ rejects dominance manhood through his words, appearance, or behaviour |

Relational manhood

Self-regulation, collaboration, care, and authentic connection.

SCORE ____ / 4

- | | |
|---|---|
| ☐ self-regulates and can calm himself down | ☐ works collaboratively with and values the perspectives of others |
| ☐ does caregiving or domestic labour willingly and attentively | ☐ is friends with women |

What kinds of manhood showed up?

Mark the score from each section above.

Which character(s) exhibited these traits?

Section	0 Doesn't show up	1–2 Shows up some	3–4 Significant feature	Character(s)
Dominance manhood	☐	☐	☐	
Questioning dominance manhood	☐	☐	☐	
Relational manhood	☐	☐	☐	