

What is traditional or hegemonic masculinity?

Society

Systemically -
Legislation, policies and procedures

- Culturally -**
- Messaging in education, public discourse, media
 - (Un)conscious bias
 - Prevalent Sexism
 - Normalisation of violence

Peer pressure -
Need to prove masculinity and heterosexuality

Reinforced or enforced

The Man Box

Self-sufficiency

Physical attractiveness

Rigid Masculine Gender Roles

Acting Tough

Aggression & Control

Heterosexuality & Homophobia

Hypersexuality

Being outside of, not conforming with the Man Box is not acceptable, and leads to stress, discrimination and stigma

Unwanted side effects

- Increased stress
- Increased risk of injury
- Poor health outcomes
- Shorter life expectancy
- Reduced range of options in life
- Worse quality of relationships
- Abuse & Violence

Men can find this view of masculinity limiting and oppressive



CUAN

An Ghníomhaireacht um Fhoréigean Baile,
Gnéasach agus Insebhunaithe
The Domestic, Sexual and
Gender-Based Violence Agency



**White Ribbon
Ireland**
Men Ending Gender-Based Violence

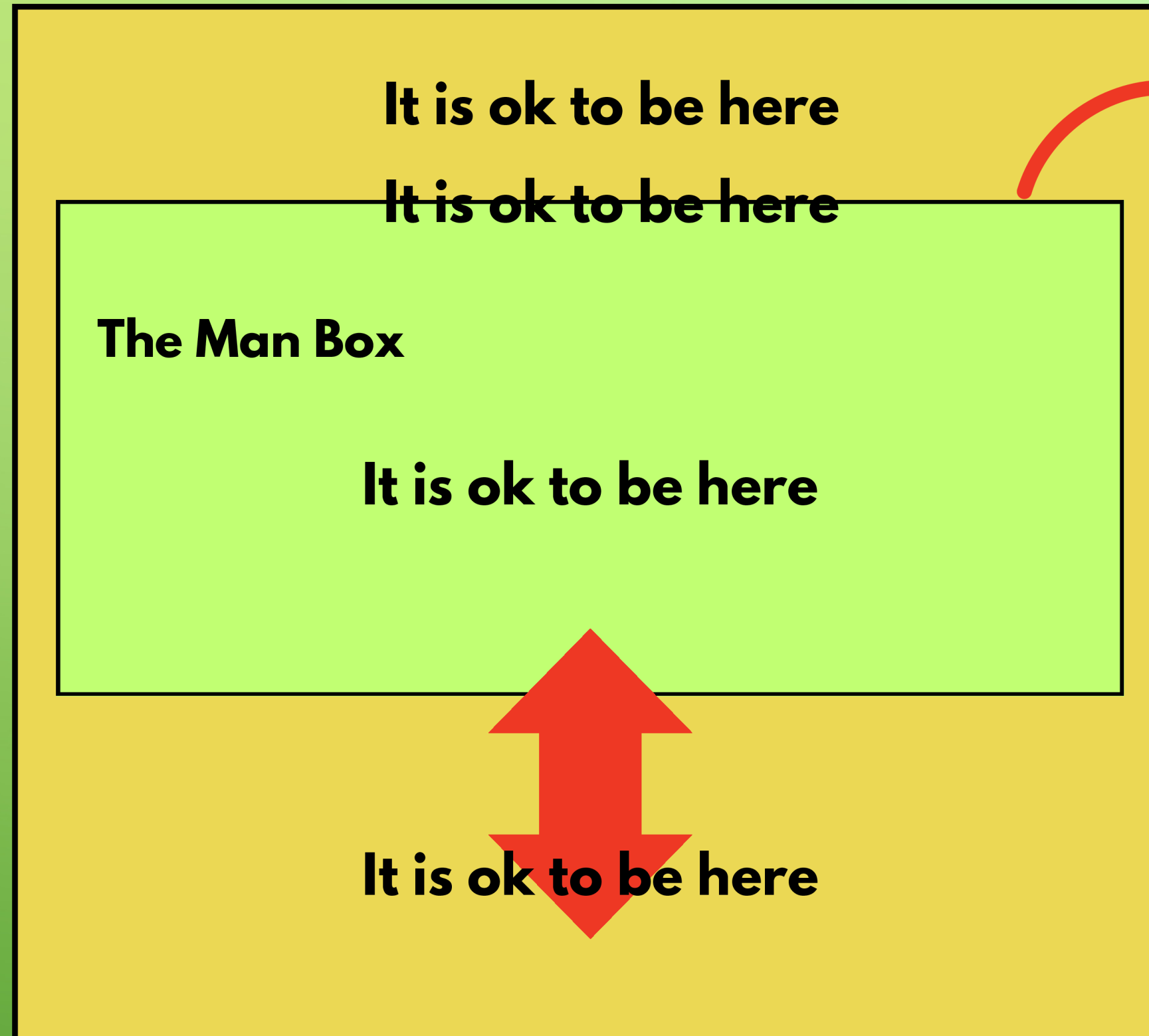
Transforming masculinities is a journey of self-discovery, it is counter-cultural

Society

There is no longer
a hierarchy of
masculinities

Masculinity is no
longer one size-
fits-all;
It is a spectrum of
options

Increased equality
and opportunities
for everyone



Reduced stress
Better health
More opportunities
Longer life
expectancy
Acceptance of
diversity

Can help men
feel more
empowered and
reach their full
potential



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