

UNSCRIPTED

Stories



**How has
the script
impacted
you?**

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You don't want to burden anyone else with your own problems. Just the fact of being a man... you don't want to show weakness. You just don't want it to expose and leave yourself to potentially being ridiculed or being told that you're not a man. So you just keep it hidden inside yourself, and it just builds up over time.

Student, Boise State University

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I used to grow out my hair really long. I have my ears pierced and you know, I like to throw a fit on every now and then but the impression that gave off to others was like, “Oh, this guy is gay.” People would call me that. It led me to get the hair cut and stop wearing earrings and just minimize my style.

Student, Doane University

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When I was a kid, I got into a fight with my neighbor. My dad, he's like... I don't know, his expression was like, “My son's not going to get beat up like this.” And he's like, “Go back down and fight them!” And I was like, “What?” I'm trying to get some type of comfort from him, and he's like, “No...”

Student, Portland Community College

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Growing up in a Hispanic family, especially with a parent who's very traditional, who didn't really talk about their feelings or anything like that... you got, like, tough. We got in trouble when we felt emotion. Of course we got yelled at or told not to cry. My dad didn't really talk about his emotions or his feelings or any problems. It's kind of like, just keep it to yourself.

Student, Northeastern Illinois University

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I feel like it's just a very common thing for men to always try to go out and do things like meet all the girls, have every party, join a frat. And it's a very serious thing for some people. I am one, for example, who fell into that mindset of being, “If I do all these things, maybe I would feel better about how I am” and like things of that nature.

Student, Boise State University



**What was
it like to
#DitchTheScript
and attend an
Unscripted event?**

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I don't think masculinity is defined by how much you can lift or how deep your voice is. I don't act like the stereotypical heterosexual man, so I wanted to, I guess, be a part of Unscripted to tell my story and to tell people it's okay to not have it all figured out. And it's okay to have your own definition of masculinity.

Student, University of Wyoming

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Spaces like what Unscripted creates are extremely rare. It's like finding a unicorn and Bigfoot making out in your backyard. That's how rare it is. To have these conversations that are happening not as a program, but something that just happens because we're human beings is a very, very beautiful thing to do and extremely rare on campus.

Student, Boise State University

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I think Unscripted helps provide the space for people to be able to see themselves in the solution. I think it helps them recognize where they've received certain messages about what it means to be a man, about what men's mental health means, about what healthy relationships mean, and it kind of puts the ball back in their court to make the most amount of change.

Staff, University of Denver

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I think the most valuable part of this experience was the ability to connect with my teammates in a way that would never usually be addressed on the field. I think the best moment was being able to hear my teammates stories that had similar experiences to me and how that affected them in similar ways. It made me feel more seen.

Student, University of Denver



**What does
it mean
to be
Unscripted?**

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Just saying, like, “I am Unscripted.” Just hearing everything, I just feel like the Unscripted part is powerful. I was like, “Dang, okay... I'm Unscripted.” I would say there's empowerment behind it.

Student, Doane University

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I just need to be honest to myself and to the people around me and say, “Hey, this is who I am as a person.” And as I do that, I could accept myself more as a man and not have to force myself into these stereotypes to be something I'm really not, but rather be something that I am.

Student, Boise State University

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And I don't know, I felt a lot of pride in myself for being able to address these things in front of people who I consider my peers. But then also a lot of pride for the other men for being able to share other things of their lives that are sensitive to them as well. So yeah, a lot of pride for the group for being able to come together and share our experiences and grow together.

Student, University of San Diego

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Overall, I really do like the messaging. I like the Unscripted part of it because when I think of a script, I think of a movie or things that are very scripted, not real. And so when you are Unscripted, it's like you can write your own story, which I really appreciate because that's how it should be. You decide what's best for yourself.

Student, Northeastern Illinois University

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I really like saying “I am Unscripted.” It’s the message of “you are free to be yourself, to explore what you want, to be real with your bros, to express your emotions, to lead with compassion.” It’s very impactful.

Student, Portland Community College