

“Am I My Brother’s Keeper:
Healthy Masculinity of High School and
College Young Men?”

North American Association for Christian Social Workers

Dr. Anthony C. Hill, Ed.D, MSW

November 8, 2019

Indianapolis, IN

Overview for this Afternoon

- Am I My Brother's Keeper? Significance of the title of today's workshop?
- Discuss what does it mean to be a man in today's society?
- What does God say about being a man?
- We are going to discuss masculinity and healthy forms of being a man.
- Through discussion of your personal and professional experiences, the watching of several video clips pertaining to masculinity, we will have a fun and engaging afternoon!
- Prayer

Healthy Masculinity

- The Bible advises us to be concerned with the plight of others.
- “Not looking to your own interests but each of you to the interests of the others.”
Philippians 2:4 NIV

Toxic Masculinity in the Bible

- Cain killing his brother Abel (Genesis 4:3-9)
- Prodigal Son – Riotous living (Luke 15:11-32)
- Parable of the Rich Fool – Eat, drink and be merry (Luke 12:13-21)
- David and Uriah's wife Bathsheba (2 Samuel 11:1-17)
- David's son Amnon raped his sister Tamar (2 Samuel 13:1-29)

Why This Topic is So Important?

"The measure of any society, is how it treats its women and girls."

Michelle Obama

"For these are all our children, we will profit from or pay for whatever they become."

James Baldwin

Healthy Masculinity

- Create in me a clean heart Image
- Psalm 51:10

Healthy Masculinity

- Joseph and Potiphar's Wife (Genesis 39:1-23)
- No one is greater in this house than I am. My master has withheld nothing from me except you, because you are his wife. **How then could I do such a wicked thing and sin against God?** Genesis 39:9

“Man Up and Be A Man”

Critical conversations about:

- What does this mean?
- What are the hidden costs of being a man?
- How do young men take care of themselves physically, emotionally and deal with the complexities of relationships, education, and navigating societal demands of becoming a mature, healthy and responsible young adult?

Why This Topic is So Important?

Educating young men about being healthy, respectful young men.

Addressing issues of violence against women, sexual assault, sexual harassment, bullying and many other social ills.



Gender Roles Fostering Toxic Masculinity

- Don't talk to anyone about issues, problems, challenges
- You are weak if you ask for help
- Be strong, man up, be emotionless except for showing anger (don't cry)
- Video of Amir Collins getting a shot

<https://www.youtube.com/watch?v=0Z2Km5V5ekc>

Toxic Masculinity: “Be a Man/Man Up”

- Afforded value and worth as a man if you have:
- Multiple women – Body Count, be a player
- Athletic Ability in Sports – Strength, size, proficiency
- Thinking that the amount of money, power, fame makes a person great (integrity, character)

Toxic Masculinity: “Be a Man/Man Up”

- Isolation, lack of meaningful relationship with other men
- Medicate the pain through the use of alcohol, drugs, sex, materialism, pornography to deal with feelings of not being man enough
- Violence – unprocessed grief, domination, exploitation, bullying of others

Who Will Cry for the Little Boy
Antwone Fisher Movie Clip (1:47)

<https://www.youtube.com/watch?v=eJ7RtX1UyhM>

Is there something wrong with men?

- Is there a shortage of good men?
- What is your definition of a good man?
- Would you consider yourself a good man?
- What's wrong with men?
- How do you feel about the sentiment of something is wrong with being male in today's society?



Raise Your Hand If You Have Ever...

- Been disrespected by an adult
- Worried you were not tough enough
- Been told to act like a man
- You are too sensitive
- Forced to fight someone
- Have hidden physical pain

Raise Your Hand If You Have Ever...

- Have hidden emotional pain
- Stopped yourself from showing affection, emotion, hugging or touching
- Drank or did drugs to cover feelings or hide pain
- Been afraid of your anger
- Did something you didn't want to in order to fit in the crowd

Raise Your Hand If You Have Ever...

- Said that someone was acting gay
- Called another male a faggot
- Called another male a pussy
- Called another male a sissy, wuss
- Called another male a B\$#%^&

Raise Your Hand If You Have Ever...

- Become more knowledgeable about sexual assault
- I know what consent is and isn't
- Played with dolls
- Played dress up
- Confided with my friends about my troubles or worries

Tough Guise: Violence, Media & the Crisis in Masculinity (6:52)

- <https://www.youtube.com/watch?v=3exzMPT4nGI>
- Violence as a cultural norm
- Statistics on murder, assault, intimate partner violence, dating violence, child sexual abuse, and rape
- High rates of men inflicting pain and suffering on themselves and others
- The front, mask, bad boy, tough guise as a survival mechanism; at what cost?
- Damage in being a decent human being? What type of relationships would you want for your mom, sisters, daughters?

