

## Essay:

### Men will be Men

#### • OUTLINE:

- 1). Introduction:
  - a). Definition of the phrase "Men will be Men".
  - b). Brief history of the phrase and its use in popular culture.
  - c). Explanation of why the phrase is controversial.
- 2). The Gender Binary and Toxic Masculinity:
  - a). Definition and explanation of the gender binary and how it contributes to toxic masculinity.
  - b). Definition of toxic masculinity and its impact on men and society.
  - c). Examples of toxic masculinity in popular culture and media.
- 3). The Effect of toxic masculinity on Men:
  - a). Discussion of the negative effects of toxic masculinity on men's mental and physical health.
  - b). Examination of how toxic masculinity contributes to violence against women and other marginalized groups.
  - c). Analysis of how toxic masculinity perpetuates gender inequality and reinforces harmful stereotypes.
- 4). The Role of Patriarchy in Toxic Masculinity:
  - a). Explanation of the concept of patriarchy and how it contributes to toxic masculinity.
  - b). Discussion of how patriarchal systems reinforce gender roles and expectations.

c). Examination of how patriarchy reinforces power imbalances between men and women.

5). The importance of Challenging Toxic Masculinity:

a). Analysis of how challenging toxic masculinity can benefit men and society as a whole.

b). Discussion of how men can challenge toxic masculinity through self-reflection, education, and activism.

c). Examination of how society can challenge toxic masculinity through policy changes and cultural shifts.

6). Conclusion:

a). Summary of key points.

b). Reflection on the importance of challenging toxic masculinity.

c). Call to action for men and society to work towards a more equitable and just future.

## MEN Will BE MEN:-

The phrase "Men will be men" is often used to excuse or justify certain behaviors that are considered typical or expected of men. These behaviors can range from harmless quirks to more problematic actions that perpetuate harmful gender stereotypes. For example, some people might use this phrase to explain why men are more likely to engage in risky behaviors like extreme sports or substance abuse. Others might use to

excuse sexist jokes or objectification of women. While it's important to recognize that not all men behave this way, the phrase "men will be men" can be harmful when it's used to justify harmful or problematic behavior.

The phrase "Men will be men" has been around for decades, and its origins are unclear. Some people believe that it comes from a traditional view of masculinity that emphasizes strength, aggression, and dominance. Others think that it's a more recent invention that reflects changing attitudes toward gender roles and expectations. Regardless of its origin, the phrase has become a common part of popular culture, appearing in everything from advertisements to TV shows to social media memes. While some people use it in a lighthearted or humorous way, others see it as a reflection of harmful gender stereotypes that perpetuate inequality and discrimination. (WWW.NPR.COM, MEN ARE STRUGGLING). As a result there is ongoing debate about the appropriateness and accuracy of the phrase, as its use continues to be a topic of discussion in many different contexts.

This phrase is controversial because it perpetuates harmful gender stereotypes and reinforces the idea that certain behaviors are inherent to men.

This can lead to a range of negative consequences, including discrimination, harassment, and violence against women. Additionally, the phrase can be used to excuse or justify problematic behavior, such as objectification, aggression, or infidelity. By suggesting that men are not responsible for their actions, the phrase undermines the idea of personal accountability and reinforces the idea that men are entitled to behave in certain ways.

As a result, people argue that the phrase is problematic and should be avoided in order to promote more positive and equitable attitudes towards gender and relationships.

The society trapped the people in gender binary. The gender binary is a system of thought that divides all people into two distinct and mutually exclusive categories: male and female. This system is based on biological sex and assumes that gender is fixed and un-changing characteristic that is determined by one's anatomy at birth. The gender binary is a social construct that has been used to reinforce traditional gender roles and expectations, and it can contribute to toxic masculinity in a number of ways. For example, the gender binary can create a sense of competition and hierarchy between men, as they are

expected to conform to rigid standards of masculinity in order to prove their worth and dominance. This can lead to behaviors like aggression, violence, and objectification of women, as men seek to assert their dominance and prove their masculinity. Additionally, the gender binary can lead to feelings of shame and inadequacy among men who do not conform to traditional gender roles, which can contribute to mental health issues and other negative outcomes. Overall, the gender binary is a problematic construct that can contribute to toxic masculinity and other forms of gender-based discrimination and inequality.

