



Healthy vs. Toxic Masculinity

HOW OUR SOCIETY TEACHES MEN AND BOYS
VIOLENCE AND HOW WE CAN CHANGE IT

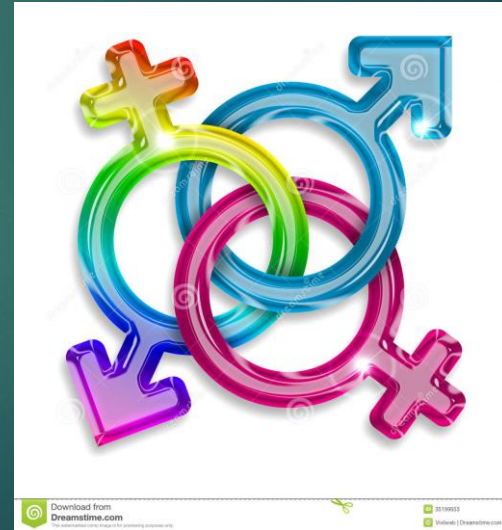
Jason Haynes, Educator @ HOPE Works
(Shout out to Jason who presented this at
Dismantling Rape Culture Conference,
2016)

Gender Identity and Sexual Orientation

Gender identity - a person's sense of self as related to the concept of gender;

- ❑ may be “boy/man”,
- ❑ “girl/woman”,
- ❑ or another construct that is self-defined and refuses a binary construct
 - ❑ genderqueer, transgender, genderfluid, nonbinary, agender, and so many others - as many as there are people in the world - we each get to define this for ourselves

Sexual Orientation - a person's physical and sexual attraction based on sex/gender of that individual and your own



Gender Expression and Sexuality

Femininity in Men

Heavily policed by peers

“Don’t be a fag!”

“Grow a pair!”

Must be gay

If you are....

A gay man, you must be like a woman

Feminine

A gay woman, you must be like a man

Masculine

Masculinity in Women

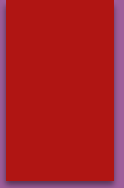
“Tom Boys”

“Butch”

Must be a lesbian



Male Socialization



Man Up Video



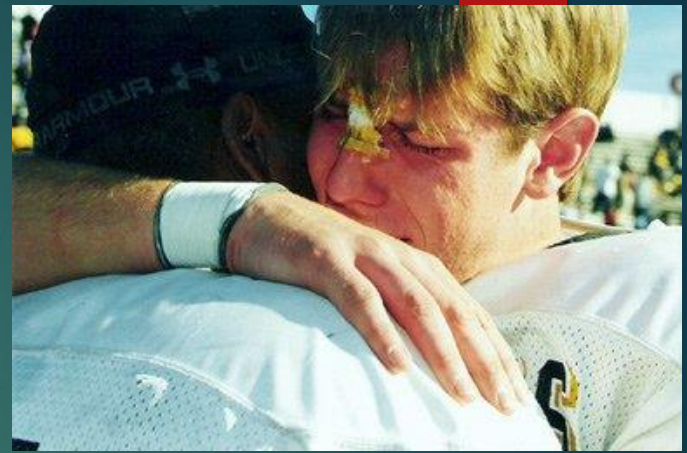
When is it okay for a man to cry? (Poll)



When it is okay for a man to cry:

(Taken from ArtofManliness.com)

1. The death of a loved one. (Tangible Loss)
2. The death of a pet. (Tangible Loss)
3. When your car/truck is totaled. (Tangible Loss)
4. When you propose to the love of your life and she says yes. (Success, love)
5. When you first see the new life you and your wife created. (Creation)
6. At the altar as you get married. (Pride, love)
7. Visiting sites that pay tribute to those who laid down their lives for others.
8. Really spiritual experience. (God, spirituality)
9. As an athlete, after the final game/match/event you will ever play. (Masc)
10. While watching movies like Old Yeller, Saving Private Ryan, Friday Night Lights, Braveheart etc.



When is it not okay for a man to cry? (Poll)

When it is not okay for men to cry:

1. When your favorite sport team loses. (Frustration)
 2. When those around you are looking to you as a source of calmness and strength. (Must exist for others)
 3. To the point of irrational thinking when you have a job to do. (Job>happiness)
 4. When you don't get your way. (Frustr.)
 5. When you're frustrated.
 6. In baseball. (There's no crying in baseball.)
- (Taken from ArtofManliness.com)



What can we do about it?

- ▶ Do not define manhood for the children around us
- ▶ Stop saying “be a man”
- ▶ Encourage strength, and protection, but also vulnerability and openness
- ▶ Teach body autonomy at all ages
- ▶ Call others out on stereotypical/violent language