

HEALTHY VS TOXIC MACULINITY



HEALTHY MASCULINITY

“Healthy or positive masculinity is the idea that men can be emotionally expressive, have female friends or mentors, and express their emotions without feeling emasculated.”

Greenhillrecovery, 2021



TOXIC MACULINITY

“The need to aggressively compete and dominate others and encompasses the most problematic proclivities in men. These same male proclivities foster resistance to psychotherapy.”

Greenhillrecovery, 2021

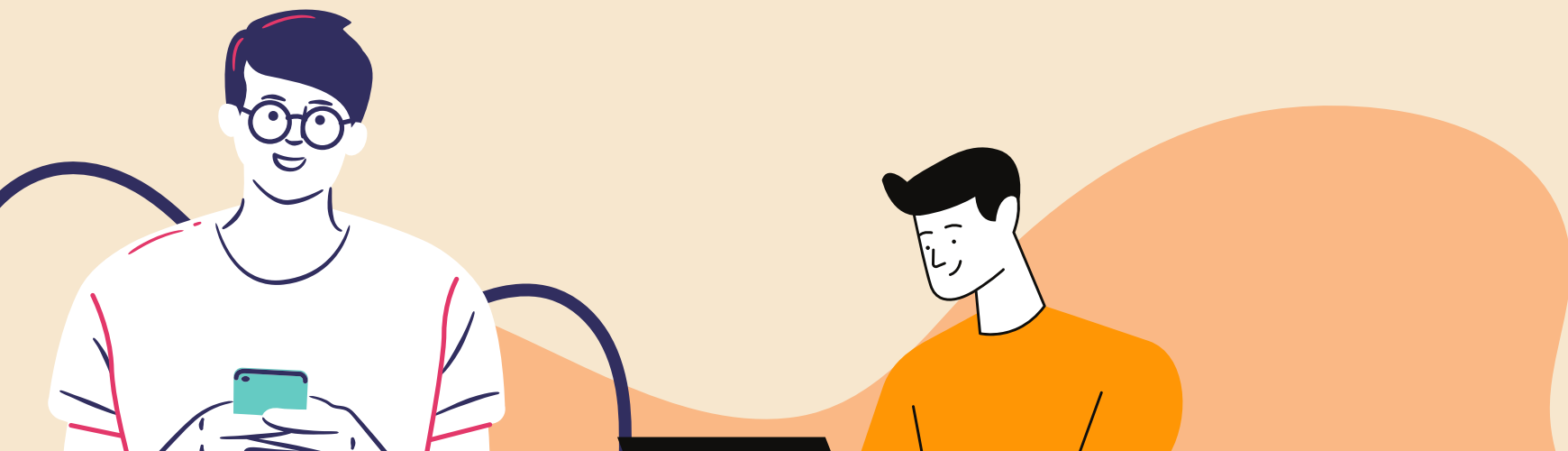


Healthy:

- ✓ Emotionally aware
- ✓ Leaning into vulnerability
- ✓ Love for self and others
- ✓ Recognize gender inequality
- ✓ Recognize having access to power

Toxic:

- ✓ Fear of emotions
- ✓ Sexual aggression/violence
- ✓ Anti-feminist behavior
- ✓ Unconditional physical aggression
- ✓ Hyper independence



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MEN DIE BY SUICIDE 3X MORE OFTEN THAN WOMEN. HOWEVER, THEY ARE LESS LIKELY TO SEEK PSYCHOLOGICAL HELP.

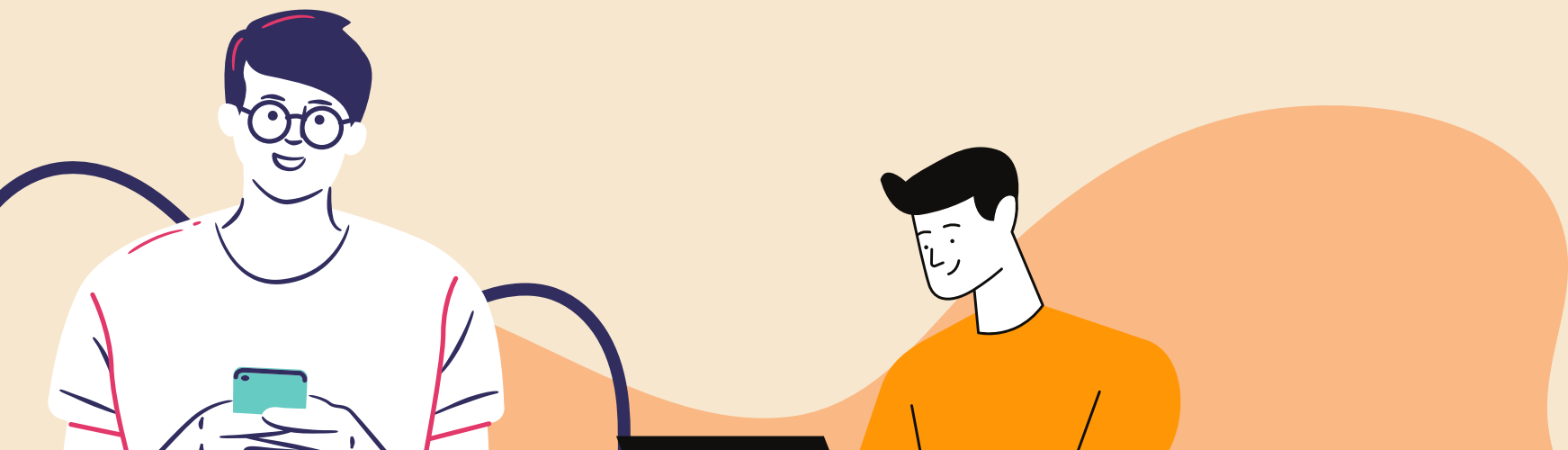
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MASCULINE IDENTITY INTERSECTS WITH RACE, CLASS, CULTURE, SEXUAL ORIENTATION, GENDER IDENTITY, AND A HOST OF OTHER IDENTITIES THAT VARY BY EACH INDIVIDUAL.

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Men who are more connected with their emotions will experience increased life satisfaction and self-esteem and decreased rates of mental health problems such as depression.

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WAYS TO REMOVE STEREOTYPES AND ENCOURAGE AUTHENTIC MASCULINITY:

Start with addressing disrespect

Encourage men to express their emotions

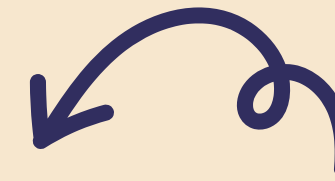
Encourage men to be compassionate and kind towards themselves and others

Listen to their experiences and validate their feelings

Check in with male friends

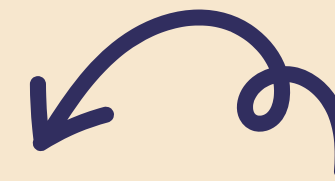
Men's Resource

Visit this website:
headsupguys.org



General Resource

Call Good2talk:
1-866-925-5454



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