



# Workshop: Culture, Family History, and Masculinity

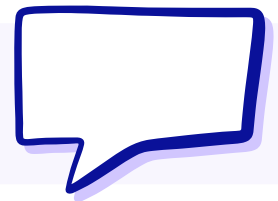
## I SAMPLE LEARNING OBJECTIVES



### LEARNERS WILL BE ABLE TO:

- ▶ Discuss more comfortably with their peers how the messages they received about manhood were shaped by their culture, ethnicity, and race.
- ▶ Give examples of how other men's cultural backgrounds impact how they understand what it means to "be a man."
- ▶ Summarize how different historical contexts impact the characteristics of what it means to be "be a man."

## II SAMPLE INTRODUCTION



"It can be hard to talk openly about how the families and cultures we come from have shaped us. To be the men that we want to be, though, requires us to reflect on the good and the bad of what we were told it means to be men.

Today, we're going to take the time to learn about each other, our family histories, and cultures more."



## III SAMPLE DISCUSSION QUESTIONS



- What does “culture” mean to you? What values are emphasized in your culture or family?
- How did you come to your understanding of what it means to be a man? Who or what influenced that?
- How do you think perceptions of masculinity are passed down from generation to generation? Do you feel they’ve changed very much?
- What are the responses to showing vulnerability or emotions other than anger in your culture or upbringing?
- What does the conversation around men’s mental health look like in your culture or community? Has that impacted how you view your own emotions?
- What are some ways that you could begin to change perceptions of masculinity in your culture or family? Are there certain conversations you’d like to have?
- What differences exist between men in terms of their cultures and identities? Is it difficult to have conversations about these differences?



## IV SAMPLE TALKING POINTS



- ▶ From an early age, culture informs how we view the world and how we behave. This includes how we view gender and our family roles.
  - Example: In Latinx cultures, “machismo” is often a traditional component of culture that enforces gender hierarchy both within the household and broader culture. Machismo culture typically places emphasis on men being dominant, unemotional, breadwinners, and exhibiting sexual prowess. Not all components of machismo are necessarily problematic. Bravery is another value machismo emphasizes, and bravery definitely isn’t a bad thing.
- ▶ Oftentimes, we aren’t conscious of how our family members impact our views on what it means to “be a man” or be “unmanly.” As kids, many of our caregivers told us to “man up” and not shed any tears. Or, they told us we had to fight to defend ourselves. Or, they told us to be proper and not get into trouble to beat the stereotypes made about us. These messages shape us as adults: How we see crying; How we see communication; and How we see success.



## IV SAMPLE TALKING POINTS (CONT.)



- ▶ There are a lot of reasons why men of color are less likely to both seek out and receive mental health support – much to do with systemic inequalities, provider bias, and also stigma about mental health within communities of color.
- ▶ If we don't understand the histories that each of our cultures and communities have faced, it is hard to build authentic relationships with one another. In addition to understanding each other's' cultural histories, it's vital to acknowledge power, discrimination, and approach our conversations with [cultural humility](#). Not all men have the same experiences. Let's try to be aware of what we might not be aware of, not make assumptions, and recognize, in particular, that our race, sexuality, class, and ability-status impact how we see being men.



## V SAMPLE ACTIVITIES



### VIDEO SCREENING & DISCUSSION: SACRED MANHOOD

View the [Sacred Manhood: An Intergenerational Conversation on Trauma and Healing for Boys and Men of Color](#) video (or ask participants to view it ahead of time). Consider selecting clips instead of the whole video, too. Host a discussion on the concepts of family history and culture surrounding masculinity.

#### Sample Discussion Questions:

- What parts of the presenters' stories did you connect with?
- Do you wish there were more spaces available for men who share the same race as you?
- What differences did you notice between the presenters' cultural experiences?

### CONCENTRIC CIRCLES: CULTURAL HISTORY

Set up to two circles or rows of chairs facing each other. Instruct participants to sit in the chairs and that you will have a few rounds of one-on-one discussions for 3-4 minutes each using a prompt. Rotate partners after each prompt so that everyone has the chance to connect with different people. Ensure both individuals have the chance to share during each round.

#### Sample Discussion Prompts:

- What did you learn it means to “be a man” from your family? Have any messages been passed down across generations?
- Are there experiences that you think are specific to men in your racial or ethnic group?
- What do you think are the biggest cultural differences between men? Why?



## VI WORKSHOP RESOURCE LIBRARY



- **Workshops:** RISE
- **Workshop:** Exploring Where I'm From - Facing History & Ourselves
- **Workshop:** Mainstream & Margin - Training for Change
- **Handout:** Power/Non-Power Chart - Tri-County Domestic & Sexual Violence Intervention Network
- **Video:** Intersectionality - AMAZE Org
- **Video:** Sacred Manhood: An Intergenerational Conversation on Trauma and Healing for Boys and Men of Color - Bioneers
- **Video:** Masculinity Legacy EP 4. Generations - The Center for Cultural Power
- **Video:** Latino Men Talk About Vulnerability - Pero Like
- **Video:** Intergenerational Stories of Black Masculinity - Museum of the African Diaspora
- **Article:** What is Toxic Masculinity and How Does Culture Contribute to it? | by Udara Jayawardena