on the Road to Healing:

a booklet for men against sexism.
"Feminists long for men to heal... We dream of a world full of men who could be passionate and lover's, grounded in their own bodies, capable of profound loves and deep sorrows, strong allies of women, sensitive nurturers, fearless defenders of all people's liberation, unbound by stifling convention yet respectful of their own and others' boundaries, serious without being humorless, stable without being dull, disciplined without being rigid, sweet without being spineless, proud without being insufferably egotistical, fierce without being violent, wild without being well, assholes.

Starhawk
from her essay "A Men's Movement I Could Trust"
I've been working on this zine since March 1998 and it is now January 1999. For a while I was struggling with how much I should edit the individual works and the entire content of this zine, thus transforming this zine into the beginning works of a book. I finally decided to leave a lot of it how it is and to print it as such, because that is the true elements of writing a zine - unpolished with the attempt to instigate dialogue.

With that in mind, I present to you this booklet. I hope that it transforms your life as it has with mine.

Before closing I want to take time here to thank all the contributors, editors, and general supporters of this project because without you it would not look as it does or be printed at all.

With dedication,
basil elias

**Afterword**

**Introduction**

Men's work is what we can do as men to challenge sexism and patriarchy in our lives and communities. The term men's work has typically been a term to exclude women from certain forms of work that many people (men, women, the I.C.E., construction, gay, jock, etc.) also do. Many people in this society consider challenging gender and its effects on the lives of men to be the job of white people. The work of men does not have the same impact on the world in which we live.

This zine is divided into four chapters.

1. Chapter 1: Changing Ways. We're not alone. Getting to know yourself and changing your view. These chapters present the process which many men in this zine have begun to work through themselves.

2. Chapter 2: Changing Ways. Changing ways represents the stories of men confronting their pasts. These stories represent the changes that have been critical for men to see and begin to understand. The lives of men and the things they are doing to change these ways of being.

3. Chapter 3: Changing Ways. Changing ways represents the stories of men confronting their pasts. These stories represent the changes that have been critical for men to see and begin to understand. The lives of men and the things they are doing to change these ways of being.

4. Chapter 4: Changing Ways. Changing ways represents the stories of men confronting their pasts. These stories represent the changes that have been critical for men to see and begin to understand. The lives of men and the things they are doing to change these ways of being.

With love and thanks,
basil elias
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- http://feminist.com/pm.htm
- http://www.ndc.arc.ca/manifest-feminism

Two Places to get a lot of Zines
(Send $1 for a catalog, too)

Basement Children Zine Distribution
Post Office Box 479081
Chicago, IL 60647

Tree of Knowledge Zine Distribution
1010 Scott Street
Little Rock, AR 72202

Organizations:

National Coalition Against Domestic Violence
P.O.Box 15517
Washington, D.C. 20013
(202) 438-6388

Men’s Anti-Rape Resource Center
P.O.Box 73559
Washington, D.C. 20006
(202) 229-7239

National Organization for Men Against Sexism (NOMAS)
54 Mira Street
San Francisco, CA 94103
(415) 546-1627

National Coalition Against Sexual Assault
3101 Richmond Ave, Suite 190,
Washington, DC 20098
(713) 528-0798

“Growing Up Male: Writings on Socialization and Manhood.”

“All the time I was growing up, I knew that there was something
really problematic in my relationship to manhood. Inside, deep inside, I
never believed I was fully male. I never believed I was growing up enough
of a man. I believed that somewhere out there, in other men, there was some-
thing that was genuine authentic American manhood—the real stuff, but I
didn’t have it; not enough of it to convince me anyway, even if I managed to
be fairly convincing to those around me. I felt like an impostor, like a fake.
I agonized a lot about not feeling male enough, and I had no idea why much
I was not alone.

Then I read those words—those words that suggested to me the
first time that the notion of manhood in a cultural delusion, a bowless belief,
a false front, a house of cards. It’s not true. The category I was trying to
desperately belong to, to be a member of in good standing—it doesn’t exist.
Poof. Now you see it, now you don’t. Now you’re terrified, your not
really part of it; now you’re free, you don’t have to worry anymore. How-
ever removed you feel inside from “authentic manhood”, it doesn’t matter.
What matters is the center inside of yourself—how you live, and how you
Treat people, and what you can contribute as you pass through life on this
earth, and how honestly you love, and how carefully you make choices. Those
Are the things that really matter. Not whether you’re a real man. There’s no
Such thing.”

—John Stoltenberg
When I went to high school I noticed something about how the boys/girls or men/women related to each other. There was a predetermined ideal. This ideal was the tough-guy/quarterback/overly-scholarly dude, couples with the dingy/non-assertive/"beautiful" (anorexic/bulimic) girl. They win the homecoming king/queen positions which prove they are superior to everyone else.

I was most pleased to have the handful of punks at Berkeley High to take me in. I thought we were so superior to the rest of the kids because we ignored football, homecoming, prom, etc.

Later on, a thing called the Gilman Street Project started happening. We punks had a place to socialize all of a sudden (besides the street that is). I didn't notice how quickly we started emulating their (the jocks') behavior. I guess I didn't notice (or want to notice) because I got special privileges out of the equation.

