



summer

WEBINAR SERIES

PLAN ✦ ENRICH ✦ REFLECT

TOXIC MASCULINITY AND THE SOCIALIZATION OF BOYS

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Toxic Masculinity & the Socialization of Boys

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Think about...

- What was your dad like growing up? What was his dad like?
- What were your brothers like and how did they treat their mom or their sisters?
- What were the guys like that you dated, the good ones and the bad ones?
- Share a story...



Agree or Disagree?

- We should boycott and stop making movies where male action heroes are violently killing others.
- Couples should discuss important decisions together, but the man should have the final word.
- Men should always pay, at least for the first date, and always be the one to open doors for woman.
- Men should be treated with respect.

Common Myths

- Guys are not as sensitive as girls
- Boys are stronger than girls
- Housework is women's work
- Gay men are guys who act like girls

Toxic Masculinity is not...

- Owning guns, hunting, and killing wild animals
- Being addicted to watching sports
- Breaking a girls heart
- Being a right wing Republican

Masculinity \neq Toxicity



What's the fine line between being masculine and it becoming toxic?

Toxic Masculinity (Defined by The Good Men Project)

Toxic masculinity is a narrow and repressive description of manhood, designating manhood as defined by violence, sex, status and aggression. It's the cultural ideal of manliness, where strength is everything while emotions are a weakness; where sex and brutality are yardsticks by which men are measured, while supposedly “feminine” traits—which can range from emotional vulnerability to simply not being hypersexual—are the means by which your status as “man” can be taken away.

Toxic masculinity becomes socially destructive with...

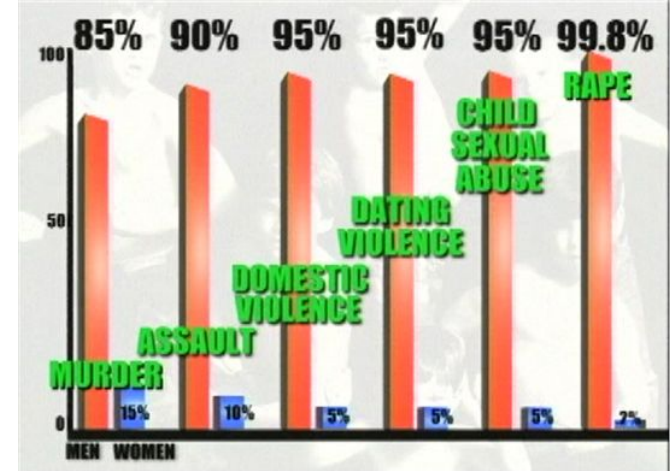
- Misogyny
- Sexual aggression, sexual assault, rape
- Homophobia
- Violence
- Bullying
- Greed
- Abuse, power, or control

Risk Factors to becoming hyper-masculine

- Exposure to violence at home
- Over exposure to violence in the media or community
- Lack of services addressing exposure to trauma/stress
- Social rejection among peers
- Modeled over sexualized attitudes and behaviors
- Social norms condoning male dominance and violence

Three Risks of Toxic Masculinity:

- Risk to women & children: violence in the home, sexually transmitted infections, and lack of shared responsibility in the home.
- Risk to other men: accidents, homicides and other violence.
- Risk to self: suicide, accidents, alcoholism and other addictions.



- Male suicide rate is four times that of woman (7 times higher during adolescence).
- 90% of prisoners in the United States are male.
- 90% of violent crimes are committed by men.
- 98% of mass shooters are men.
- 1 in 4 woman in United States, (1 in 3 in Utah), will experience some form of sexual violence from a male
- 38% of murders of women are perpetrated by a male intimate partner.

[illegible]

[illegible]

Socialization:

The process by which one adapts or conforms to the standards and expectations of a social group.



"We don't raise boys to be men. We raise them not to be women or gay men."

-Don McPherson, Former NFL player

Toxic Male Socialization:

- Suffer pain in silence
- Have no needs
- Never lose
- Show no emotions...other than rage
- Don't depend on anyone
- Don't do anything that could be construed as weakness

When it is okay for a man to cry?

