

## THE "BOY CODE" SAYS GUYS:

1. should be aggressive and violent
2. shouldn't ask for help or show weakness
3. shouldn't do anything that might be seen as "girlish"
4. need to keep their feelings inside
5. need to dominate every situation

The problem with the code is that it doesn't let you be who you are. Instead, it tells you to follow common stereotypes. But you don't have to play the game. You can set your own personal rules for being who you want to be.