See, in our scene, instead of having quarterbacks, we have singers. Instead of "beautiful" (anorexic/bulimic) women in expensive clothes, we have "beautiful" (anorexic/bulimic) women in ripped clothes and funny colored hair. Since I played quarterback, etc... I mean since I

Daughter of Earth
by Agnes Smedley

Backlash
by Susan Faludi

Women, Race & Class
by Angela Y. Davis

This Bridge Called My Back: Writings by Radical Women of Color
edited by Cherríe Moraga & Gloria Anzaldúa

From Margin to Center
Ain't I A Woman
both by bell hooks

Angry Women: Interviews with 16 Angry Women
RESEARCH #13

Food for Our Grandmothers: Writings by Arab-American & Arab-Canadian Feminists
edited by Joanna Kadi

Work of Fire: An Anthology of African-American Feminist Thought
edited by Beverly Guy-Sheftall

To Be Real
by Rebecca Walker

Sister Outsider
by Audre Lorde

Women, Native, Other
by Trinh T. Minh-Huu

Third World Women & the Politics of Feminism
edited Chandra Mohanty

The Courage to Heal
by Laura Davis

Managing Traumatic Stress Through Art
by Barry Cohen, Mary-Michola Barnes, and Anita B. Rankin

Bringing Peace & Touching Peace
by Thich Nhat Hanh

Victims No Longer: Men Recovering from Incest and Child Sexual Abuse
by Mike Lew, Harper and Row

I Don't Want To Talk About It: The Legacy of Male Depression
by Terrence Reel
Talking About Our Lives: A conversation on Socialization and Manhood

The three of us had this conversation one-day to try and document our thoughts about socialization and manhood. Because of the conversation format some of what we say is a little scattered, so bear with us. Be Basil Elias, MC= Matthew Campbell, and MM= Matthew Mullinix.

B: Let's start by talking about the different gender stereotypes that we learned while growing up.

MC: The first image I think of is a picture of Paul Bunyon—this huge lumberjack guy—and Babe, his axe ox. I picture them in the woods being isolated, alone and self-sufficient. He doesn't need anything and just takes care of himself.

MM: He's like the ox and the ox is part of him.

B: That's interesting. In the same sense, I was watching Bambi recently and the male deer is exactly like that. He's secluded & doesn't seem to need anyone. Everyone in the forest seems to live on this one level and the male deer is pictured on a ledge looking over everyone else. He's pictured as the strong silent male. It's so different from Bambi's mother, who's nurturing, helpful and encouraging. When Bambi's mother dies, the male deer takes him in. In the end of the movie both Bambi and the other male deer are standing on this ledge together, looking over everyone. They look really strong and silent standing on the ledge together. The movie also shows this weird passage into malehood. It was disturbing for me to watch.

MC: What does Bambi do with the pain of his mother dying?

B: Hardly anything. Bambi and his mom were in a field when these hunters came, so they started running to their home. Bambi made it and was all excited being like "mom, we made it" but then realized that his mom didn't make it. Then they showed this big rainstorm, which I guess was supposed to represent the crying, and the next scene was this sunny day, with happy music, like there was nothing wrong. Sometime in the rainstorm scene the male deer finds Bambi and takes him away. But the rain scene was so short, I didn't have time to process my own emotions about his mom dying. There was no mention about Bambi's mother after that either.

MC: There are definitely things that I've learned as proper roles or behaviors for what makes a man. I remember talking before on a panel about how I idolized Mr. Spock on Star Trek because he was so rational, intelligent and smart. He was a paradox too because he's not tough. Well, he is in
paradox too because he’s not tough. Well, he is in his own way, but he’s not tough in a physical sense. Those are some of the ideal characteristics of a man. At times some of these behaviors really haven’t helped me at all and have been really hurtful to me. Just like with everybody I’ve had my struggles in life, and I understand some ways I need to deal with these struggles now, but the roles I was taught as a man really go against and hinder my ability to heal and become a fuller person. For example, as I was growing up, I don’t remember ever talking about my insecurities or fears and I never talked about any kind of pain or feeling hurt, but I remember feeling a lot of that. Instead, I kept that all inside. I ended up drinking, doing drugs and anything else that could keep those feelings inside. That’s one of the biggest things of being taught what a man is.

B: My dad’s favorite TV characters were John Wayne and Rambo. His favorite things to watch on TV are war and violence. He likes disconnected violence where you never see the repercussions. This violence and these TV characters were the role models of a man I looked up to. This affected me in so many ways. One of the ways it affected me was that I didn’t feel like I fit because I wasn’t totally into that violence and also I wasn’t anything like the men on TV or in many of the images around me.

Actually, When I was growing up I remember feeling like I didn’t fit in all the time. Starting at a really young age, I felt alienated from a lot of people around me. I can remember feeling like this at ages six and seven. When I was six and seven I wasn’t saying “I’m feeling alienated” I was thinking more along the lines of what’s wrong with me. I was trying to impress all the people around me. When I was in second grade I remember my cousin and one of my close friends sitting there and telling me everything that was wrong with me. They would tell me all the things that I needed to do better to be their friend. I always felt like I didn’t know enough or like I wasn’t cool enough. Even when I got older, I felt like something was missing in my life. When I was in high school I felt like everybody in the school knew something that I didn’t and that they all knew the same thing. This might not have been true but I felt alienated and thought everyone knew something that I was missing out on. I guess I can trace this feeling throughout a lot of my life.

MC: When you talk about alienation, I think about high school and even earlier. I felt totally different than the other kids. For me, this feeling of not having something everyone else had came from all the images that I’d seen of different men, like my father, men in the media, men I would see as educators or leaders in the community, and guys that had just got things done. They were strong and tough. I remember when my grandfather died, my dad’s dad—my mom was crying, and my dad was like “It’s time to move on.” He didn’t even shed a tear. I was given the idea that men are tough and not emotional. I had no idea that these were roles that were assigned to us. I just figured that men were inherently competent and didn’t let things get to them. That this was part of their nature. As a little kid I knew that I wasn’t like that. I remember getting in trouble on the playground because I was out of line, and I started crying. The other kids on the playground didn’t do that when they got in trouble, they just took it and got angry. So I felt really different because the whole time I was growing up, I knew that I was really sensitive.
Have you ever acted in a way that's out of character for you in order to fit in with a person of another culture? If yes, why? How did it make you feel? If you know this person still, please ask them how it made them feel.

- Are you comfortable with talking about your masculinity with men of other cultures? Why or why not?