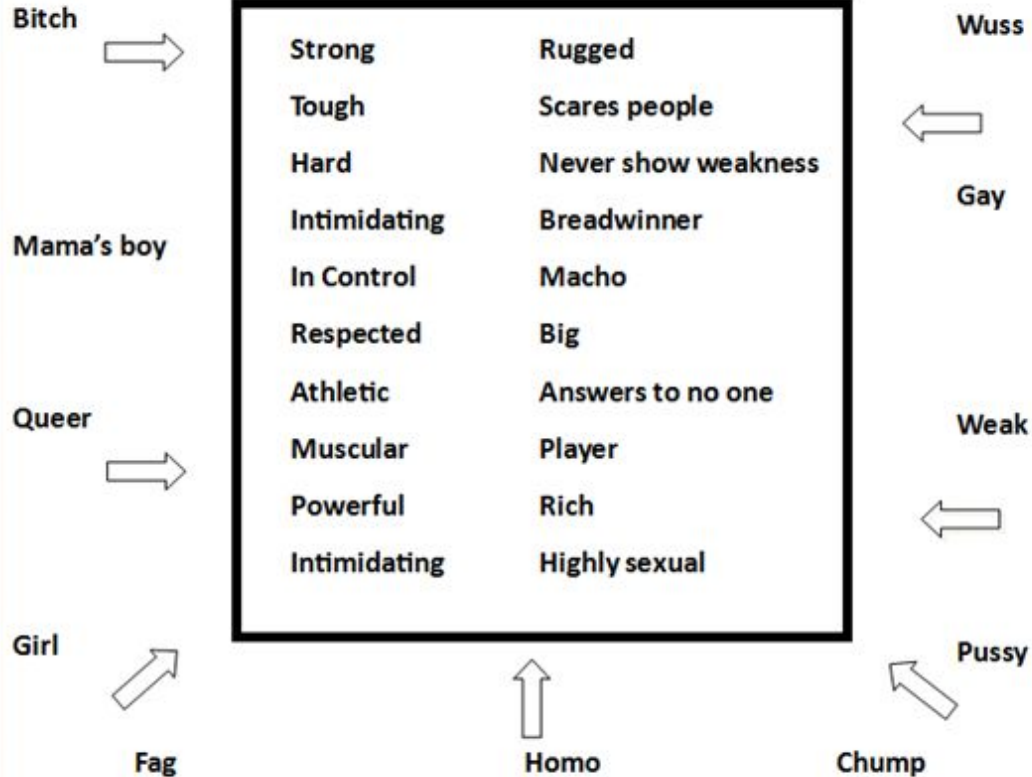
1. The death of a loved one.
2. The death of a pet.
3. When your car/truck is totaled.
4. When you propose to the love of your life and she says yes..(or no)
5. At the altar as you get married.
6. When you first see the new life you and your wife created - birth of children.
7. Visiting sites that pay tribute to those who laid down their lives for others.
8. Inspirational spiritual experience.
9. As an athlete, after the final game/match/event you will ever play.
10. While watching movies like Saving Private Ryan, Friday Night Lights, Braveheart etc.

When it is not okay for men to cry?

1. When your favorite sport team loses.
2. When those around you are looking to you as a source of calmness and strength.
3. To the point of irrational thinking when you have a job to do.
4. When you don't get your way.
5. When you're frustrated.
6. In baseball. (There's no crying in baseball.)

(Taken from ArtofManliness.com)

The "Man Box"



Psychological Effects

Alexithymia- An inability put emotions and feelings into words.

Empathy Deficit Disorder- Inability to understand what other people are feeling and what causes those feelings.

80% of North American Men suffer from forms of these conditions

-American Psychological Association



Four Results of Toxic Male Socialization:

- Poor Self-Esteem - can never measure up to the ideal
- Inadequate Emotional Maturity - keep emotions down
- Relational Deficiency - taught not to need others
- Externalization - acting out one's feelings with rage

Making masculinity less toxic is not...

- Man hating and man shaming - demonizing men
- Feminizing all men and forcing them to “get in touch with their feelings”
- Taking away all their hobbies they enjoy doing with other men
- Completely emasculating men

“We just believe that there is a disease process that goes on when we raise boys to cut off half of their humanity in order to pursue the pinnacle of masculinity.”

Masculopathy: Understanding and Healing The Malaise of American Manhood

Randy Flood

Prevention Strategies/Protective Factors

- Educate parents on the negative consequences of physical punishment and humiliation techniques
- Help parents create safe, nurturing, and healthy homes
- Teach boys how to relegate their emotions
- Create marketing campaigns and programs designed to challenge and modify toxic male social norms.

5 Ways Men can Challenge Toxic Masculinity

- Examine your unconscious biases
- Be more empathetic and fight for the rights of others
- Be transparent about your emotions and mental health
- Stop saying “Be a man”, or “Man Up!”
- Take a stand and be a role model - call others out

True masculinity should be...

- Confidence without narcissism
- Assertiveness without aggression
- Emotional sensitivity without passivity
- Being a servant leader or follower
- Being empathetic to everyone

MAN UP?

WHEN I SAY "I AM A MAN," SOME PEOPLE LAUGH OR SMIRK. TO THOSE THAT QUESTION MY VALIDITY, I SAY THIS: "JUST BECAUSE I DON'T POSSESS THE STEREOTYPICAL CHARACTERISTICS OF A MAN, DOES NOT MEAN THAT I AM ANY LESS OF A MAN. I AM A MAN, AND THAT'S NOT CHANGING ANYTIME SOON. SO MAYBE IT'S TIME YOU START TO ADJUST YOUR MINDSET OF WHAT A MAN TRULY IS. BECAUSE I AM A MAN."







summer WEBINAR SERIES

Plan

TOPIC: SUMMER DATA

APRIL 20 | PART 1

MAY 4 | PART 2

MAY 25 | PART 3

Enrich

JUNE 8 | LESSONS LEARNED FROM THE OUTDOORS

JUNE 22 | TOXIC MASCULINITY + SOCIALIZATION OF BOYS

JULY 6 | SELF-CARE IN AN EVER-CHANGING WORLD

JULY 20 | ANSWERING SENSITIVE QUESTIONS

Reflect

AUGUST 3 | FOLLOW UP AND SUMMER CELEBRATION!

ALL
WEBINARS
ARE AT
12:00 PM
MT



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