

# UNFILTERED



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## MASCULINITY REDEFINED: Strength in Vulnerability.

Growth begins where honesty lives. When a man allows himself to be vulnerable, he creates space to heal, to learn, and to become better, not just for himself, but for those around him. He builds deeper relationships, makes clearer decisions, and lives a more authentic life. We need to raise a generation of men who understand that expressing emotions does not make them less of a man, but more complete. Men who are not afraid to feel, to reflect, and to grow. Men who understand that strength and softness can coexist.

Every man faces pressure, pressure to provide, to succeed, to “have it all together.” But carrying everything alone is not strength; it is weight. And that weight, when ignored, can break even the strongest. True strength is knowing when to open up, when to seek help, and when to confront your own emotions instead of suppressing them.

Emeka grew up hearing the same message over and over again, real men don't show weakness. His uncle, who raised him, was respected in the family, hardworking, disciplined, and emotionally closed off. Whenever Emeka tried to express himself as a boy, he was quickly shut down. “Man up,” his uncle would say. And so, he learned to keep everything in. By the time Emeka turned 30, he had built a life that looked solid on the outside, a stable job, responsibilities handled, always showing up for others. But internally, he was exhausted. The pressure to provide, to succeed, and to always appear strong, or weeks, Emeka went silent. He kept going to work, kept up appearances, but inside, he was breaking. One evening, after a long day, he sat alone in his car longer than usual.

His chest felt heavy, his thoughts louder than ever. For the first time in years, he allowed himself to admit the truth, he wasn't okay.

That night, instead of burying it like he always had, he did something different. He reached out.

He called his older cousin, Chinedu. At first, the words didn't come easily. There was hesitation, pride, and fear of being judged. But eventually, he said it, “Guy, I'm not alright. I've been holding too much in.”

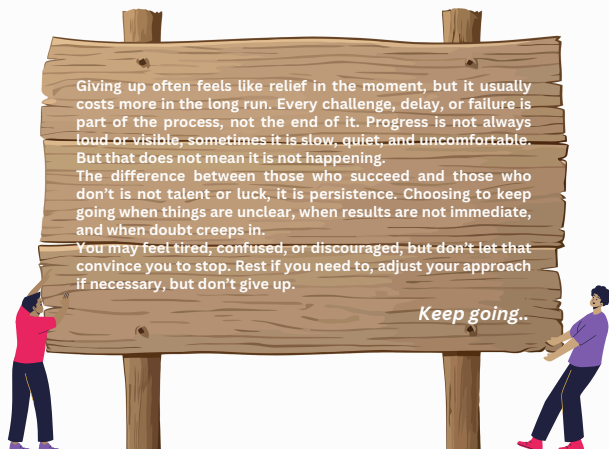
There was a pause on the other end. Then Chinedu replied calmly, “You don't have to carry everything alone.” That moment didn't fix everything instantly. But it changed something.



#MalesMatterToo



integrity, leadership and equity...



Sola was 25 and tired of feeling stuck. Every day, he opened his phone and saw people his age posting wins, new cars, business deals, soft life. Meanwhile, he was trying to figure out how to make even steady income. He had skills, he could design, he could talk well, he had ideas, but nothing seemed to click.

At home, the pressure was quiet but heavy. "You're a man now," his older brother would say. "You have to figure things out." His friends were not much help either. Every conversation was about big money moves, crypto, or the next "sure plug." Nobody really talked about the confusion, the failed attempts, or the fear of not getting it right.

Sola tried different things. One week he was serious about design, the next week he was chasing a business idea he saw online. He started many things but finished nothing. Deep down, he was overwhelmed, but he kept it to himself. After all, men are supposed to have answers, not questions.

One night, sitting on his bed with his laptop open and nothing to show for the day, it finally hit him. He didn't just feel broke, he felt lost. For a moment, he considered just pushing it down again and acting like everything was fine. But this time, he did something different. He reached out to a friend who had always seemed a bit more grounded. "Guy, I'm confused," he typed. "I don't even know what I'm doing anymore. I've tried so many things and nothing is working."

The reply came a few minutes later. "You're not alone. I've felt like that too. Let's figure it out step by step."

That conversation didn't magically solve his money problems. But it gave him clarity. For the first time, Sola slowed down. He stopped chasing everything and started focusing on one path. He began to learn properly, stay consistent, and ask for guidance when he needed it.

Sola realized that being a man doesn't mean having everything figured out. Sometimes, it means admitting you don't, and being willing to learn, grow, and try again.

Because the truth is, many young men are not just broke, they are confused. And it's okay to say, "I don't have it all figured out yet."

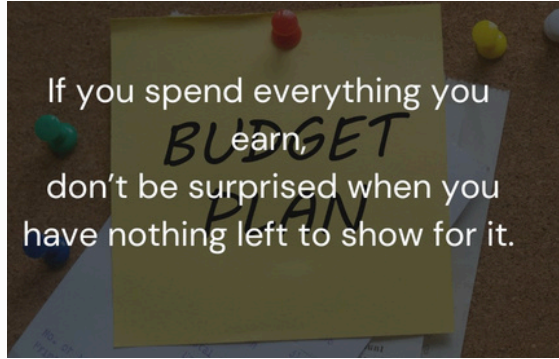
### Still Figuring It Out



True masculinity shines in courage, kindness, and the willingness to grow, even through struggles.

**“I’m a man with courage and spirit  
To speak out so you can hear it  
I’m a man with knowledge and power  
To stand up tall and take shower  
I’m a man with responsibility  
To know my own dignity  
I’m strong enough to say the words  
That no one has ever heard  
I’m a man, I’m a man”**

*Morelson Petitfrere*



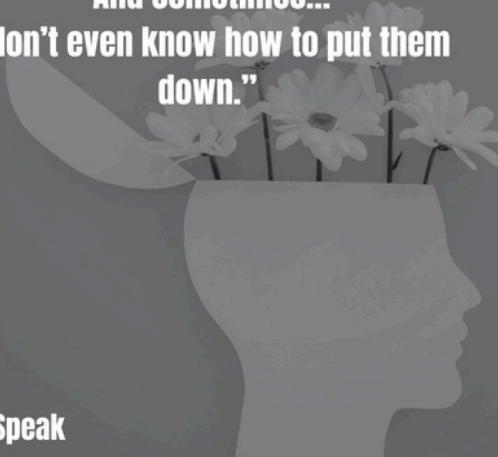
### **Finding Your Own Beat**

Tomi, 16, felt lost in a world full of trends, side hustles, and online fame. Everyone seemed to have it figured out, but he didn't. One day, he saw his friend Deji drawing for fun, not for likes or money. That clicked.

Tomi realized he didn't have to have all the answers. He started exploring what he enjoyed, asking for advice, and taking small steps toward his passions.

Growing up as a young man today isn't about chasing trends. It's about finding your own beat, learning, **and being brave enough to ask for help**

**“I carry expectations I didn't choose.  
And sometimes...  
I don't even know how to put them  
down.”**



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