Questions on Racism

What is racism? Who can be racist? Are you racist? Why, or why not?

Questions on Class

What is your class background? How does this effect how you were taught to "be a man"?

Questions on Manhood

Define manhood? How did you come up with this definition? Are you happy with this definition? If yes, why? If no, what would you like to change about the definition of manhood?

- What makes you proud to be a man?
- Is there anything you would like to change about yourself? If yes, what?
- Is there anything you would like to change about how society portrays men? If yes, what?

Questions on questions

What did we leave out here that is vital in your life?

Some questions were brainstormed between me, Matthew Campbell, Sam Yeleke, and Matthew Malinowsky. Most of the socialization questions came from a book called BOYHOOD called BOYHOOD. Growing Up Male. A bunch of the sex questions came from a blog written by Kari Daz. Other random questions were written by Ryan Kennedy, Michelle Liddell, Shanna Saguams, and Heather Lann in a forum titled "Things a few women always wanted to know about men..." which I distributed at a few men's workshops in Chicago during the summer of 1995. Compilation of these questions was by me, Brian Ellis.

I never felt like I lived up to that idea as a man. I felt totally less than, like a "wimp," or a "pussy."

MM: I can see my alienation in a whole bunch of different places. I wonder if it's just the three of us who were weird in school, or if everyone is like that. There was definitely a crowd of kids who were the "cool kids" at school that I wasn't allowed to hang out with. The one time I had a chance to hang out with them they told me I had to punch my friend. So I willingly went over there and punched him in the middle of class. I hung out with them for three days before Chris Parsons was like "who is this fuckin' psycho that's always hangin' out with us. I'm really getting tired of his ass." Well, nobody stood up for me, even though I could tell some of them liked me. But he was one of the key leaders- one of the coolest kids. So, that was that. They would always chase me around, and call me "pussy," and I was constantly trying to be as cool as them. A lot of their cool had to do with how unemotional they were. What is being cool? Just the word alone... cool, not hot-tempered. Calm, cool and collected.

MC: You are in control.

MM: Yeah, for real. That's those boys.

MC: A few years ago I thought that if I could be stronger physically, be more athletic or learn how to fix cars, then I would be okay and feel like I fit in. This didn't work because I was hurting people by the way I was acting.

MM: I remember when I worked at a brokerage place with my dad and about 150 stockbrokers. They were all totally macho and always screaming over the phones, trying to scream people in to buying shit from them. Everyone they shook hands with it was a concept of who could crush whose hand. Often I would hear women say, "if he doesn't have a firm handshake then he's f*cky." So, I was always trying to shake hands really hard until I was in Virginia with this guy from Jamaica. I was painting his house and he came out and introduced himself. When we shook hands I tried to crush his hand and he was like "so, why do you do that?" I was like "what do you mean?" because I thought he was just talking about shaking hands and I was really confused. He was like "why do you try to crush my hand?" and then started talking about how people in different cultures shake hands differently. He told me that they don't crush each other's hands where he's from and how it's just for towering hands. It totally threw me for a loop. So every time I shake somebody's hand now, I try to be as limp as possible.

R: For me, one way my dad tried to make me "all like a man" was with handshakes. When we would shake hands he would squeeze really hard, and I was expected to squeeze hard to. This was a test of manhood, and I wouldn't play sometimes because I didn't feel like I could live up to the expectations.

I knew I wasn't strong enough to beat my dad, and I didn't want to try. This carried out in other ways too. Sometimes when I would get into fights, I would just give up because I knew I wouldn't win. I didn't feel like I had what it took to pass those tests. At the same time I started giving up more in fights and other "man's games," I became really innovated and thought that I was just sucked up. This was also the time I started drinking and doing...
MC: I did the exact same thing. When I was 15, I didn't have any options. I felt like I was in a cage. I became introverted and felt like I was fucked up, wasn't worth anything and not "man enough." I felt like I wasn't coordinated or competent enough. I felt like I was in a cage of what I could do. I started drinking to deal with my feelings. Drinking and smoking were ways I could control how I felt instead of just letting it be.

MM: You can totally calculate drugs. You know how many beers it takes you to get drunk, or you know how long the trip is going to last.

B: Or if you don't know how many beers it takes, you drink way too much. You know how many beers won't get you drunk and you drink 10 times more than that because then you know that you'll be too fucked up to think.

MM: Do you think doing drugs actually feels like emotions sometimes? When I get emotional, it feels really weird. Especially when I get upset or when I have a lot of one emotion. I kind of wonder if doing drugs often feels the same way, but it's a lot more acceptable to get all fucked up.

B: I think that there's a difference though because when you're feeling really weird when you're not doing drugs it's not something that's taking you away from your emotions because it is your emotions. When you do drugs, it's replacing that feeling of your emotions and you just feel weird. I guess doing drugs can be easier because you don't have to deal with hardships in your life either.

MC: What was it like before you started doing a lot of drugs?

B: Before I became really introverted and turned to drugs, I got into lots of fights, all the time, trying to assert my manhood—even though I never called it that. When people around me would taunt me, and I would feel really frustrated and agitated. Sometimes, if I was still being taunted, I would curl up my tongue, make fists, turn pale, and go into a sort of sample mode where I would lose all sense of what was going on and jump at whoever was taunting me. Since I was a lot smaller than the people around me, I was more likely to lose. They would taunt me in the beginning and I didn't have any skills to deal with that. I would fight and they would beat me up. I got more and more aggressive. Instead of fight, lose, and stop fighting, I would fight, lose, and fight some more. I felt like I had to prove something. Then my parents bought me a BB gun when I was in third grade and I would chase my brother out of the house with the BB gun. I used to have my brother go through these things that I would do, like go to the bathroom and throw them at my brother. I was 10 years old. This is how I knew how to deal with the intense aggression that I felt. I felt so many different things and the way I took it out was really aggressive. I still feel that way. When I get really overwhelmed I have a hard time being patient. I have a hard time seeing the fun and irony and enduring qualities in things. I get really frustrated. But before where I would get...
Questions on Love

Define Love? Name 2 people that you love. How do you know you’re in love?
Can you “fall out of love”? How do you know you’re falling out of love?
Do you feel loved by other men? Is this love different then the love you feel from women? If yes, How so?

