

# How to Be a Man

By: Simar Singh

*Adapted by Fishtank Staff*

- 1 Men don't feel pain.  
We've been brought up in households,  
which made us preach such false teachings  
They told me I would soon be the man of the house,  
5 while I was just 6 years old.  
It's not their fault you see.  
This is what they've  
been taught since centuries.  
That men don't feel and men don't cry.  
10 Man up they told me,  
man up, young boy  
And as a kid,  
I once cried in public  
And people laughed,  
15 as if they actually loved it  
And then that kid wiped his eyes,  
his smiling face was full of lies  
He'd make a decent writer,  
but an engineer sounds more wise  
20 When can we finally talk  
about mental violence?  
So that I can finally  
break this silence?  
So that I can unlock my door  
25 and let you in  
Don't ask me why was it shut so long  
and why is it so dark in here?  
So this is about the men in your life.  
And contrary to popular belief,  
30 this still is feminism.  
This is for every father,  
every brother, every son.  
Who wet his pillow so many times,  
and yet he's woken up just fine  
35 He's broken down yet and yet he's smiled,

he's owned his moustache, but he's still a child  
He wishes he could talk to you about this,  
but he wouldn't know where to begin  
He's a product of a failed social system,  
40 where expressing himself was considered sin  
And he's buried them all inside and look,  
he's alive and yet he carries his kin  
Look at his tears drip from his silence,  
you need to break this silence and talk to him  
45 So go,  
talk to your dad  
Ask him what his dreams were,  
what he really wanted to pursue  
Talk to your elder brother  
50 Ask him what he is going through,  
how he landed up in this job he never wanted to.  
Tell him you miss him,  
and that he could spend more time at home  
And that he doesn't need to hide  
55 his notebook anymore  
Talk to your son  
Who might be really young,  
but tell him that he needs to speak  
And that crying in public  
60 won't mean that he is weak  
But he can't cry himself to sleep every night,  
because the world is running out of dry pillows  
Talk to them  
They might not speak up about  
65 what they have been through  
And it might take them  
a while to actually share.  
But it'll be comforting for them to know,  
that someone's there to listen  
70 someone will help them take care  
And most importantly,  
talk to yourself  
Look into the mirror,  
smile.