

Things You Can Do To Empower Men

There are things you can do, and I hope you do, that will help to empower the boys and men in your life.

Please add your ideas on the [Men are Great blog](#), or share what you've experienced as a result of taking action.

Here are some from the "[Men Are Great](#)" book to get you started. Longer descriptions are available in the book.

1. Learn more about what men are dealing with.

Two great places to learn what men deal with:

www.menstuff.org

www.glennsacks.com

2. Change the lens in your glasses

From now on, when you observe something a man is doing/saying/being that you're judging negatively, adjust the glasses through which you're looking. Choose the best possible perception you can have about what you're seeing. For example: if he's working too much for your taste, choose to see that he wants to provide for you and feels that this is his contribution.

To take this even further, for greater benefit to you and to the men in your world, make sure you are expressing appreciation for anything and everything you can.

3. Go public with your program

Never leave the house without a stack of "I Acknowledge Your Greatness" cards, which you can get at the [Men are Great store](#) (or make your own). Hand them out to deserving men – whether you know them or not!

4. Don't spread the word.

Whenever you get a joke that slams men, delete it. If you feel compelled to (and of course I'd suggest this), let the sender know you're a member of the "Men are Great" club, and you don't want to receive that type of material any longer. Visit the [Men Are Great Resources](#) area for a suggested response you can use.

5. Sisterhood

If you know of a woman who is perpetuating anti-male attitudes, or, even worse, being deceitful in any way in order to gain advantage over a man, share your feelings with her.

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If she's not willing to listen, think about changing your relationship with her and spend less time together, so that you can put your energies into relationships with women who are working toward healing and fostering good relationships with men.

6. Let Your Purse Speak

When you come across any advertising that is conveying an anti-man message, don't buy that product. And, if you want to take this to the next level of pro-activity, write to the manufacturer and/or the ad agency and let them know why they are losing your business - until they decide to change their ad campaign, that is. There is a template in the [Resource section](#).

7. Go on a Healthy Media "Diet"

Stop watching shows that gratuitously portray men in a negative light on a regular basis. Not only does watching these shows keep them on the air, but it causes more like them to be created all the time. And you'd be surprised at how many of them really do a bad job presenting men well!

8. Become a Live Wire

Whenever you come across an ad or show that you feel is anti-male in its message, share it in the [Hall of Shame](#).

Do the same with any ads or shows with positive depictions of men, so we can be sure to support them by spreading the word. These go in the [Hall of Fame](#).

9. Hostess with the Mostest

Gather friends and soon-to-be-friends for a "Men are Great" club. You'll find many resources and ideas in the [Hostess with the Mostest](#) section of the site.

Try one of these out and share your experience on the [Men are Great blog](#). We also want to hear your ideas!