

UNFILTERED

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



boys to MEN Foundation
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MASCULINITY REDEFINED:

The Strength In Being Real.

Society often tells men to be tough, silent, and unshakable.

But true masculinity isn't following someone else's script.

It's having the courage to be yourself, even when expectations push you to conform.

It's choosing honesty over image, growth over pride, and purpose over approval.

Meeting pressures doesn't make you weak, it makes you human.

Strength isn't hiding who you are; it's embracing your truth and rising above the world's judgments.

Pressure, disappointment, and hidden struggles touch every man, but pretending they don't exist only makes them heavier.

True strength begins when we speak, when we listen, and when we allow others to support us.

Real Strength Starts Within.

Growing up in Lagos, Chinedu was raised with the belief that real men don't complain. His uncles, his father, even the men in his neighborhood, all seemed to carry the same badge of quiet strength. "Real men no dey cry," his father often reminded him whenever he showed too much emotion.

But reality hit differently. At 30, after a stressful project at work and feeling overwhelmed by constant comparisons to friends, Chinedu found himself in a dark place. The weight was too much to carry alone. He had a stable job but felt empty, driven by pressure to keep up appearances. One evening, sitting in his car outside his apartment, he called his old schoolmate, Dayo. "Guy, I no dey alright," Chinedu said quietly, the lump in his throat refusing to stay down.

Dayo didn't laugh. He didn't say, "Man up" or "Shake it off." Instead, he listened, then said, "I'm here." For the first time in years, Chinedu let it all out, his doubts, his stress, his comparisons, his sleepless nights haunted by expectations. They talked until the moon was high, and something shifted inside. The next morning, Dayo sent him a therapist's contact and kept checking. Chinedu started the path, hesitant, fragile, yet determined. Some mornings were heavy. Some nights were restless. But he pressed on. He discovered that growth isn't linear; it's stumbling, rising, moving forward, until the chaos inside gradually calms.

Brother, you don't have to carry everything alone. Talking about what hurts doesn't make you less of a man



#MalesMatterToo



**boys to MEN
Foundation**

integrity, leadership and equity...

Redefining Masculinity: A Shift Toward Strength and Self-Awareness

According to a 2025 study titled “The Landscape’s Changed and No One’s Giving Them a New Map: Positive Masculinity in Boys and Young Men,” published in the International Journal of Men’s Social & Community Health, young men today are navigating a changing understanding of what it means to “be a man.”

The research conducted by positivemascularity.org.au, involved interviews with 12 young men, 11 teachers, and 8 parents from an Australian all-boys school. Findings revealed that many young men now embrace positive masculine traits such as emotional openness, empathy, and acceptance of diversity. However, they also expressed uncertainty about how to live out these values within a world that still often rewards outdated, rigid notions of manhood.

The researchers highlight that for too long, masculinity programmes have been built around a deficit approach, focusing on what not to do: “Don’t be aggressive,” “Don’t suppress emotions,” “Don’t be toxic.” While important, this approach alone leaves many young men without a clear path forward. The study instead recommends a strengths-based approach, one that teaches what to do and how to be, rather than only what to avoid.

In other words, instead of telling boys what masculinity isn’t, society should begin to show them what healthy masculinity is: the courage to be kind, the wisdom to express emotion, and the integrity to act with respect and purpose. For organizations like boys to MEN Foundation, this insight is powerful. It calls for programmes that help young men build confidence not through silence or toughness, but through connection, authenticity, and compassion. True strength, as the study suggests, lies not in dominance but in understanding, and in the freedom to grow into one’s best self.

One of the greatest challenges facing young men today is finding their place in a rapidly changing world. boys to MEN Foundation believes that raising the right kind of men is essential, not just for personal success, but for driving equity and balance within our social structure.

This vision aligns strongly with findings from the 2025 study, “Positive Masculinity in Boys and Young Men” published in the International Journal of Men’s Social & Community Health. The research revealed that while many young men are embracing positive traits such as empathy, respect, and openness, they often feel uncertain about how to express these qualities in a world where traditional definitions of masculinity no longer fit.

The study recommends a shift from simply teaching boys what not to do, to showing them how to build strength through emotional intelligence, authenticity, and purpose. This is where initiatives like boys to MEN Foundation step in, bridging the gap between potential and purpose, helping young men find identity, confidence, and direction.

Raising men who understand themselves and their responsibilities is no longer optional, it’s urgent. The future depends on men who can lead with heart, think with clarity, and act with compassion.

The Foundation is not just talking change, it’s creating it. By building a supportive environment where men can speak freely, learn from one another, and find strength in authenticity, boys to MEN Foundation continues to redefine what it means to be a man in today’s world.

Because true masculinity is not about hiding pain or pretending to have it all figured out, it’s about showing up, growing through the process, and helping others do the same.



Money, Manhood, and the Pressure to Prove

In Nigeria, money speaks louder than words, sometimes even louder than character. From an early age, boys are taught that success isn't just about living well, it's about being seen to be doing well. At home, in school, and even in church, there's a quiet expectation that every man must "make it," no excuses.

A boy watches his father work endlessly, his uncle's brag about business wins, and his mother pray for him to become "a great man." Somewhere along the line, he learns that to be respected, he must provide. That to be seen as responsible, he must have money. That to be called a man, he must never look broke.

By the time he reaches his twenties, the weight of those words begins to show. Society has already written the script for him, graduate, get a high-paying job, buy a car, build a house, and take care of your parents. If he achieves it early, he's hailed as a "focused young man." But if life doesn't move as quickly, if he's still job-hunting, or earning just enough to survive, he starts to question himself.

This is the silent crisis many young men face today. The pressure to prove themselves financially has become a heavy chain, quietly choking their peace and self-worth. Some start businesses just to appear ambitious. Others borrow money to maintain an image they can't sustain. Some even fall into fraud, gambling, or risky investments, all in a desperate attempt to "blow" and meet expectations.

And when things don't work out, there's shame, deep, suffocating shame. Because men are told not to complain, not to cry, not to admit struggle. They say "men don't talk, men act." But how do you act when the system seems rigged, when job opportunities are scarce, when the cost of living keeps rising faster than your income?

The truth is, managing finances as a man in today's world isn't easy. But it's not impossible either. It starts with unlearning the lie that your worth is tied to your wallet. True wealth begins with self-awareness, understanding where you are, where you want to be, and what habits can take you there.

Financial management isn't just about having money; it's about making decisions that bring peace, not pressure. It's knowing when to save, when to invest, and when to say "no." It's about learning delayed gratification, understanding that you don't need to impress anyone to prove you're doing well. The loudest success stories are not the flashy ones, but the steady ones.

Let's be real, no man has it all figured out. Even those who appear successful are still learning how to balance bills, responsibilities, and personal goals. The difference between those who grow and those who struggle is discipline. Men who thrive financially are not always the richest; they're the most intentional. They track their spending, plan their goals, and avoid lifestyle competition.

Managing money well is not about being stingy; it's about being strategic. It's about building a future where you don't panic when responsibilities come. It's about having the freedom to make choices, not out of pressure, but out of purpose.

So, if you're a young man reading this and feeling behind, take a deep breath. You're not failing. You're learning. You don't have to have it all together right now. What matters is that you're building the right habits, saving consistently, living within your means, seeking financial education, and refusing to compare your chapter one to someone else's chapter ten.

We live in a time where men are expected to be strong providers, yet rarely taught how to manage money, emotions, or expectations. But times are changing, and you can be part of that change. You can redefine what it means to be a man, not just by how much you earn, but by how wisely you live.



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