How Would You Respond?

- If a girl came from behind you and grabbed your butt?
- Is this assault?
- Can a man be sexually assaulted?
- Would your actions or thoughts change if she was attractive?
Unattractive?
- What if the roles were reversed and a guy touches a girl?

Boxer Kisses Reporter

- https://www.youtube.com/watch?v=U873Q1d_oMA
- Is this an example of toxic masculinity?
- Is this assault?
- What do you think of her response?
- Would your views change if she reacted negatively?
- What are some reasons why she would not protest?

The Collective Socialization of Manhood

Women viewed as

Less Value + Property + Objectification = Violence Against Women

From Call to Men Community Training Institute 2019

Affirmative Consent

Affirmative Consent is a knowing, voluntary, and mutual decision among all participants to engage in sexual activity. Consent can be given by words or actions, as long as those words or actions create clear permission regarding willingness to engage in the sexual activity. Silence or lack of resistance, in and of itself, does not demonstrate consent. The definition of consent does not vary based upon a participant's sex, sexual orientation, gender identity, or gender expression.

Determining Consent

- Mutual?
- What was the context?
- Force?
- Verbal, non-verbal
- Revoked at any time
- Informed?
- Voluntary or coerced



We Believe: The Best Men Can Be (Gillette Short Film)

- <https://www.youtube.com/watch?v=koPmuEyP3a0&t=4s>

Healthy Masculinity

- Not stomping out men; emasculating men and want to acknowledge that men do have positive masculine traits.
- I am here to invite men, not indict men!
- Bottom line is to protect girls and women from violence and sexual assault and for girls and women to be treated as equals.
- What are some healthy traits we want from boys and men?

A CALL TO MEN

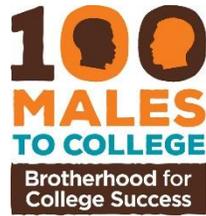
The Next Generation of Manhood



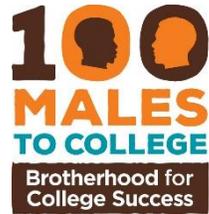
100 Males to College and Ropes Course at Springfield College



100 Males to College and Ropes Course at Springfield College



100 Males to College and Ropes Course at Springfield College



Healthy Masculinity

- Leadership
- Integrity
- Express and be in touch with feelings
- Freely express yourself emotionally
- Communicate one's feelings
- Strive for equality
- Advocate for equal pay
- Give back to community
- Speak out against sexism, unfair treatment, degrading language
- Hold other men accountable for their actions

What Happened to You?

- Difference from the first question of “What is wrong with men?”
- How are men socialized?
- Reactions: how do you deal with adversity? Who do you turn to and have authentic conversations with?
- How do you feel about this sentiment of what happened to you?

Promoting Healing

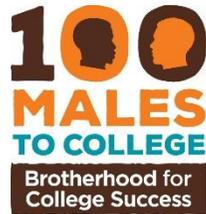
- Somebody has to have the courage to be vulnerable
- To get the ball rolling
- Address male socialization
- Work toward healing
- Make the first move toward acknowledging “Daddy Issues”
- Take the first step



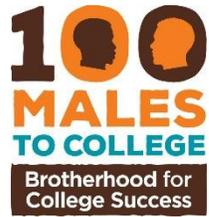
M A L L E S
T O C O L L E G E

**Brotherhood for
College Success**

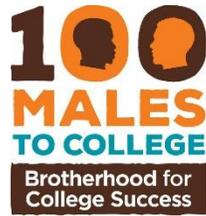
100 Males to College and Ropes Course at Springfield College



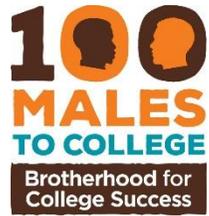
100 Males to College and Ropes Course at Springfield College



100 Males to College and Ropes Course at Springfield College



100 Males to College and Ropes Course at Springfield College





Quote Reflection

The first act of violence that patriarchy demands of males is not violence toward women. Instead patriarchy demands of males that they engage in acts of psychological self-mutilation, that they kill off the emotional parts of themselves. If an individual is not successful in emotionally crippling himself, he can count on patriarchal men to enact rituals of power that will assault his self-esteem.

bell hooks



The Hidden Costs of Being A Man in Today's Society?

Discuss mental health stigma and awareness of mental illness and have a discussion about the importance of getting help.



Student Feedback

Self-Care Workshop for

SC Men of Excellence Student Group

“While ‘keeping the main thing the main thing’, I find value in being a part of something greater than myself. I want to be able to reflect on my college experience and know that I did not just go through the motions, but I took on responsibilities that helped develop myself as a man.”