Questions on Sexism

What is sexism? Who can be sexist? Are you sexist? Why, or why not?
Is sexism the same for queer people? If yes, how? Why or why not?
How does sexism tie in with other forms of oppression (like racism, classism, ableism, sexism, etc.)?

Questions on Emotions

Do you talk about your emotions?
Do you have trouble expressing your emotions?
What ways do you express your emotions? (ie. talk, do art, etc.)
When you get angry, what physical sensations do you feel?
Have you ever taken your anger out on someone else? How? When? What happened?
What are some skills you can use when you get angry to feel your emotions and not hurt others in the process?

Questions on Power

Define power? What is one of your earliest memories of feeling power? Who are some powerful people in your life?

Questions on Violence

Define violence?
MM: See, I can’t even do that first part. When I get a rush of emotions, that’s all that it is. The thing that comes out is “I don’t know what I’m feeling”. I have a really hard time figuring out what emotion I’m feeling.

MC: That’s definitely a positive step from acting instantly with aggression or violence. It’s a big step to be able to acknowledge your emotions. I always hear that anger is usually the second emotion and that there is always a root that goes before anger. A lot of time that root is hurt, fear, insecurity or other feelings. This is where I’m at. I’m trying to identify those feelings. To acknowledge “I’m feeling hurt now so I’m just going to sit and feel this hurt and talk out this hurt.” That’s really hard to do because it’s not pleasant. With anger I feel more powerful and like I have more control over what’s going on, but that power and control is just an illusion.

MM: I remember wanting to control my environment and everybody around me. Part of this had to do with sexual abuse that I went through from my dad. I always felt like I was under his control and had to be in control of my emotions on some level or another. You can see how I would have to go whatever I had to do to make sure that what I was feeling was manageable.

Another control issue was the way that I always used to communicate with my mum. My dad moved out after a while and it was my two sisters and me. There were these girls and a boy in the house and I really wanted to feel like I was in control. So I would use logic all the time. My mum would say that I couldn’t go out and I would ask “why not?” And break it down logically. The root of this feeling like she didn’t want me to go out was never good enough for me because it always came down to her feeling scared or like I wasn’t spending enough time with them. I wanted a concrete reason like if I mow the lawn, or do something else then I can leave, and not just make her feel better. That just didn’t make any sense to me. I could always argue my way into or out of anything. Do you know what I mean? Have you ever had that feeling of “stay calm, stay rational?”

MC: I was extremely self-centered and egocentric in the way of thinking I was right and everyone else was stupid. This was especially more so with the women in my life - my mum and sister.

B: You expressed stuff more so toward them?

MC: Yeah definitely. Part of the reason is that my father wasn’t really around and my brother was off in college. So there wasn’t as much opportunity with them. But I still felt the hierarchy that my dad was on top of and the attitude that these were women and I’m a man. My mum had been exposed to this attitude all her life. The men in her life looked down on her, called her stupid and that kind of thing - even my father. I was playing out that cycle. When I was a seven and my mother was 35. I was acting like I was better than her, making her know that and making her feel like shit. Most of the arguments I had were with my mum. I felt be different from yours?

- When has defining or questioning your manhood been a liberating experience?
- Define Sex?
- How many kinds of sex are there?
- What are other possible definitions of sex?
- Define Rape?
- Define Sexual Assault/Abuse?
- Is there a difference? If yes, what?
- Do you think your definitions of sex and sexual assault/abuse are learned? If yes, where did you learn them from? If no, how did you come up with those definitions?
- Are there ways to violate your partner that aren’t included in your definitions of rape and sexual assault/abuse? Name some of these ways.
- How do you feel about sex? Are you comfortable talking about it with others? What is it like for you when you see sex on the TV or in movies?
- Who initiates most of the sex you have- you or your partner? Why?
- What are some of the things you really like, when having sex? Is Oral sex, etc.
- Name at least 3 ways to pay attention to your partner’s body language during sex.
- Can you think of a time when you had sex but weren’t sure if you or your partner wanted to or meant to?
- How do you know when you want to have sex?
- Were you ever forced/coerced to have sex or seduced by someone? How did you feel about it? Was there anyone you could talk to who would help you?
- Do you know someone who has been sexually abused? How did you react when you found out? Do you know any skills in how to be an ally to abuse survivors?
- Name 3 things you can do if someone you know was raped?
- Have any of your closest friends been accused of rape? How did you feel? Did it change your relationship? If yes, in what ways?
- What are 3 things you can do if a friend of yours is accused of rape?
- How much do you and your partner communicate during sex? How does it feel?
- Do you practice safer sex? Why or Why not?
- Name one person, if any, who you’ve been in an intimate relationship with who was physically stronger than you? Was the difference noticeable? How did you feel?
- If you haven’t, how does the idea of being in a relationship with someone physically stronger than you feel?

