

The Men's Project

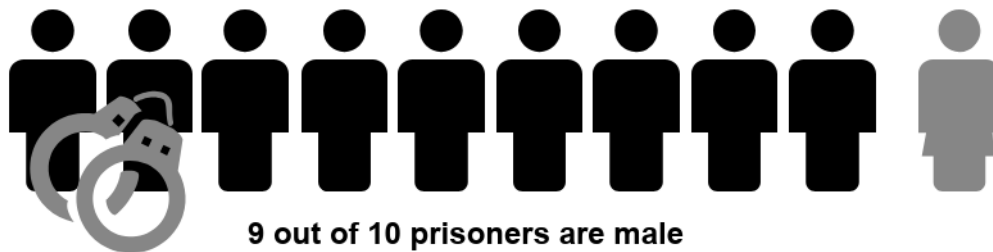
Driving positive change in attitudes towards masculinity to support men and boys be their best selves

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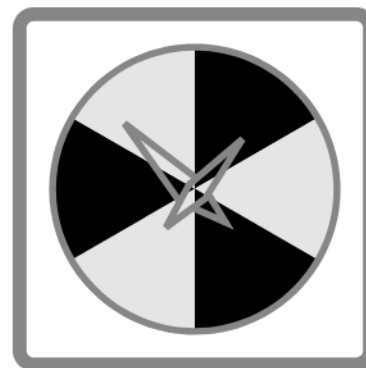
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We have a problem with our men and boys – not all of them, but too many

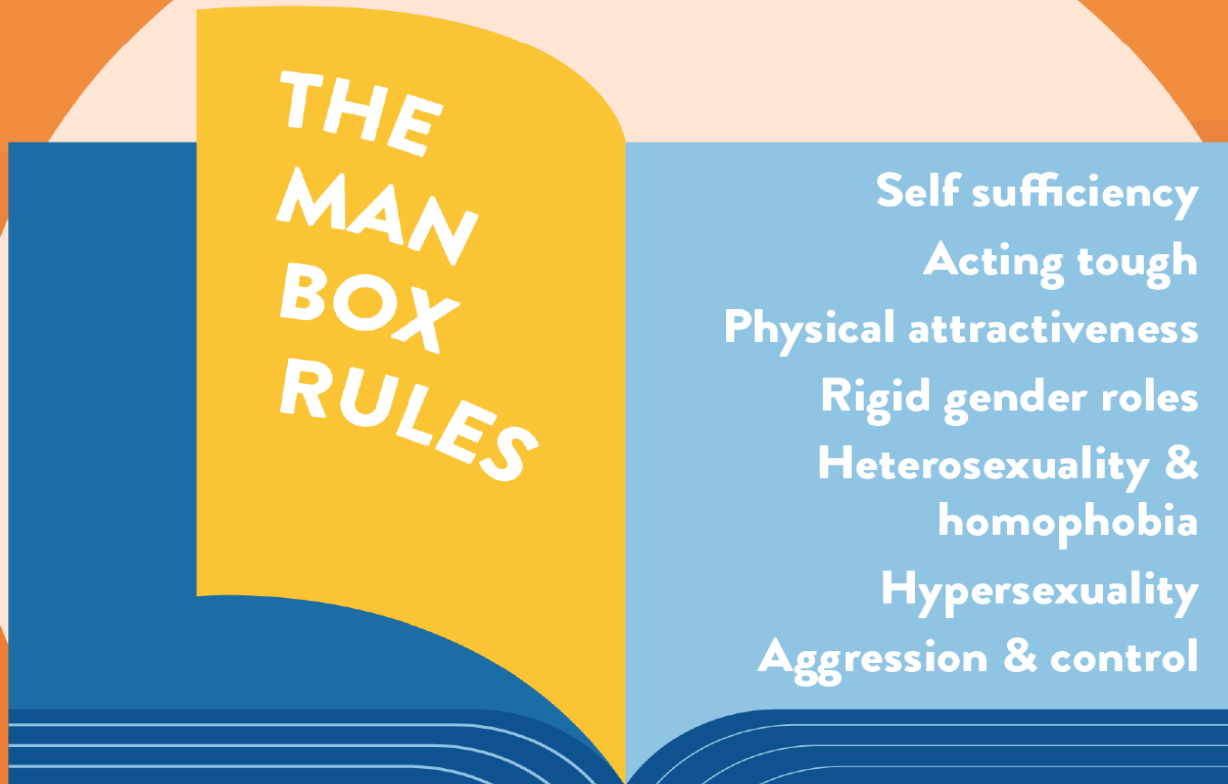


On average, every four hours a male suicides



95% of victims of violence - whether male or female - experience violence from a male perpetrator

The Man Box is the set of beliefs in society that place pressure on men to be a certain way.



