

"Be a Man!"

Toxic Masculinity in our society



Università degli Studi di Padova

Gender EU
politics and
globalisation

Chiara Turconi
n° matricola
2027881

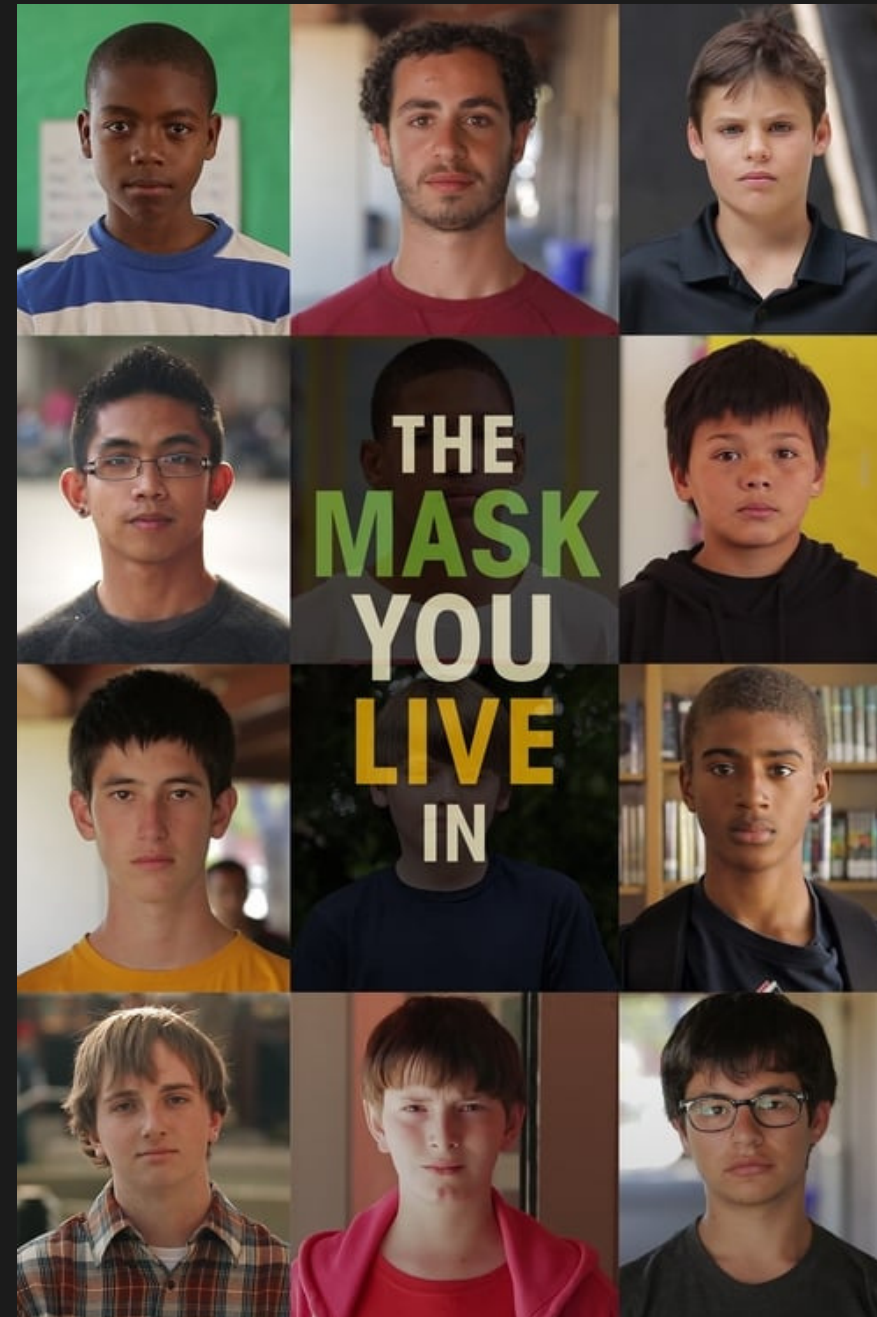
My starting point

<<Cry like a sissy!>>

<<Stop with the emotions!>>

<<Act like a Man!>>

<<Be strong!>>



Bullying

Rape

Aggression

Alpha male

Repression

Depression

Suicide

Homophobia

It's ok to be a womanizer

"The Mask you live in" by Jennifer Siebel, 2015.

Chapter one

What is masculinity?

When does masculinity become toxic?

The first chapter analyses the concept of masculinity taking into consideration the studies of some researchers, sociologists, psychologists and psychoanalysts; first of all Freud. From here, a step forward to get to the centre of my research: what is meant by toxic masculinity, when it occurs and through what process and means.

Chapter two

What are the effects of toxic masculinity?

The second chapter deals with the major consequences of toxic masculinity: repression of emotions and feelings, limits life options, distorted vision of women (more like an object to dominate and not like a human being), bullying, homophobia, fear of the diversity. Not only that, toxic masculinity also has strong impacts on mental health, on the increase in the use of drugs and alcohol (even in teenagers) and on the increase in violence.

Chapter 3

How do institutions and the community deal with this problem?

And what about Italy?

The third chapter focus on the role of the institutions and the community to fight against toxic masculinity. The 90s see the role of men and boys as central in relation to gender equality and in various conferences the issue is addressed as in the Fourth World Conference on Women in Beijing (1995) or directly by Unesco. Relevant are the various ICMEQ conferences (International Conference on Men and Equal Opportunities) held starting from 2012 which also dealt with the theme of masculinity.

Obviously, the community also plays an important role especially in Italy where it is the youth themselves and the birth of some associations such as "Maschile Plurale" who try to bring the problems linked to toxic masculinity to the attention of the institutions.

Chapter 4

What can we do to stop this phenomenon?

The chapter talks about a change necessary to reduce, and then eliminate, toxic masculinity from our society, a change that involves everyone.

Health and mental professionals must be aware of this phenomenon, the consequences it has in men and so they have to learn how to deal with it.

Parents should raise their children free of these stereotypes, loving them and supporting them in their choices and passions.

Men should be the first to recognize the existence of this type of masculinity, especially those who suffered from it as a young man, and promote a vision of healthy masculinity.

Sometimes also women, through unconscious attitudes, reinforce the idea of toxic masculinity.

An alliance between women and men it's needed to fight toxic masculinity.

« The problem with gender is that it prescribes how we should be rather than recognizing how we are. Imagine how much happier we would be, how much freer to be our true individual selves, if we didn't have the weight of gender expectations ».

Adichie, C.N. (2014). We Should All Be Feminists.

Inspiring speeches

- **"We should all be Feminists" by Adichie, C.N.** (https://www.youtube.com/watch?v=hg3umXU_qWc);
- **"Why I'm done trying to be Man enough" by Justin Baldoni** (<https://www.youtube.com/watch?v=Cetg4gu0oQQ>).;
- **"Toxic Masculinty: Thinking outside of the Man box" by Nathan Moore** (<https://www.youtube.com/watch?v=jY-m8M7wVGg>).

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***Thank you for your
attention!***