Because all to often Mans work is more important than who he is

And what he earns becomes what he is worth

And his career is more important than his family

And when is sacked or retired he becomes useless

And he must always pretend to be on top and push others down

And has to be strong and responsible and not to care about hurts

And never cry or show any vulnerability, in order not to be picked on

And the only way to escape from being a victim is to become a bully

And our confusion between sex and closeness isolates us from each other

And alienates us from women

And we must go to war or be branded a coward

And must kill or be killed

And torture and destroy and exploit and oppress

And obey orders and comply and compete for approval

And learn to use sex as a symbol of our strength

And perform even in our most intimate relationships

And if be gay be fair game for ridicule, contempt, hatred and violence

And use women as objects to prove our manhood

And shout at children to feel powerful

And terrify others to deny our own fears

And we struggle to support our families

And are cheated of the fruits of our labour

And spend most of our time away from the ones we love

And get ulcers and high blood pressure

And die of heart attacks or stress related diseases

Because for all these reasons

And any more you care to add

Dear friends I think it is time

Before it is to late

That we had a hard look

At who we really are

And what we really want

And how we claim back

Our full powers

And humanness

And build a real

HUMANS world

NOW

Yevs Chavaune