



**BRAVE**  Global®  
A Catalytic Movement for Youth

# HOW A TRUE MAN TREATS OTHERS

## The Power of Words Towards Others

The way we talk to others matters. Words are sticky, remember? Our words have the ability to cut someone deeply or launch them like a rocket ship. Since our words have power, we want to use them to build people up instead of tearing them down.

True men speak encouragement and life over others! True men also treat others with respect. Everyone has infinite value and should be treated accordingly. True men never abuse or take advantage over others. Rather, true men serve others. We don't treat women as objects, but rather serve them like they are royalty, because they are in God's eyes.

Men and women are equal in God's sight. Meaning, girls should be treated with the same respect a man is treated with. We never speak harshly, negatively, or with disrespect to them. You might have sisters and a mom. You definitely wouldn't want anyone speaking disrespectfully to them. Start looking at the other girls around you with the same respect you'd give your family!

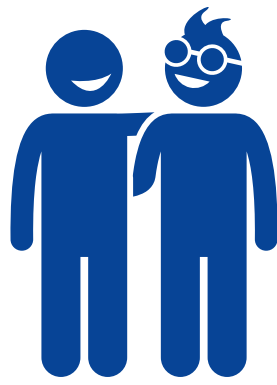


# ***More About Respect***



Women's bodies are to be respected in the same way we would respect our own. Never touch anyone without consent. When you engage in sex too early, or when it is not consensual, it damages your soul and the other person's as well. When you say or do things that are disrespectful, you hurt yourself and the other person. You are stealing from another human a part of them and ripping something out of your own heart. Sounds painful huh? It is. When you say or act in a disrespectful way towards a woman, you lose trust, safety, and strength.

You might want to get married one day! Crazy to think about, right? Someday you may want a remarkable woman to be your wife and adventure partner for life. Can you imagine? How exciting! You wouldn't want any harm done to your future wife, would you? You would want everyone to have respected her along her journey to meeting you. Be the example. Protect the girls around you like you would your sisters or mom. True men stand up for women and make sure they are taken care of. Be a strong leader by respecting women. Be an example to other guys around you and change the culture. By you standing strong and respecting women, you can change your community, culture, and even your country!



TRUE THOUGHT

**Intentional kindness**

Spend the day saying nice things. Say kind things with the purpose of making someone’s day. Everybody is a somebody. Everybody needs to be treated with kindness—and you could be the only person sharing a kind word with them today.

**WHAT ARE SOME NICE THINGS PEOPLE HAVE SAID TO YOU?**

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Here's a list of compliments and nice things you could say today. Circle the one you are going to try to use. Once you've done it, write about what it was like and how people responded to it.

## COMPLIMENTS THAT AREN'T ABOUT PHYSICAL APPEARANCE

1. You're empowering.
2. I like your voice.
3. You're strong.
4. I think your ideas/beliefs matter.
5. I'm so happy you exist.
6. More people should be listening to what you have to say.
7. You're a very warmhearted person.
8. It's nice seeing such kindness.
9. You're very down to earth.
10. You have a beautiful soul.
11. You inspire me to become a better person.
12. Our conversations bring me a lot of joy.
13. It's good to see someone care so much.
14. You're so understanding.
15. You matter a lot to me.
16. You're important—even if you don't think so.
17. You're intelligent.
18. Your passion is contagious.
19. Your confidence is refreshing.
20. You restore my faith in humanity.
21. You're great at being creative.
22. You're so talented at \_\_\_\_\_.
24. You have great taste in \_\_\_\_\_.



Sticks and stones can break my bones—and words can hurt the soul too. Sometimes we don't realize the pain that we can inflict with our hurtful words, and sometimes we do know how much our words can hurt and we do it on purpose. To be mindful of how our words have the power to hurt, do this exercise.

## TRUE ACT



Put a rubber band on your wrist. Every time you say something rude, hurtful, disrespectful, or anything else you'd rather not have as part of your vocabulary, snap the rubber band, not enough to cause damage, but enough to sting and remind you that it's better to not say those things. This can also be a helpful exercise for resisting the urge to harm yourself physically.

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Do this for a full day and write some of the things you said that caused you to snap the band. You can color this in any way you like.

