
Toxic Masculinity And Gender Roles



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Becoming Aware of Differences

- ① When did you first become aware of differences between the sexes?
- ② When did you first become aware of differences in race?
- ③ When did you first become aware of differences in sexualities?
- ④ When did you first become aware of differences in class?
- ⑤ When did you first become aware of differences in abilities in people?



What is Toxic Masculinity?

Toxic masculinity is not a description of masculinity itself, rather a description of gendered behavior that occurs as a result when expectations of manhood “go wrong”

**What are some of the
expectations of manhood?**



THE MAN BOX

Do not cry openly or express emotion
(except anger)

Do not express weakness or fear
Demonstrate power and control
(especially over women)

Aggression - Dominance

Protector

Do not be 'like a woman'

Heterosexual

Do not be 'like a gay man'

Tough/Athletic/Strength/Courage

Makes decisions - does not need help

Views women as property/objects

The Suppression of Emotion

- Men are allowed 3 emotions:
 - Anger, Contempt, and Pride
- Men become easily frustrated while speaking about their feelings because of a narrow range of emotions
- Men are “ideally” emotionless
- Men expressing feelings other than the 3 aforementioned emotions are labeled as being “Gay” or “Feminine”



Misogyny



Super He Bro





1. Gender Performance

→ **Preschool**

Children at this age begin to learn how to “perform” gender

→ **Middle School + High School**

Demonstration of heterosexuality and dominance over girl's or women's bodies to claim masculine power and identity

→ **Repetition**

The performance of masculinity is repeated for others to take notice, and only from this acknowledgement will they become confident in their own masculinity

Masculinity Ideals - Diversity

Black Men: rough hands, hard physical labor, and muscular physique

White Men: wealth, able to provide for family, well established career, high social standing

Latino Men: hard worker, head of household, sex appeal
“latino heat”

Asian Men: largely de-sexualized in the media, and labeled as “feminine”



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Let's Talk About Sex...

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**What do you do to stay
safe?**

Violence Towards Others

-Some men seek to affirm their masculinity by dominating other's bodies through physical and sexual assault

In the United States

-1 in 3 women (36.3%) and nearly 1 in 6 men (17.1) have experienced sexual violence in their lifetime

-1 in 5 women (19.1% or an estimated 23 million) have experienced completed or attempted rape

- About 1 in 17 men (5.9% or an estimated 6.8 million) were forced to penetrate someone else at some point in their lives with reportable state estimates ranging from 5.3% to 10.6%

THE SEXUAL VIOLENCE CONTINUUM

DEATH

RAPE

Many survivors of sexual violence are orally, vaginally, or anally penetrated. This type of sexual violence may or may not include other types of physical violence.

SEXUAL ASSAULT/ABUSE

Often sexual assault survivors are not penetrated but are forced to engage in sexual acts. They may also be forced to watch others do so or watch pornography.

SEXUAL HARASSMENT

This type of sexual violence is a pattern of unwanted or uninvited sexual attention that is aimed at coercing someone to do or act in a way the harasser wants. This may include verbal and/or physical acts.

UNWANTED SEXUAL TOUCH

This type of sexual violence is blatant or implicated touching in a sexual manner. This may include: fondling, grabbing of sexual body parts, and forced or coerced kissing.

INVASION OF SPACE

This type of sexual violence is perpetrated by violating a person's sense of safety in a sexual context. This may include jokes, catcalls, obscene phone calls, leering at a sexual body part, "accidentally" rubbing up against someone, and voyeurism.

INDIVIDUAL BELIEF SYSTEM THAT JUSTIFIES AGGRESSION

This is the way people think about sexual norms and gender roles. This may include beliefs such as the notion that if one buys the other dinner the other person "owes" them sex, or the belief that only men can initiate sexual activity.

SOCIAL NORMS of ENTITLEMENT

Social norms are accepted behaviors, attitudes and beliefs that create an environment in which all individuals are not treated equally. These norms allow a person or group to have power over another. Violence is an act of taking away someone's power and it can only occur when social norms allow power differences between people. Some social norms include: portraying women and children as sexual objects versus full human beings, believing in strict gender or racial stereotyping, believing that victims are responsible for their own victimization.

Messaging Matters



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- Equal treatment of boys and girls**
- Discuss Sex, remove the silence, remove the taboo**
- Encourage expression in boys outside of anger, aggression, and violence**
- Stepping away from victim blaming and holding aggressors accountable**