B: Questions on Sexuality

- Are you Queer?
- If not, how do you feel about people who are Queer?
Questions on Socialization

- At what point where you aware that you not a girl but a boy?
- Who taught you more about your gender - mother, father, peers or others?
- Before puberty, what was your awareness of the male body - both yours and others? What was your awareness of the female body?
- Did you remember any recurring dreams or fantasies from this time?
- How did you feel about being out of the closet? At school? At home with family? By yourself?
- Who were your best male friends? Who did you look up to among your elders? Whom did you avoid or fear?
- Who did you have fights with? How often? Who disciplined you? How often?
- Who would you go to if you were in trouble? Where did you go to be safe? Who cared for you when you were sick?
- What did you accomplish in elementary school? Did you excel in games, music, and school subjects?
- Were you well liked? What kinds of problems did you have?
- Were you told about your race/ethnicity/religion? Were you told about other races, ethnic groups or religions?
- Who taught you about religion? Did you believe it? What were the hardest parts to believe?
- Did you go through a time when you didn’t like girls? Did you have friends who were gay?
- Were you ever called a girl or a boy? By whom? How often?
- What toys did you play with? What games did you play?
- What were your clothes like? What kinds of haircuts did you have?
- What TV shows, movies or stories did you like?
- What did you want to be when you grew up?
- Did you have heroes or idols?
- Did you have any kind of sexual experience?
- Did you have sex? With whom? How often?
- Were you ever caught? Punished? By whom? How often?
- Were you ever forced to have sex or seduced by someone? How did you feel about it? Was there anyone you could talk with who would help you?
- Did you hurt, kill or get hurt?
- Did you have pets, hobbies, special treasures?
- Did you have favorite teachers or relatives? Teachers or relatives you disliked or feared?
- What was one of the best things that happened to you as a boy? What was one of the worst?
- What happened to you as a boy when you reached puberty?
- Was there anyone who you could talk to about any problem you had? Who? Why were you able to talk to them?
- What do you miss about being a boy?
- Assuming you or could have a son or foster son, how would you want his boyhood to be like she was stupid, and I would be really rational and logical to deal with our conflicts.
- I almost never argued with my dad though, because there was such a distance. I remember arguing once or twice when I was in high school. It was awkward. I remember one time he thought I was lying about something, and I wasn’t. This was probably the first time I told the truth to my parents in a couple years. He freaked out, threw me up against the cabinets and started choking me. My voice was cracking. I felt powerless. I was trying to defend myself and wasn’t able to.
- By doing that, your dad was pushing this cycle of violence on you.

With me, my parents were really controlling, especially with my schoolwork, and stuff about my race. It all tied in together though. See, They both came from this country from the Middle East, and were raised really differently than me. On one hand they wanted me to have a lot of the things they had, especially from our social and cultural traditions. On the other hand they wanted me to assimilate into American culture. Not only that, they wanted me to assimilate into middle class American culture. So, they pushed me with school to become so many things that I never wanted to be, like a Businessman or a Doctor. They tried to control what I studied, and when I resisted, how much I studied. Then they would try to control a lot of my outlook on the world. They would tell me that I’m American, and not an Arab. They would tell me to close that part of myself off from the rest of the world around me. They knew the political repercussions of being an Arab in this country - all the racism and bigotry, etc. - and they didn’t want me to have to struggle. So, they would try to make me be only an American. This forced assimilation was part of cycle of violence they put on me.

Finally, I have begun to recognize this cycle and how it manifests itself in me. As well as been hurt, I know that I’ve hurt a lot of people too. This is the one of the hardest thing for me to recognize and acknowledge. For example, I sexually assaulted my first girlfriend, and that was me, continuing the cycle of violence. She was in a hard knot situation in her life already. She had been sexually abused by her parents, was from a poor & dysfunctional family, and was looked down on by lots of people around us. We started going out and were both looking to each other to some sort of escape from our own situations in one way or another, until I sexually assaulted her. I feel so angry with myself every time I think about this.

MM: Me too. That’s what I’m constantly racking my brain over. I wake up every morning thinking about the people that I hurt. I don’t know how to deal with it. I molest my sister. Part of my abuse was that I had to abuse my sister. A couple weeks ago I made a list of all the people that I could have possibly sexually assaulted or abused - all the way up to my first girlfriend, and all the boys I’ve slept with. I wonder how they see that now. This includes all the times that I’ve had sex before - I even knew what sex was. Are they mesito boys now, thinking about me as this little pervert. That’s what my sister thinks. She thinks I’m a perverted, sick, fucker. I’ve gotten so much mail from her that’s like “you’re fucked, the whole family’s fucked.” I have no idea how to deal with that. I don’t know if I can forgive myself for that.

MC: There’s a long list of people I’ve hurt too in many different ways. I have a hard time talking...
abusive, but I've been abusive in other ways. This cycle of violence has been taught to me. The pain comes around and I'm not taught how to deal with it. I know what it's like to be really hurt and really scared and I've passed that on. I don't like that.

So, I'm doing this work. I'm doing work against sexism and violence. But at the same time, I'm scared to talk about the ways that I've abused people. This is really tricky because in order for me to be really open and honest, I have to reveal some really horrible things I've done, and I feel like people are going to discount the work and the wonderful things I do. I'm afraid that people will call me a hypocrite.

MM: Basil, you were talking about being emote in a controlling way. What did you mean by that?

9: When I started being confused by feminism, I was sent into a process of becoming self-critical of how aggression, violence, and sexism fit into my life. I tried to be more sensitive to the people around me but in a way where I felt like I had control over what was going on. I still find this pattern in my life. I have a hard time expressing my feelings in an open way. I have a really hard time letting go in general. This relates to a lot of fear; I have of what I'll be like if I let go, who I'll be like, and how people will perceive me. So, when I examine my feelings, I can't find that I do it in a precise way, logical and rigid way. One thing I've been working on lately is to try and let go, open up, and feel what it feels like to not be so logical or controlling about my feelings.

MM: I think I hit that problem of letting go when I do art. Art is so intimidating to me because it's not logical. How you hold a brush, which way you move it, and how much paint you put on can't be controlled. Lining an feels like pure emotion sometimes because it's out of my control.