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themanbox.org.au

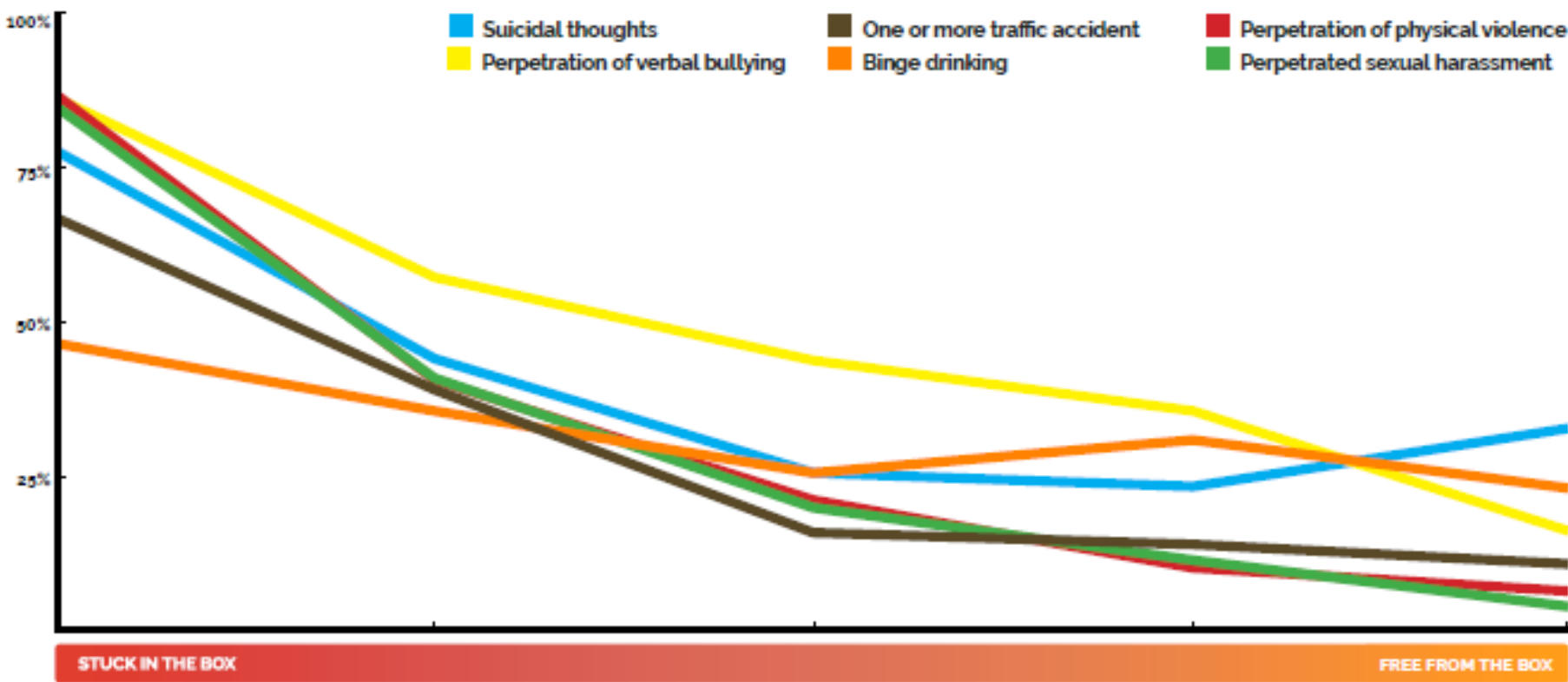
Findings from our Man Box research

<i>Percentage of respondents who agree or strongly agree that <u>“Society as a whole tells me that...”</u></i>	Man Box Rule	<i>Percentage of respondents who agree or strongly agree that <u>“In my opinion...”</u></i>
69%	Acting tough: E.g. Guys should act strong even if they feel scared or nervous inside.	47%
54%	Self sufficiency: E.g. Men should figure out their personal problems on their own without asking others for help.	27%
35%	Aggression and control: E.g. Men should use violence to get respect if necessary	20%
56%	Hypersexuality: E.g. A “real man” would never say no to sex.	24%
56%	Rigid gender roles: E.g. Men should really be the ones to bring money home to provide for their families, not women.	35%
48%	Physical attractiveness: E.g. A guy who spends a lot of time on his looks isn't very manly.	32%
47%	Heterosexuality and homophobia: E.g. A gay guy is not a “real man.”	28%



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Life in the Man Box



Two thirds of young men have been told that a
“real man” behaves a certain way.



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So what to do?

Community-wide discussions – e.g. modelling respect and equality

Build knowledge about attitudes – building on our initial Man Box work

Engage earlier with men and boys at risk – incorporating a focus on masculinities

Question, be curious and understand “what works”