Healthy Masculinity

How do you define Masculinity?

Healthy Masculinity acknowledges the fluidity of gender beyond male and female and identifying as male is more than biological sex.

It is important for people who identify as male to reflect upon their own masculinity and to think beyond the toxic, negative qualities to discover what healthy masculinity is to them.

Our Men's Engagement Initiative

The Aurora Center seeks to expand the following efforts focused on men and male-identified individuals:

1) Support & advocacy for male survivors of violence
2) Involvement of men in education and action relating to violence prevention and bystander intervention
3) Focus on fostering peer accountability and healthy male relationships

Contact Us

24 Hour Helpline  612.626.9111
Text Line  612.615.8911

aurora@umn.edu
theauroracenter
@AuroraCenter

Appleby Hall 117
www.umn.edu/aurora

Additional Resources

University of Minnesota Women's Center
Phone: 612.625.9837
https://diversity.umn.edu/women

1 in 6
Email: info@1in6.org
https://1in6.org/
with Online 24/7 Support Line

Minnesota Men's Action Network
Phone: 218.727.1939
http://www.menaspeacemakers.org/programs/mnman/

“It's On Us” Campaign
http://itsonus.org

“No More” Campaign
http://nomore.org/

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What is Healthy Masculinity?
Tell us using #UMNMen
Be a Man

Violence Among Men

If you have experienced sexual assault, relationship violence, stalking or harassment, it is not your fault.

The Aurora Center for Advocacy & Education provides free and confidential services to all students, staff and faculty.

Support Group for Male-Identified Survivors
Learn more or join, contact us at aurora@umn.edu

99% sexual assault perpetrators are men. 1
6% college men admit to committing sexual assault. 2
68% of young men use pornography weekly. 3
21% of young men use pornography daily. 3
18% of boys have seen rape online. 3

On average by age 18, you witnessed 200,000 acts of violence including 40,000 murders on screen. 3

References
- David Lisak, Repeat Rape and Multiple Offending Among Undetected Rapists. 2002.
- Representation Project. The Mask You Live In. 2015.

You are needed to prevent sexual violence.

Re-define “be a man,” forget the toxic lessons of masculinity and live healthy masculinity.

Toxic Masculinity
- Jokes, derogatory comments, one-upping, fear of being seen as less of a man, violence

Healthy Masculinity
- Be who you want to be, not who you feel you need to be. Authentic and unique.

If you observe toxic masculinity, STEP UP:
- Direct (Intervene in the moment)
- Distract (Interrupt the situation)
- Delegate (Seek help from another)

Learn more at http://stepup.umn.edu/