MC: Lately, I feel like I've adapted all these new ideas about what's okay for men to do. I have a lot of understanding now about these things, like it being unhealthy for me to hold in my emotions. Now I know that it's a good thing for me and other men to experience, express, and let them out. But just because I know that doesn't mean I do it. I still get freaked out if there are guys around I'm not gonna cry. I'm constantly looking around to see who is there. There are certain people who talk to about personal things, but it takes me a long time to trust a group of guys. For example, I've been talking with you guys for a while now about personal things, but how personal do I get? How intensely do you know me? Do I speak from my heart or am I speaking from experiences that I had or feelings that I had? Can I tell you about how insecure, how fucked up, insignificant, or un-manly I feel right now?

9: I have a great story. Today when I saw you at school you asked me how I was doing, and I said I was doing great because I was having a hard time earlier. I was still having a hard time when I saw you but I said how I was doing in a way that was analytical and disconnected from how I was actually doing. I didn't allow myself to really express my feelings to you. I presented myself like I was in total control. I have an easier time expressing myself with the women in my life, but no matter how vulnerable or against sexism you guys or other men in my life are, I have a hard time letting go and being open. There's always a disclaimer at the end of a feeling when I go with guys. I especially have a hard time trusting men who don't openly acknowledge that there is sexism. It doesn't have to be in the same "men
attempt to deal with it.

MM: I’ve never cried to another boy. Maybe with my dad once, but I was way out on the edge, feeling like I was about to go crazy when that happened. But I’ve totally cried, gotten shaky and out of control with women.

MC: This is a little different, but I felt a freedom when I first came upon feminism, because I felt a comradship. I felt like men had abused me in my life. Not necessarily child abuse but even trying to live up to being a man. Being teased and picked on and the subtle things of me not feeling like a man. Feeling abused by the media images of roles of leaders and those things. When I came to feminism I realized that I’m not crazy and that things are screwed up. I started hating all men for a good while. Then came upon the realization that I’m still male. Now I hate myself too. Part of this may sound unhealthy and self-hating but there are parts of me that I shouldn’t accept. I have abused others. I don’t think I should like those parts. I shouldn’t hate them but I should put them in a context of what I grew up with and what I did. I can’t change my past but I’m still responsible to make sure I don’t make these mistakes again and that I give my best effort to help prevent others from being abused and from abusing other people. The major work I see is with men. It’s a really difficult task because I was raised resistant to admit that I was wrong. I’m still resistant to saying that I am part of the problem. Masculinity, for me, was wrapped up in ego. I was taught to be right and in control. I know that in order to make a better world I have to forego the whole thing. I had to change absolutely everything I was taught. That’s difficult.

B: Which brings us back to this zine. The whole reason I wanted to put together this zine is to talk about processes of men ending sexism and my process. How I was raised as a man. How I was raised as aggressive and how I didn’t have the skills to deal with my emotions. I not only didn’t have the skills to deal with my emotions, I didn’t have the skills to acknowledge my emotions, or to take care of myself, to take care of other people. I wanted to talk about those things and how feminism totally confronted the shit out of me. How I embraced that confrontation because while I was being confronted, it was the only place where I could see people publicly saying “things are fucked up,” and saying it because they cared about themselves and me. I realized that my pain is real and I’m not alone, and that I could do something about it. Now I do all this men’s work. I do all this activism against sexism and domestic violence. I’m trying to put together this zine and try to talk to people. And it’s coming out of this intense feeling of responsibility.
Without previous knowledge, at first glance it would be difficult to see what is so unique and special about each of these gentleman.

However, it doesn’t take a genius to see that...

I will be proud to be a man. 🌈
I will not let the far right define what’s right. 🌈
I’m gonna relate to people instead of be reactive. 🌈
I will be more critical of myself and my actions. 🌈
I will help people go into high schools and talk about sexism. 🌈
I will seek intimacy with men. 🌈
I will get clear about what sexism is. 🌈
I will not let fear of attack deter me in my goal to eliminate sexism. 🌈
I will support women in their struggle to choose. 🌈
I will be an ally to both men and women to end sexism. 🌈
I will work to demolish my insecurities around men and women. 🌈
I will give up my neediness of women and listen to them more. 🌈
I will endeavor to confront male sexism.
Men Have the Choice to:

- Men have the choice to Treat both women and men with respect due an equal.

- Men have the choice to Mentor and educate other males on these issues.

- Men have the choice to Play an Active Role in stopping sexual violence, harassment, and abuse.

- Men have the choice to Not make assumptions about women regardless of their dress, or actions.

- Men have the choice to Stop telling sexist jokes.

- Men have the choice to Hear and accept "NO" from their partner.

- Men have the choice to Stop violence within their families and to encourage men's participation in understanding it's roots.

- Men have the choice to Develop healthy relationships with both men and women and to carry this over to how we deal with the world as a whole.

- Men have the choice to Accept a balance of both their feminine and masculine qualities.

Men have these choices and others to make our world a safe and healthy environment in which to live.
Fat is just a big joke. These guys aren’t to be taken seriously.

Rescoe “Fatty” Arbuckle

Chris Farley

Jackie Gleason

“Fat Man” - a song of Jethro Tull’s 1969 album Stand Up

Don’t want to be a fat man,
people would think that I was just good fun.
Would rather be a thin man,
I am so glad to be on being one.
Too much to carry around with you,
no chance of finding a woman who will love you in the morning and all the night time too.

Don’t want to be a fat man,
have not the patience to ignore all that,
Hate to admit myself half of my problems came from being fat.

Won’t waste my time feeling sorry for him,
I seem the other side to being thin.
Ride us both down a mountains
and I’m sure the fat man would win.

Standing Up to Say “No More”:
Steps Toward A Rape-Free Culture

We live in a rape culture. Where, in the US, a woman is raped every 2-3 minutes, 1 in 3 females is sexually abused before age 18, 1 in 2.5 women are victims of sexual assault in their lifetimes, and 1 in 6 boys are victims of incest or other sexual assault before their eighteenth birthday. These statistics represent real people, and it's most likely that people we all know have been affected by this tragedy. Rape, including all forms of sexual harassment, abuse, and assault, is serious and we must all take steps in our life to promote a rape-free culture. The following is a list of some steps we can take.

