

# SINGAMADODA?

## Redefining Positive Masculinity

# FAQ

## 1 What is SINGAMADODA? Redefining Positive Masculinity?

'Singamadoda? Redefining Positive Masculinity' is an anti-GBV, humanising intervention, and gender transformative program by the Transformation Office, focused on individuals identifying as masculine, aimed at fostering a non-judgemental reflective space to engage in facilitated dialogues, exchanges of ideas and challenging our ways of thinking about gender and gender equitable relationships between men and women.

The program consists of four (4) facilitated sessions, where we engage and reflect on how the individual identifies (religious, cultural, ethnic, gender, etc) the self, manhood, gender stereotypes and ways of creating healthier masculinities to change the status quo on gender-based violence.

## 2 What is masculinity?

The concept of masculinity refers to the expectations, roles, characteristics, and behaviors which are traditionally associated with being masculine in society and vary across cultures and historical contexts.

## 3 What are the different types of masculinity?

There are two aspects of masculinity, namely, positive, and negative masculinity.

1. Positive masculinity: encourages qualities such as emotional intelligence, respect for others, empathy, love, and nurturing behaviours.
2. Negative masculinity: promotes toxic and harmful behaviors such as suppression of emotions, aggression, limited self-expression, pressure to conform and dominance.

Che Guevara defied traditional norms of masculinity and expressed that "the true revolutionary is guided by a great feeling of love." This expression by one of the leaders who was a symbol of rebellion demonstrate that loving is not a sign of weakness and encourages those who are considered masculine to love openly.

## 4 What are the effects of toxic masculinity?

### 1. Pressure to conform

Toxic masculinity imposes rigid expectations and norms on men, pressuring them to conform to being aggressive, show strength and dominance. This pressure can lead to low self-esteem among men who don't meet these unrealistic standards.

### 2. Harmful Relationship Dynamic

Toxic masculinity contributes to unhealthy relationship dynamics. The belief that men should be dominant and in control may lead to the objectification of women and perpetuation of harmful power imbalances.

### 3. Suppression of Emotions

Toxic masculinity promotes the idea that men should be tough and unemotional. This often leads to the belief that expressing vulnerability is a sign of weakness. This is detrimental to men's mental health as they struggle to communicate their feelings and result in increased self-harm and suicide.

### 4. Violence and Aggression

Toxic masculinity perpetuates the idea that aggression and violence are acceptable ways to solve conflicts and assert dominance. This results in higher rates of physical aggression.

## 5 How can I participate in the SINGAMADODA? Redefining Positive Masculinity Programme?

1. Email: Pontshoh@mandela.ac.za and/or DanD@mandela.ac.za to join.
2. Enrol on moodle by searching "Singamadoda" and use #SRPM2023 as enrolment key.
3. Also be on the lookout on MEMO for dates and details for SRPM sessions.