

# ETHAN BEAR



## *A Q AND A WITH ETHAN BEAR*

Recommended for grades 7+



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**Ethan Bear, NHL player, shares reflections on the people and experiences that helped shape who he is both on and off the ice. He speaks about the importance of mentors, teachers, and family in helping him grow not just as an athlete, but as a good person, partner, and community member. While he developed his hockey skills, he also learned the importance of becoming a grounded and respectful man who stays humble, works hard, and treats others with care.**

**He reflects on his experiences with racism, bullying, and addiction, and how learning to be open, ask for help, and talk about emotions challenged harmful ideas about masculinity. He speaks about breaking down the “tough it out” mindset and recognizing that true strength includes mental and emotional health. Ethan also highlights the importance of relationships, especially the strength he draws from his wife, who has inspired him to stand up for himself and others.**

**He shares the significance of being the first player to wear a jersey with Cree syllabics, and what that moment meant for him and Indigenous peoples across the country. Throughout his story, he emphasizes that mental strength, vulnerability, and connection are essential to living a healthy and balanced life.**

**On the following pages we have some discussion questions you can work through with your class and an interactive activity.**

# DISCUSSION QUESTIONS AND ACTIVITY



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- **Who are the mentors or role models in your life, and how have they helped shape who you are?**
- **What does “being a strong person” mean to you? Does strength only mean physical ability?**
- **Why do you think it can be difficult for people (especially men) to talk about feelings or ask for help?**
- **How can breaking stereotypes about masculinity help create healthier individuals and communities?**
- **What does it mean to represent your culture in a visible way, like Ethan wearing a jersey with Cree syllabics?**
- **How can relationships and community support help someone through challenges like racism, stress, or mental health struggles?**

## Activity 1)

**On a blank sheet of paper, you will create a mentorship map.**

**Draw or write the name of someone who inspires you, supports you, or shows you care and love in your life. (Choose 3-5 people).**

**For each person on your map, write 2-3 things about them and what they bring into your life. This could be qualities like kindness, leadership, humour, or strength. It can also include specific actions they do that show their care for you, such as listening to you, helping you with school, encouraging you, or driving you to hockey practices or other activities.**

**Take your time and think about the people who help shape who you are.**

## Activity 2)

**Using the blank jersey template on the following page create a jersey that resembles you. This might include your culture, personal identity and values that guide your life.**



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