

# HOW MASCULINITY THREATS HURT MEN & THEIR RELATIONSHIPS

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## MASCULINITY THREATS

Masculinity threats are perceived attacks on a man's sense of masculinity.

In our research, 89% of men had experienced a masculinity threat before.



## IMPACT ON ROMANTIC RELATIONSHIPS

- 1** Masculinity threats are linked to social rejection, not just social status.
- 2** Masculinity threats can prompt withdrawal from romantic partners who provide support and connection.
- 3** Men who feel threatened are more comfortable with violent behaviours and over-perceive consent.

## CONTEXT MATTERS!

Situations that suddenly make men feel uncertain or threatened in their masculinity can lead them to behave in ways they wouldn't otherwise.



## WHAT CAN BE DONE?

More awareness of how "in-the-moment" masculinity threats can influence behaviour may help limit the impact of masculinity threats on relationships.