Toxic masculinity refers to the harmful attitudes and behaviors that are often associated with traditional masculinity. These include things like aggression, dominance, and emotional repression, as well as negative attitudes toward women, homosexuality, and other marginalized groups. The impact of toxic masculinity on men and society is significant and far-reaching. Men who conform to traditional masculine norms may feel pressure to suppress their emotions, avoid seeking help when they ~~are~~ need it, and engage in risky or violent behaviors. This can lead to mental health problems, substance abuse, and other negative outcomes. At the same

time, toxic masculinity can contribute to a culture of sexism, harassment, and violence against women and other marginalized groups. By promoting harmful stereotypes and attitudes about genders, toxic masculinity can perpetuate inequality, discrimination, and oppression. Addressing toxic masculinity is an important step toward creating a more just and equitable society for all people.

Toxic masculinity is a pervasive problem in our society that can be seen in many aspects of popular culture. From movies and TV shows to music and advertising, harmful stereotypes and attitudes about genders are often reinforced and perpetuated. Examples of toxic masculinity in popular culture include movies like "Fight Club", which glorify violence and promote a narrow and harmful view of masculinity. TV show like "Mad Men" often reinforce negative stereotypes about genders and relationships, while music and advertising can objectify women and promote unrealistic and unhealthy expectations of masculinity. While some artists and media creators have used their platforms to challenge these stereotypes and promote more positive attitudes toward genders and relationships, many others continue to perpetuate harmful messages that can contribute to a culture of sexism,

harrassment and violence.

Toxic masculinity can have a significant negative impact on men's mental and physical health. Men who conform to traditional masculine norms may feel pressure to suppress their emotions, which can lead to mental health problems like depression, anxiety, and substance abuse. Additionally, men who feel they must always be in control and avoid showing vulnerability may struggle with intimacy and relationships, leading to feelings of loneliness and isolation. This can, in turn, contribute to physical health problems like heart disease, obesity, and other chronic illnesses. Toxic masculinity can also contribute to risky or violent behaviors, which can have serious physical consequences. Men who feel that they must prove their masculinity through aggression or dominance may be more likely to engage in fights, risky sexual behaviors, and other dangerous activities. This can lead to injuries, sexual transmitted infections, and other health problems. In general, the negative effects of toxic masculinity on men's mental and physical health are significant and far-reaching. By promoting harmful stereotypes and attitudes about genders, toxic masculinity can perpetuate inequality, discrimination, and oppression, and prevent men from living healthy, fulfilling lives. It is important for individuals, communities,

and society as whole to work to address these issues and promote more positive and equitable attitudes toward gender and relationships.

Toxic masculinity contributes to violence against women and other marginalized groups in several ways. Firstly, men who conform to traditional masculine norms may believe that they are entitled to power and control over women, and may use violence as a means of asserting that power. This can lead to domestic violence, sexual assault, and other forms of gender-based violence. Second, toxic masculinity can contribute to a culture of objectification and dehumanization of women and other marginalized groups. By promoting harmful stereotypes and attitudes about gender and sexuality, toxic masculinity can create an environment in which it is acceptable to treat women and other marginalized groups as objects rather than as human beings with their own agency and dignity. This can lead to sexual harassment, street harassment, and other forms of gender-based violence. Third, toxic masculinity can contribute to a culture of silence and complicity around gender-based violence. Men who conform to traditional masculine norms may feel pressure to remain silent about violence against



women, or to participate in behaviors that normalized or excuse such violence. This can make it difficult for victims to come forward and seek help, and can perpetuate a cycle of violence and abuse. Specifically, toxic masculinity is a significant contributor to violence against women and other marginalized groups.

