

A letter to Mr Incredible, by Cade (12 years) about asking for help.

Dear Mr Incredible,

I'm writing to you because I've seen you have a problem asking for help. This worries me because if you don't know how to ask for help, you might find yourself in trouble and think you have no support when you always do.

I know you think you have to be tough and do things on your own. Men sometimes feel like they shouldn't ask for help because people might think less of them or think that they are weak. I don't think this is true but I do think it can be hard to ask for help.

It takes a lot of courage to summon the power to get thoughts out of our heads and ask for help if we are in trouble. You don't always have to be incredible! You don't have to always be the strong man people expect you to be. You can allow yourself to be vulnerable – you can let your guard down. You don't need to keep the barrier up of your own self-righteousness. This barrier cuts men and boys off from others and the rest of the world. This is not something I want for you. I want you to be safe and not under fire by your own dark thoughts and worries.

I reckon that your kids might like to see your toughness and strength cause that can help them to feel safe and protected. But they would also want to see you use your strength to ask for help. This gift to your kids would show them that being incredible doesn't mean being strong on your own. It means accepting the strength of others. We are stronger together with others. This is what makes incredibleness and helps us to grow even stronger.

Yours sincerely,

Cade (12 years old)