

# TOXIC MASCULINITY

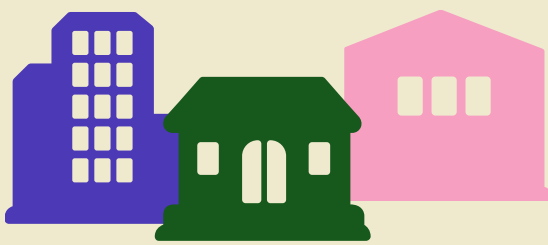
Masculinity can be expressed in many different ways

## FOR GENERATIONS ...

Men and boys have always been expected to be tough and play the providing role for the family.



## SCHOOL



## "PUSSY" OR "WIMP"

Phrases like these have been used for so long to describe boys who don't follow typical male behavior. This is just one example of an environment that upholds gender stereotypes.

Due to the norms that boys are forced to conform with, they are limited in expressing their feelings. This leads to a lot of mental health issues.

## INTERNALIZED OPPRESSION



## MENTAL HEALTH



Due to the tough-guy stereotype that men are expected to uphold. Mental health issues like depression and anxiety go untreated. This causes a lot of issues ranging from aggression to heart issues.

## SOLUTIONS

Educating our youth about gender stereotypes is a key factor in ending toxic masculinity. Children should be taught that there are a wide variety of ways to express femininity and masculinity. Educating children will teach people from an early age that it is okay to be different from what society expects us. Raising awareness is the key solution to this issue.