
ALPHA MALE 2.0

Embrace Your Masculinity, The Healthy Way

Issue

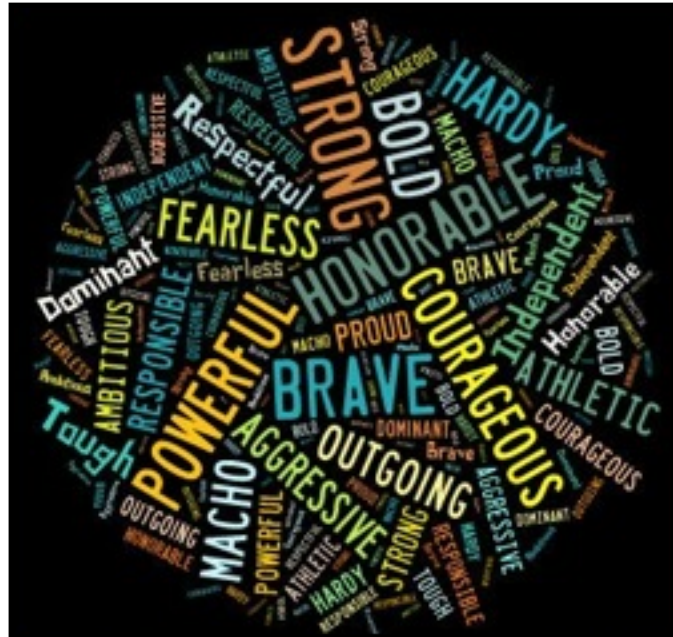
unhealthy masculinity leads to degradation and causes gender inequality

Who does it affect?

It affects **both genders, all races and sexualities**, directly and indirectly. This idea of masculinity is a social norm, telling men they must act above others to be a man, and is passed down through generations. This problem has **been around for decades**, and was more prevalent in the past.

Unhealthy

To be **masculine**, is to be a man. *Masculinity CAN be healthy*, but society forms this portrayal in an unhealthy way. These unhealthy standards of masculinity can cause strains in friendships and/or family relationships.



What is healthy masculinity?

Masculinity is socially constructed from traits like strength, power, aggressiveness, courage, etc. However, this masculinity can lead to devaluation of women and give men social dominance. These traits are unhealthy in the certain contexts, such as violent situations. In order for it to be healthy, men need to look at these masculinity"traits" in other contexts, and understand masculinity isn't always about dominating and physical ability. The healthiness of masculinity is when you can take these traits and use them for good, and not have violence be included.



Portraying Healthy Masculinity

- *mental strength*
- *physical strength*
- *emotional strength*
- *supportive*
- *being open minded*
- *helpful*
- *proud*
- *learning from mistakes*
- *remaining educated*
- *having ambition*

Healthy

It is possible for masculinity to be *healthy!* It **can** be positive, but both men need to understand the healthy aspects and embrace them.

To be a healthy man is to be a healthy individual.