- TALK ABOUT SEX
- DISCUSS YOUR EXPECTATIONS
- TAKE "NO" FOR AN ANSWER
- RECOGNIZE AND SHARE YOUR FEELINGS
- RESPECT OTHER'S FEELINGS
- ASK OTHERS WHAT MAKES THEM FEEL UNSAFE
- SHARE WOMEN SPACE
- ENCOURAGE WOMEN'S EFFORTS TO EMPOWER THEMSELVES
- DEVELOP FULL RELATIONSHIPS WITH BOTH MEN AND WOMEN
- CONFRONT WOMAN-HATING ATTITUDES IN OURSELVES AND OTHERS
- RECOGNIZE AND INTERRUPT SEXUAL ASSAULT
- STOP PRETENDING SUBMISSION IS CONSENT
- SUPPORT ANTI-RAPE ORGANIZATIONS
- STOP WITHDRAWING EMOTIONALLY
- STOP TELLING SEXIST JOKES
- BE CRITICAL OF PORNOGRAPHY
- STOP BEING VIOLENT
Coalition Building

In compiling the writing for this issue, I've noticed that there isn't much mention of race and how issues of racism tie into sexism. Being an Arab-American, middle-class man, I deal with racism constantly in my life and cannot separate this from my anti-sexist or anti-classist work. I understand that I can't be a man against sexism if I'm not against racism too, because working in the struggle against one form of oppression I must also work to end all oppression. Just like I can't be anti-racist without working with struggles against sexism, classism or homophobia. With breaking the silences around one form of oppression, I need to work toward ending all oppressive silences. Otherwise, I disrespect myself and the work I do by being disrespectful to oppressed people everywhere.

The concepts of building coalitions are really important to me. I believe that in struggles to end oppression, groups working with different issues need to work together and we need to be respectful, supportive and critical of each other's work. Personally, I need to be accountable for my actions that hurt others and play out oppressive cycles, as well as I need to work with other people who are also accountable of their actions. Because these struggles are bigger than all of us, and we need to work together. People and groups working together is imperative in ending oppression.

With this said, I look at this zine. I wonder how the ideas in here will sit with people of many communities. I know that the issues of my socialization as an Arab-American man are different than a friend who's European-American. I know that issues of manhood in many different black communities will be different than mine. I know, however, that sexism, in its many different forms falls into all these communities, and we need to find our own ways to address these issues and to challenge and transform ourselves and our communities.

Mens Issues of Body Image

Matthew Campbell

Eating disorders are part of a luxury. It seems easy to view over-eating as a luxury resulting from abundance, but let's try to identify the self-deprecating disorders of anorexia and bulimia as luxuries. I don't mean to undermine the torture eating disordered people suffer by arguing the luxury of it. I'm questioning where eating disorders fit into Maslow's hierarchy of needs. The obvious question is: why do people choose to starve themselves? Maybe it's talked about human beings being motivated by a striving to fulfill particular needs. So the next question becomes what need are people attempting to fulfill through eating disorders?

This is a broad subject and I'll begin to narrow it down by exploring the not so commonly explored area of males with eating disorders. A woman's problem you say? One out of ten people diagnosed with eating disorders is male. I suggest that the myth of eating disorders as women's issue has prevented many men from admitting they have a problem seeking treatment, and thus from being counted in the statistics. Men do have anorexia, bulimia, and overwhelming problems and I plan to address the myths and house.

It is often a frustrating process attempting to understand psychological disorders through researching studies and tests which appear in the official and scholarly journals. Many of the articles I've found during this research were retranslating ideas as to what is at risk for eating disorders by examining different and obscure facets of biological make-up. That's great and all and can be helpful at times, but I find it more helpful to actually ask men who have eating disorders how they feel about their condition and what they think causes it. So I've talked with men about their body image and draw on my own experiences for this paper.

To the task of narrowing again, eating disorders come in all shapes and sizes. The focus here is eating disorders which are unapologetic or affected by body image perception as well as other ways which men deal with body image. Overeating, by itself, doesn't appear to be connected to body image issues, but there may be some connections which will be explored. Other disorders like obesity, or inability to swallow will not be addressed here.

I've often heard that "rigged individualism" is an American value. Try being a true individual and see what American really think. Self-contained sufficiency is a more accurate value in America, not individualism. In this society, those values are applied to men. An independent, individualistic woman is somewhat frowned upon still today. Manliness is measured by a man's ability to conform to the idea of masculinity. Some of these ideals are strength, competence, control, and self-sufficiency. Independent thinking and behavior is "appropriate" for men as long as it upholds the rigid ideals of masculinity, heterosexuality, hard work, and dominance over anything that it not male or that which threatens masculinity.

There is a definite physical component to masculinity. Small, skinny guys are "pipsqueaks." Muscular men embody hard work, ability dominate, and sexual virility (the ability to attract women). For men representliness and possibly a lack of self-censorship. These are a few meanings American culture attaches to body image. In some Latin American cultures larger bellies equal masculinity because they are culturally associated with wealth and affluence. Just as some individuals live to live up to culturally dictated masculine behaviors, some men live to live up to culturally dictated masculine body image. The ideal masculine body image in America looks something like this:

It is not common for advertising and other forms of popular media to display out-of-shape, overweight men.
A (Pro) Feminist Men’s Movement

by jhad

Lately, in working on sexism within my life and my community, I’ve been dealing with two groups of men. These groups are 1 men who actively work against sexism, and 2, men who, while acknowledging that sexism is wrong, generally avoid confronting it. I belong to the first group.

