

UNFILTERED

... honest takes on masculinity, mental health, and much more ...



boys to MEN Foundation

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MASCULINITY REDEFINED:

Bold Enough to Be Broken.

True masculinity isn't about having all the answers or hiding your emotions.

It's about showing up for yourself, for others, and for what truly matters.

It's in how you handle failure, embrace growth, and stay true to who you are.

Vulnerability isn't weakness. It's wisdom.

The more we open up, the stronger we become.

"FOR SO LONG, MENTAL HEALTH HAS BEEN SEEN THROUGH A LENS OF SILENCE AND AVOIDANCE. PEOPLE OFTEN FEEL PRESSURED TO HIDE THEIR STRUGGLES OR PUSH THROUGH ON THEIR OWN. BUT WHAT IF TRUE WELL-BEING COMES FROM BREAKING THAT SILENCE, FROM ACKNOWLEDGING OUR CHALLENGES AND SEEKING SUPPORT WHEN WE NEED IT? EMBRACING MENTAL HEALTH IS NOT A SIGN OF WEAKNESS; IT'S A SIGN OF STRENGTH AND SELF-AWARENESS."

Growing up in Port Harcourt, Emeka was raised with the belief that real men keep things to themselves. His uncles, his father, even the men in church, all seemed to carry the same badge of quiet strength. "Man no dey talk too much," his father often reminded him whenever he showed too much emotion.

But reality hit differently. At 30, after his engagement ended and his rent expired in the same month, Emeka found himself in a dark place. The weight was too much to carry alone. One evening, sitting outside his compound under the streetlight, he called his cousin, Kene. "Guy, I no dey alright," Emeka said quietly, the lump in his throat refusing to stay down.

Kene didn't laugh. He didn't say, "Be a man" or "Snap out of it." Instead, he paused, then said, "Talk to me." For the first time in a long while, Emeka poured out everything he had bottled up. They spoke until midnight, and something lifted. The next day, Kene sent him the number of a therapist and followed up regularly. Emeka started the journey, shaky but willing. He realized strength isn't in silence or pretending. Real strength is facing the storm, even with trembling hands, and knowing you don't have to go through it alone.



#MalesMatterToo



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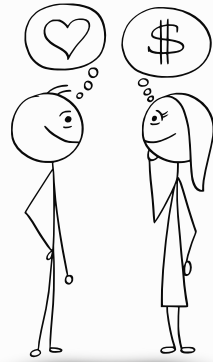
integrity, leadership and equity...

Tolu was a 26 year old graduate living in Abuja. Pretty and sharp, she had a simple mindset. Any man she dated had to "show working." Her motto? "If you're not sending money, why are we talking?" She met Dayo on Instagram, soft spoken, hardworking, and running his small business. From the start, Tolu made her expectations clear: "I no dey do broke guys." Dayo tried to keep up, airtime today, delivery fee tomorrow, hair next week.

It didn't stop. Each week came with a new request. Tolu rarely asked how he was doing. It was always, "Baby, I need help." One day, Dayo went silent. No alerts, no calls. She messaged angrily. His reply was short: "I be ATM?" Tolu stared at the screen. She wasn't heartbroken. She was shocked the free ride was over.

Not every relationship is love. Some are just withdrawals.

Money, the new love language?



Facts on the impact of fatherhood

Active father involvement leads to improved emotional and social development in children. Children with involved fathers are more likely to develop higher self-esteem, better problem-solving skills, and healthier relationships.

Fatherhood can contribute positively to a man's mental health. Research shows that fathers who engage with their children report lower levels of stress, depression, and anxiety, experiencing higher levels of happiness and fulfillment in their lives.

Involved fathers can significantly reduce the likelihood of children engaging in risky behaviors, such as drug and alcohol use, early sexual activity, and criminal behavior. Positive father figures provide guidance and set strong moral foundations for their children.





More Than a Paycheck: Redefining a Man's Worth

In Nigeria, a man's worth is often measured by his career success. From a young age, boys are taught that being a man means being a provider, having a prestigious job, and constantly climbing the ladder of financial achievement. While ambition is important, this single story narrative places enormous pressure on men, especially those still trying to find their path.

In a society where unemployment is high and opportunities are uneven, many young men struggle silently with feelings of failure, shame, or inadequacy. But they rarely speak up. The fear of being judged or appearing lazy keeps them from expressing these emotions. Instead, they bottle things up, overwork themselves, or compare their lives to others, especially on social media, where success is often exaggerated and struggles are hidden.

This pressure can damage self esteem and affect mental health. Some men end up in jobs they hate, working just to survive, not because they're fulfilled. Others take risky shortcuts or fall into depression, unable to speak about what they truly feel inside.

We need to change the conversation. Career success should not be the only measure of a man's value. Fulfillment, integrity, passion, and emotional well being matter too. A man is more than his title or salary. He is human, capable of purpose, creativity, and vulnerability. It's time we start valuing men for who they are, not just for what they earn.

Editorial team

Olusegun Elisha

Christobal Oweredaba