

**Singamadoda?**  
***Redefining Positive Masculinity:***  
**Session 1.**

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# Session 1: Manhood & Vulnerability

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## Roadmap for Today!

- ▶ Introductions
- ▶ Expectations: For the Program
- ▶ Session overview.
- ▶ What is Singamadoda? : Background, Objectives, Methods
- ▶ Activity 1: Defining Manhood
- ▶ Energizer
- ▶ Activity 2: Vulnerability is Not Weakness
- ▶ Closing

# Introductions

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- ▶ Introduce yourself to the group by giving us your:
  - Name
  - What you are studying
  - Where you are from
  - An interesting fact about where you are from...(your card)

# Expectations

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Each participant to a quick response to the following question

- ▶ What is it that I know about the program?
- ▶ What do I want know about the Program?

# Session 1: Objectives

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- 1. Understanding the SRPM program and how it works**
- 2. Reflecting on the self, and personal understandings of manhood.**
- 3. Exploring Vulnerability and Self-Love.**

**““It is true that masses of men have not even begun to look at the ways that patriarchy keeps them from knowing themselves, from being in touch with their feelings, from loving. To know love, men must be able to let go of the will to dominate. They must be able to choose life over death. They must be willing to change.” (Hooks, 2004)**

# What is Singamadoda?

- ❖ *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 manhood, 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.

# PROGRAM OBJECTIVES:

## Explore

Explore the self and our personal understandings of manhood and masculinity.

## Challenge

Challenge our beliefs on rigid gender roles and stereotypes

## Celebrate

Celebrate diversity and create a culture of openness and acceptance of different masculinities

## Reflect

Critically reflect on masculinity and its link with inequality and violence

## Practice

Practice empathy, vulnerability and care for the self and others.

## Commit

Commit to creating a new normal and embracing healthier masculinities centered on Ubuntu,



# Background: Why this program?

- ❖ The harsh reality is that, despite the overwhelming benefits patriarchy may afford men in terms, of access, material success, or power and control within the home and broader society, men suffer untold physical, psychological, and emotional suffering due to the rigid and gendered roles, prescribed to them by a patriarchal society. (Clowes, 2013)
- ❖ From an early age, boys are taught to devalue and undermine their emotional well-being and vital parts of their humanity. (Hooks, 2004)
- ❖ They are **taught that - they are or will be men. Not women.** As such they must suppress all parts of themselves deemed feminine i.e deemed 'weaker'.
- ❖ This means that for men, **when it comes to emotions, including fear, sadness, compassion, and empathy, these are all to be suppressed with anger often seen as the only justifiable emotion that a man may visibly display.** (Hooks, 2004)

# **Background: Why this program?**

- ❖ **This damaging behaviour, and the script of patriarchy are taught and reinforced through violent policing from family structures, peer groups, schooling systems, cultural settings, and religious beliefs. (Barker, 2018)**
- ❖ **For example, young boys will be shamed by their friends, older siblings and even parents, if they are found playing with dolls, being timid, crying or displaying behaviour deemed too girly.**
- ❖ **As such, society tends to raise angry, and emotionally detached men who feel they must assert their manhood – dominance and control at every turn. (Safety and Violence Initiative, 2019)**

# Background: Continued...

- ❖ This is not good for anybody. Including Men, Women, Children and the LGBTQ+ Community (Queer)
- ❖ Patriarchy and beliefs about manhood which are **rooted in dominance over others, rigid gender –norms, and a lack of empathy and care** are some of the primary drivers of Gender-Based Violence and Homophobic Violence

# Background: Continued...

## HOW SO????????

- ❖ (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, beliefs, and behaviours about manhood/masculinity



## **THIS IS NOT A LECTURE!!!!!!**

- I'm not an expert
- And I'm not here to preach to you or judge or try and tell you what being a 'real man' is.



## This is a co – learning space!

- Through activities, role playing and illustrations we are going to work on this thing together.
- Throughout each session will constantly engage and challenge each other to unlearn, relearn etc.

# It's not going to be easy!



- They'll be ups and downs
- We are going to disagree
- We'll get emotional
- It may be intense
- But if we respect each other and are sincere in our approach,

There is a lot to be gained from the program.



**QUESTIONS SO FAR?**



## Activity 1: Define Manhood

- In 30 seconds or less each participant must give their personal definition of manhood.
- You have two minutes to think about it.
- Then I will select a participant at random to answer

# Activity 1: Discussion

## (20min)

**\*possible discussion points\***

- **Do We all agree?**
- **Is manhood biological or social?**
- **Can it change?**
- **What about cultural differences?**
- **What about fashion choices?**
- **Anything else raised by participants**
- **\* these are just suggestions to stimulate discussion\***

## Activity 1: Discussion (20min)

The main point of this exercise to introduce the idea that there are many masculinities i.e there are many ways of being a man and we can't be rigid in defining it for ourselves and others

## Activity 2: Exploring Vulnerability

- Each participant to note or think about
  1. Someone they Love
  2. Something they Fear
  3. The last time they were sad
- 5min to think.
- Participant's can share if they choose.



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**See you Next time**