

The Transformation Office

## Singamadoda? Redefining Positive Masculinity

### FAQ



#### 1 What is the Singamadoda? Redefining Positive Masculinity Program?

Singamadoda? Redefining Positive Masculinity is an equality driven, anti-GBV initiative, for young men, aimed at fostering a safe space to dialogue, exchange ideas and challenge our ways of thinking about masculinity and gender equality.

The program consists of 4 facilitated sessions, where we engage and reflect on the self, manhood, gender stereotypes and ways of creating healthier and more emphatic masculinities to change the status quo on Gender Based Violence.

#### 2 Ndingenaphi? I'm a good guy, I don't commit GBV, so what does this have to do with me?

Gender Based Violence (GBV) must be understood within the context of an unequal power structure rooted in the political, economic, and social marginalization of women. It persists through language, attitudes, and behaviour that portrays and treats women as objects, having less value, and intrinsic worth than men.

Men's perpetration of violence is a fundamental element of gender inequality, and men's use, and experiences of violence are upheld through our attitudes, behaviours, and beliefs, about manhood & masculinity



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#### Does this mean that all men are bad, violent, toxic?

No. It is essential to understand violence is not inherent to manhood i.e men are not naturally violent. Also, it is not only men that commit violence, and men are often the victims of violence themselves.

All over the world, men are kind, thoughtful, helpful, and they continue to resist and work against a culture that tells them that to be a man, one must be violent, unfeeling, and dominating.

With that said, the rate at which violence against women, children and the LGBTQI community continue to occur mean that there is not enough of these men and there are not enough alternatives to toxic masculinities. This is something we must change. We need to create a new normal.

#### How can I participate in the Singamadoda? Redefining Positive Masculinity Program?

Email [Dand@mandela.ac.za](mailto:Dand@mandela.ac.za) or [Bongani.Malahle@mandela.ac.za](mailto:Bongani.Malahle@mandela.ac.za) to join.

Also be on the look out on **MEMO** for dates and details for each session.

