Urban Dictionary defines "man up" as “take control of a (the) situation, be strong, rise to the moment.”

At The Representation Project, we define “Beyond The Mask” as an action or behavior that exposes and expands the narrow definition of what it means to “be a man.” Join us and take the #BeyondTheMask quiz!

CHARACTER’S NAME: ____________________________________________________________

FILM OR TELEVISION SHOW HE IS IN: ____________________________________________

QUESTIONS [CHECK ALL THAT APPLY]

Each question is worth one point and there are ten points possible.

☐ The male character is open about his feelings.

☐ The male character nurtures those around him.

☐ The male character is affectionate.

☐ The male character does NOT use violence to solve his problems unless it is in self-defense.

☐ The male character does NOT use drugs and/or alcohol to numb his pain.

☐ The male character does NOT pressure, coerce, or intimidate his sexual partners.

☐ The male character does NOT get his sense of worth from dominance or aggression.

☐ The male character is a person of color or underrepresented minority and is not reduced to a racial stereotype.

☐ The male character has a disability but isn’t defined by that disability.

☐ The male character is gay, lesbian, bi-sexual, or transgender and is not reduced to a stereotype.
**#BEYONDTHEMASK**

**SCORING GUIDE**

**A** 7+ POINTS

Congratulations! Your character received an A! This male character positively represents manhood because he is caring, affectionate, and doesn't use violence to solve problems.

**B** 5 OR 6 POINTS

Good work. Your character received a B! This male character does a good job of positively representing men.

**C** 3 OR 4 POINTS

Your character received a C. He has some work to do to positively represent manhood.

**D** 1 OR 2 POINTS

Sadly, the character got a D. Although he may be entertaining, he probably needs to be less violent or stop using drugs and alcohol to solve his problems.

**F** 0 POINTS

Unfortunately this character gets an F because he fails to positively represent masculinity. He probably relies on aggression and dominance to accomplish his goals.