Student Feedback

Self-Care Workshop for

SC Men of Excellence Student Group

“I would like to thank the time to express my gratitude for you taking the time out of your night to speak with the club last night. Your presence was an inspiration to us, and I speak for myself when I say I left there with unresolved goals that I intend on accomplishing during my time here at Springfield.”



REAL TALK



**HOSTED BY
MEN OF
EXCELLENCE**

WE WILL DISCUSS:
-MASCULINITY
-MANHOOD
-SELF-CARE
-RELATIONSHIPS
-SEX
-RESPECT

ROUNDTABLE

7:00-8:30PM

DODGE A-B

TUESDAY DECEMBER 11TH 2018

**SPRINGFIELD
COLLEGE**



Real Talk

Had a discussion on masculinity, manhood, self-care, mental health, relationships, dating, sex and respect

Real Talk Student Feedback

Real Talk Event

SC Men of Excellence Student Group

"I enjoyed the event last night it was a great opportunity. I was amazed at how many people turned out attending the event. It goes to show that we have a lot of potential and can likely achieve more if everyone continues working to improve the club."



Renaissance High School Men of Excellence



Young Men's Conference at Renaissance High School Men of Excellence

SC students Marcelino Diaz and Francisco Delgado shared their experiences with high school youth on a range of topics about college life, their high school experiences, peer relationships, their family, their upbringing in the Hartford, CT community, and the value and importance of attending college.





DOES TOXIC MASCULINITY LEAD TO SEXUAL ASSAULT?

MONDAY APRIL 8TH, 2019

6:00PM-8:00PM

LOCKLIN HALL, RM 233

"REAL MEN
DON'T CRY"

"I NEED A
MAN, NOT
A BOY"

"YOU'RE
TOO SOFT"

.... "HE KEEPS
STARING AT
ME?"

.... "HE PUT
HIS HAND
ON MY LEG
DURING
LUNCH"

 **SPRINGFIELD**
COLLEGE
Men of Excellence

FACILITATED BY
DR. ANTHONY C. HILL, EDD, MSW
ASSOCIATE PROFESSOR
SCHOOL OF SOCIAL WORK

SPRINGFIELD
COLLEGE





Does Toxic Masculinity Lead to Sexual Assault?

“Dear Men of Excellence,

First, I would love to thank each and every one of you for your support and being the men that this world needs more of. I appreciate everything you are doing on our campus, and in your everyday lives to make this campus feel a little safer. I think that what you’re doing is so admirable and inspiring for other men. It might be a small campus, but you guys are making a huge impact.”



Does Toxic Masculinity Lead to Sexual Assault?

“For a girl like me, who has been through violence caused by men, I feel safer knowing that there are people like you that do want change and are taking action. You do want to make a difference. That is more than anyone can ask you for.”

“I enjoyed attending your talk on Monday night. I think that these events you hold talk about really important issues that need to be brought to light. Thank you for that. ”



100 Males to College Initiative

<https://youtu.be/yYcNdPqm3Jk>



Does Toxic Masculinity Lead to Sexual Assault?

“I personally feel as though talks focusing on “Toxic Masculinity” lead by Men of Excellence are a healthy and useful resource for all young men and women to have. Having the opportunity to sit down, reflect and question why society is the way it is, and why we let things happen for so long without questioning it is amazing and essential because we have the ability and the power to change things. In addition, males and females have different experiences and perspectives on things and hearing both sexes share their thoughts and opinions allows you to expand your mind and look at the same situations and scenarios through different lenses.”



Does Toxic Masculinity Lead to Sexual Assault?

“I enjoyed how Dr. Hill explained to us that toxic masculinity is not only something that is created by men themselves, but also by women in society. The way that women treat men and the behaviors that they allow men to exhibit is something that was touched on in the program, but should be elaborated on more. I think that Dr. Hill did a good job bringing that to light, but now we should have a discussion on that in the future so that both male and females can feel that they both have the power to change toxic masculinity, instead of having it all fall just on the shoulders of men and that they are the only ones that can fix it.”

Alexander Rachmaciej



Renaissance High School Visit to Springfield College









Points to Ponder

- We all play a role in ending violence against girls and women.
- We can no longer act like we don't have information about creating healthy masculine behaviors and the damage of toxic masculinity.

**Boys will be ~~boys~~.
respectful and responsible
for their actions.**

**Boys ~~don't~~ cry.
And that's ok.**

**Act like a ~~man~~.
Human. Be kind and be yourself.**



The Gottman Institute

Take Aways???

- Surprised
- Verified
- Concerned
- Challenged
- Excited

Thank You!!!

Dr. Anthony C. Hill, Ed.D, MSW

Springfield College School of Social Work

Associate Professor

413-748-3068

ahill@springfieldcollege.edu