



## Getting the Reps with: NBA Legend Grant Hill

### The Entire Person

#### Key Takeaways

- We used to think of strength as showing no weakness, but real strength is being able to admit when you're struggling, overwhelmed or anxious.
- There is tremendous strength in being able to acknowledge when you're going through challenges, accept it and get help...and being able to share that.
- The LGBTQ community and the athletes who have come out have also played a role in changing the narrative around what it is to be a man in sports.
- Every generation should continue to evolve, in sports and in society overall.

#### Things to Think About

- Have you noticed a change in the narrative around men or male athletes? Does that match what people around you think or say?
- How do you feel about the growing acceptance of things like mental health and the LGBTQ+ community? How might that affect you or people you know?

#### Ways to Practice

- Find one mental health resource at your school or outside of school that anyone could use if they needed it.
- Find one example of an athlete you respect who you think is changing the narrative. Share with your team or class.

