

# 5

# THINGS

# MOMS MUST TEACH THEIR SONS ABOUT HOW TO TREAT GIRLS.

## 1

### Treat girl with dignity and respect.

Teach your son to follow the Golden Rule when interacting with girls. He wants to be treated respectfully, right? So encourage him to give that same respect to girls. This applies to the way he acts and the way he speaks.

- Empower him to use his words to go from being a bystander to being an upstander\* for girls when their dignity and respect is being violated.
- Have him stop and think before he speaks. Will his words make a girl feel better about herself, or worse?
- If he disagrees with a girl, he should speak his mind respectfully and listen respectfully when she speaks. He should never use physical force to make his point.

## 2

### Recognize every girl is unique.

Help your son understand that each girl, like each boy, is unique, with talents and gifts that make her special. This understanding should lead him to:

- Stay away from stereotypes and labels – get to know girls beyond just their appearance.
- Take time to know girls as friends.

## 3

### Communication is KEY.

Your interaction with your son can help him develop good communication skills. Teach him to listen without interrupting when you speak, and then you listen attentively when he speaks. Lay a foundation of effective communication by teaching him to:

- Assume the best in others.
- Seek to understand their point of view, even if he doesn't agree.
- Approach every conversation as a learner.

## 4

### Be a “gentle-man.”

Look for opportunities to let your son practice being a gentleman with you. It can be something as small as saying a sincere thank you or teaching him to take initiative and help others without being asked.

Encourage your son to:

- Be motivated by compassion.
- Be selfless rather than selfish.
- Seek to make each situation better for everyone.

## 5

### No means no.

Reiterate to your son that he must always respect the boundaries of others. He can do this by:

- Respecting a girl's boundaries. If he is unclear what they are, he needs to ask.
- Establish his own boundaries.

\*An upstander is an individual who chooses to take a positive stand on behalf of themselves and others.