

# Toxic Masculinity: The Crisis We've Created

Toxic masculinity is a set of harmful behaviors and attitudes that are associated with traditional notions of manhood. These behaviors and attitudes can include violence, domination, and the suppression of emotions. Toxic masculinity is a major problem that is harming men and women alike.



## The Man They Wanted Me to Be: Toxic Masculinity and a Crisis of Our Own Making by Jared Yates Sexton

★★★★☆ 4.6 out of 5

Language	: English
File size	: 757 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 266 pages



## The Causes of Toxic Masculinity

There are a number of factors that contribute to the development of toxic masculinity. These factors include:

- **Cultural norms:** Our culture often sends boys and men messages that they need to be tough, aggressive, and dominant. These messages can lead boys and men to believe that they need to

suppress their emotions and resort to violence to prove their masculinity.

- **Family dynamics:** Boys and men who are raised in families where violence and aggression are tolerated or encouraged are more likely to develop toxic masculine behaviors.
- **Peer pressure:** Boys and men who spend time with other boys and men who engage in toxic masculine behaviors are more likely to adopt these behaviors themselves.

## **The Consequences of Toxic Masculinity**

Toxic masculinity has a number of negative consequences for both men and women. These consequences include:

- **Violence:** Men who engage in toxic masculine behaviors are more likely to commit acts of violence, including domestic violence, sexual assault, and murder.
- **Mental health problems:** Men who engage in toxic masculine behaviors are more likely to experience mental health problems, such as depression, anxiety, and substance abuse.
- **Relationship problems:** Men who engage in toxic masculine behaviors are more likely to have relationship problems, including difficulty communicating with their partners and maintaining healthy relationships.

## **Solutions to Toxic Masculinity**

There are a number of things that we can do to address the problem of toxic masculinity. These solutions include:

- **Challenging cultural norms:** We need to challenge the cultural norms that promote toxic masculinity. This means teaching boys and men that it is okay to express their emotions, that violence is never acceptable, and that they do not need to conform to traditional notions of manhood.
- **Providing support for boys and men:** We need to provide support for boys and men who are struggling with toxic masculinity. This support can come from family, friends, therapists, and community organizations.
- **Creating a more just and equitable world:** We need to create a more just and equitable world for everyone, regardless of their gender. This means addressing the systemic inequalities that contribute to toxic masculinity.

Toxic masculinity is a serious problem that is harming men and women alike. However, there are a number of things that we can do to address this problem. By challenging cultural norms, providing support for boys and men, and creating a more just and equitable world, we can create a world where everyone can thrive.



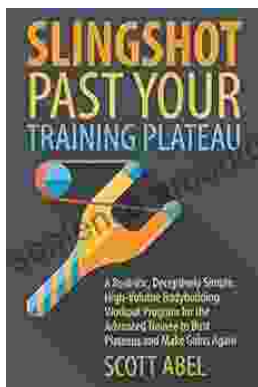
## The Man They Wanted Me to Be: Toxic Masculinity and a Crisis of Our Own Making by Jared Yates Sexton

★★★★☆ 4.6 out of 5

Language : English  
 File size : 757 KB  
 Text-to-Speech : Enabled  
 Screen Reader : Supported  
 Enhanced typesetting : Enabled  
 X-Ray : Enabled  
 Word Wise : Enabled  
 Print length : 266 pages

FREE

DOWNLOAD E-BOOK



## **Unlock Your Muscular Potential: Discover the Revolutionary Realistic Deceptively Simple High Volume Bodybuilding Workout Program**

Are you tired of bodybuilding programs that are overly complex, time-consuming, and ineffective? Introducing the Realistic Deceptively Simple High Volume Bodybuilding...



## **Dominate the Pool: Conquer Performance with the DS Performance Strength Conditioning Training Program for Swimming**

As a swimmer, you know that achieving peak performance requires a comprehensive approach that encompasses both in-water training and targeted...