

# Man up!

## Idiom of the month

a cura di Sarah Gudgeon

Edizioni gennaio 2022

### 1. Read these statements. Write T (true) or F (false).

- Men never cry.
- Women always cry.
- Men cry sometimes.
- Women cry sometimes.
- Women never cry.
- Men always cry.

### 2a. Read

Are you ok, Mark?

No... I feel really sad today.  
My girlfriend left me for my best friend.

Stop crying and man up!

What a stupid thing to say, Tom.  
Boys and men have feelings too.

Sorry, Mark. Lisa's right.

**2b. Complete with the idiom of the month.**

He doesn't need to \_\_\_\_\_. It's ok for boys to cry and talk about their feelings.

*People tell someone to 'Man Up!' when they want them to be strong and unemotional like a stereotypical man.*

**3. Your friend Simon is very sad. Read his message:**

I'm so sad today. My dog Rexie died last night. I cry every time I think about him.

**Tick the phrases a-e that you could send him in reply.**

- a. I'm so sorry, Simon!
- b. Do you want to talk?
- c. Sending hugs.
- d. Man up!
- e. I'm crying too now. Rexie was a great dog!

**4. Look at this slogan and picture. Discuss the meaning in groups.**

**They say 'Man up!', we say 'Open up!'**

**5. Create your own class poster with a slogan and pictures. The poster should encourage boys and girls to talk about their feelings.**

### Teacher's Notes

1. a.F; b.F; c.T; d.T; e. F; f. F

2b. *He doesn't need to 'man up'. It's ok for boys to cry and talk about their feelings.*

3. Tick a, b, c, e.

4. Put students in groups to discuss. 'They' refers to society in general and 'We' refers to today's young people. The overall message is that instead of trying to meet the expectations of old stereotypes young men should show their emotions freely.

5. Answers will vary.