Beliefs About Men

1) Men are naturally loving, caring and sensitive with other men, with women and with children.

2) Men are trained to be masculine in a way that leads to domination and violence as well as disconnection and confusion.

3) All men have been profoundly impacted by violence and abuse as victims, witnesses and perpetrators. This may be in our families, on the street, through the media, racism, classism, homophobia, etc.

4) Violence and domination are used by men to control feelings of fear and vulnerability, and to protect privileges.

5) Men are both privileged and damaged by masculinity and violence.

6) By supporting each other, men can become role models for positive masculinity in their families and communities.

7) As partners with women, men can play an important role in ending the cycle of violence, supporting women’s empowerment, and creating healthy families and communities.