Addressing these issues requires a commitment to challenging harmful stereotypes and attitudes about gender, promoting healthy relationships and communication, and creating a culture of respect and equality for all people.

Toxic masculinity perpetuates gender inequality and reinforces harmful stereotypes in several ways. First, it promotes the idea that there is a single, "correct" way to be a man, and that men who do not conform to traditional norms are weak or inferior. This can create a culture in which men are discouraged from expressing emotions, seeking help, or engaging in behaviors that are seen as "feminine". This reinforces the idea that men are supposed to be dominant, aggressive, and unemotional. Second, toxic masculinity can lead to a culture of violence and aggression, in which men are encouraged to use violence as a means of asserting their power and control. This can create an environment in which women and other

marginalized groups are seen as objects to be dominated and controlled, rather than as equal partners in relationships and society. Third, toxic masculinity can contribute to a culture of silence and complicity around gender-based violence. Men who conform to traditional masculine norms may feel pressure to remain silent about violence against women, or to participate in behaviors that normalize or excuse such violence. This can make it difficult for victims to come forward and seek help, and can perpetuate a cycle of violence and abuse.

Patriarchy is a social norm or system where men hold primary power and authority, which contributes to toxic masculinity. It reinforces the idea that men should be dominant, aggressive, and unemotional, while women should be submissive, nurturing, and emotional. Patriarchy can lead to a culture of violence and aggression, where men use violence as a means of asserting power and control, and women are seen as objects to be dominated. It can also create a culture of privilege and entitlement among men, leading to gender-based violence. Addressing these issues requires challenging harmful stereotypes and attitudes about gender, promoting healthy relationships and communication, and creating a culture of respect and equality for all people. Patriarchal systems reinforce gender

roles and expectations by promoting the idea that men and women have different roles to play in society. Men are supposed to be a dominant, aggressive and unemotional, while women are supposed to be a weak and emotional. These gender roles are reinforced through socialization, with children being taught from a young age what is expected of them based on gender. For example, boys are encouraged to play with toys that promote aggression and dominance, while girls are encouraged to play with toys that promote nurturing and domestic skills. Patriarchal systems also reinforce gender roles through institutional practices, such as laws and policies that discriminate against women. For example, in many countries, women are not allowed to own property or inherit from their families. This reinforces the idea that women are not capable of managing their own affairs and need to be taken care of by men. Therefore, patriarchal systems reinforces gender roles and expectations by promoting the idea that men and women are fundamentally different and that they have different gender roles to play in society. This can limit the opportunity available to both men and women, and can contribute to gender-based discrimination and violence. Patriarchy reinforces power imbalance

between men and women, by promoting the idea that men are inherently superior to women. This can lead to men holding primary power and authority in society, while women are relegated to subordinate roles. Patriarchy reinforces this power imbalance through socialization, institutional practices, and cultural norms. Patriarchy socializes men and women differently, with boys being taught to be dominant and aggressive, while girls are taught to be submissive and nurturing. This reinforces that idea that men should hold power and authority while women should be subordinate. Also patriarchy can reinforce power imbalance through institutional practices, such as rules, policies, law etc that discriminate against women. Patriarchy reinforces imbalance through cultural norms that promote the idea that men should be dominant and women should be submissive. This can lead to men holding more power and authority in relationships and other social contexts. Collectively, patriarchy reinforces power imbalance between men and women by promoting the idea that men are inherently superior to women. This can limit the opportunities available to women and can lead to gender-based discrimination and violence. Addressing these issues requires challenging harmful stereotypes and attitudes about

gender, promoting healthy relationships and communication, and creating a culture of respect and equality for all people.

Challenging toxic masculinity can benefit men and society as a whole by promoting healthier relationships and reducing violence and aggression. For example, men who are taught to be emotionally expressive and empathetic are better able to communicate their feelings and needs, which can lead to more fulfilling relationships. Additionally, men who are less constrained by harmful stereotypes and attitudes may be more likely to seek help when they are struggling with mental health issues or other challenges. In terms of society, promoting positive, supportive relationships can help to build stronger communities and promote social cohesion. For instance, men who are less likely to engage in violent or aggressive behavior can contribute to a safer, more peaceful society. As a whole, challenging toxic masculinity requires promoting positive, supportive attitudes about what it means to be a man, and creating a culture of empathy, compassion, and respect for all people. Men can challenge toxic masculinity through self-reflection, education, and activism. Self-reflection involves examining one's own attitudes and behaviors to identify harmful stereotypes and attitudes.

For example, a man might reflect on his tendency to dismiss emotions as "weak" and work to become more emotionally expressive and empathetic. Education involves learning about harmful stereotypes and attitudes and how to challenge them. For instance, a man might read books or articles about toxic masculinity and attend workshops or seminars on the topic. Activism involves working to promote positive, supportive attitudes about what it means to be a man and challenging harmful stereotypes and attitudes in the wider culture. For example, a man might participate in a campaign to raise awareness about domestic violence or work with a community organization to promote positive, supportive relationships. So, men can challenge toxic masculinity by engaging in self-reflection, education, and activism to promote healthier relationships and reduce violence and aggression.

Society can challenge toxic masculinity through policy changes and cultural shifts. Policy changes can include laws and regulations that promote gender equality and challenge harmful stereotypes and attitudes. For example, policies that promote paternity leave can encourage men to take an active role in parenting and

challenge the stereotype that caregiving is solely a women's responsibility. Additionally, policies that promote education and awareness about toxic masculinity can help to create a culture of empathy, compassion, and respect for all people. Cultural shifts can involve changing attitudes and beliefs about what it means to be a man. For example, media and entertainment can play a role in promoting positive, supportive attitudes about masculinity. Additionally, schools and community organizations can work to promote positive, supportive relationships and challenge toxic masculinity by promoting policies and cultural shifts that promote gender equality, empathy, compassion, and respect for all people.

This phrase "men will be men" often implies that men are inherently aggressive, competitive, and insensitive. This phrase perpetuates harmful stereotypes and attitudes about masculinity, which can contribute to violence, aggression, and the marginalization of women and other groups. It is important to challenge these stereotypes and promote positive, supportive attitudes about what it means to be a man. Men can challenge toxic masculinity through self-reflection, education, and

activism, while society can challenge toxic masculinity through policy changes and cultural shifts.

Challenging toxic masculinity is important because it promotes healthier relationships and reduce violence and aggression. Toxic masculinity can lead to harmful stereotypes and attitudes about what it means to be a man, which can contribute to a range of negative outcomes, such as domestic violence, bullying, and social isolation. Additionally, toxic masculinity can prevent men from seeking help when they are struggling with mental issues or other challenges.

By challenging toxic masculinity, men can become more emotionally expressive and empathetic, which can lead to more fulfilling relationships and better mental health outcomes. Society can also benefit from promoting positive, supportive attitudes about what it mean to be a ~~man~~ man, as this can help to build stronger communities and promote social cohesion. Ultimately, challenging toxic masculinity requires a commitment to promoting positive, supportive attitudes about masculinity and creating a culture of empathy, compassion, and respect for all people.

It is time for men and society to work towards a more equitable and just future. Men can challenge toxic masculinity by engaging in self-reflection



education; and activism to promote healthier relationships and reduce violence and aggression. Society can challenge toxic masculinity by promoting policies and cultural shifts that promote gender equality, empathy, compassion, and respect for all people. We must all work together to create a culture of empathy, compassion, and respect for all people, regardless of gender, race, ethnicity, religion, or sexual orientation. Let's challenge harmful stereotypes and attitudes about what it means to be a man and work towards building stronger, more supportive communities for everyone. This is in our hands, and it's up to us to create a more equitable and just world.