I began organizing men’s support and discussion groups almost 3 years ago, in an attempt to create a support system for me and the men around me. I wanted a space for us to deal with our sexism in a non-judgmental way, under the premise that we are all sexist men trying to work through it. I started writing articles about my life, my work on sexism and men’s roles in particular. Through my writing, I wanted, both, a connection with other men dealing with similar issues, and a public space to be open about men’s issues for all men to have access to.

Through my work on sexism, I began to find other men who were dealing with similar roles (i.e., myoplastic, father’s rights, religious men’s movements, etc.). I understand that there are so many men who are questioning their present roles in society and are working to change those roles. I also understand that I need a focus with the men’s groups I participate with and, more specifically, with the personal work I do. I understand that this focus needs to come from, and to support, where I learned to question my role as a sexist man — this place being feminism.

When beginning to write this article, my friend Erika and I were brainstorming ideas when she asked me to define what I mean by a “pro-feminist men’s movement.” I rumbled over my words and came up with “a movement of men who are working toward ending sexism with a feminist basis.” She then asked a more difficult question: “What is a feminist basis?” Talking about this question over and over again, I understand that feminism is defined differently by the many women who consider themselves feminists.

Finally, I came up with a rough definition of what I mean by a feminist basis. A feminist basis for a men’s movement is both a pro-woman and anti-patriarchy movement that looks at power dynamics between men and women, where men 1 realize their place in the patriarchy and challenge this position, 2 listen to what women have to say (meaningfully listen), and 3 realize that the patriarchy was put in place by men and needs men and women to work together to take it out of place.

Men need to understand that getting together to talk about our emotions and feelings is very important and we need to challenge the roles we were placed under as men, but that we need to do this in a way that is encouraging for and not alienating to women. A feminist basis for a men’s movement is unlike other men’s movements that are so pro-men that they become anti-women again (therefore reinstating the patriarchy). It is like feminism, which gives women the chance to speak and define who they are while supporting women to do this.

A pro-feminist men’s movement is a group of guys who want to work on ourselves (encourage our emotions and closeness with other men) and actively challenge the patriarchy (and ways in which society’s rules oppress women and hurt men), and do this in a way that is encouraging and supportive of and because of all women (including women of different race, class, and ethnic backgrounds and sexual orientations), because we acknowledge that all forms of oppression are interconnected, we work against sexist oppression as part of working against all oppression, and for our own liberation. A true men’s movement should address the needs and struggles of men from...
Matthew Fox, a creation spirituality theologian, in his book The Re-invention of Work, says “There are three types of work: inner work, outer work, and the work you do to bring the two together.” These three types of work relate to many facets of life. Inner work is the work we do on ourselves. This type of work can be to increase our self-awareness. Outer work is the work we do with our families, friends, communities, and the people outside of our lives. The work we do to bring these two together is the link between our inner and outer work.

Another version of these terms inner and outer are our private and public sphere. I’ve seen many men do work in their private sphere, but leave their private sphere unkept and falling apart. It is important that we work within our private and public sphere when we do any kind of emotional, physical, or spiritual work. Otherwise, we follow the pattern of many hurt men in this society: having good relationships at work and painful, lonely relationships with the people we share our homes with.

Doing men’s work is no different. It is important for us to do the work on ourselves as well as go into the community. We can not work effectively at a domestic violence shelter if our inner self is suffering and it getting no attention. Many people who only do the public work without the private work end up projecting their own feelings on the people they are trying to work with.

Men’s work is our inner work. This is the process of looking at our lives, healing from our hurts, and nurturing our beauty. This is the process of discarding old coping skills that are no longer relevant to our lives anymore and developing new healthy skills to replace them. This is about knowing ourselves fully and accepting our lives, taking responsibility for our actions and directing our lives where we want to be headed.

Men’s work is our outer work. This is the work we do with our friends, family and communities. This is building healthy relationships and healing hurt relationships. This is working with or contributing to community programs that work against violence. This is saying no to sexism around and within us, and trying to challenge sexism in the society we live in. This is learning to understand how sexism connects with all other social issues and working to bridge the gap between our privilege and oppressions and to make these connections in the world around us.

The work of bringing these two worlds, inner and outer, together is about sharing our personal work with others and learning from the work we do in our communities and bringing it back to our own lives. This is the link between ourselves and the rest of the world.

Men’s work is important work and it happens in each and every one of us.

a corresponding body type. The “female” ideal that is pushed in thinness whereas men are not and muscular. Overweight men concerned with body image attempt to lose weight and build muscle. The use of steroids by some men displays feelings of insecurity regarding their body size.

Everything I have read reports that gay and bisexual men as having higher incidence of eating disorders and body image problems. Within the gay community body image for men is more emphasized than in the heterosexual community. It has been pretty much accepted that men (straight, bi, gay, other) have a high response to visual stimulation. In the heterosexual world, this is played out by extreme physical standards for women and bodily objectification. The same thing occurs in gay male community with the standards and objectification being placed on men.

Many of the queer men I talk with experience heightened body consciousness. When I think of being with a man, I become more uncomfortable with my body than I have when I have been physically intimate with women.

More men than those who comprise the 10 percent of eating disorders struggle with their body image. First of all, men are much less likely to seek help for or admit their eating disorders because it seems very unmanly to feel insecure with their bodies and have a “woman’s” problem. Trying to fit into masculinity definitely kept me from talking about my body insecurities for a long time.

So men’s eating disorders go unnoticed often and the other ways men cope with negative body image isn’t normally seen as problematic. This is the case with athletes and competitive exercisers. With athletes, their achievements can be a way to attain a sense of masculinity. In my experience of going to gyms, I’ve seen many men who are insecure with their bodies. They don’t talk about it, they just lift more weights. There are very lean and muscular men who buy steroids and supplements because it seems as they are they need to be “bigger and better.”

For different men there are different factors which influence their body image issues. Doctors, actors, and sex workers must fit certain standards if they are to be successful (just as it is for women.) Of course larger men have their place in the media but are limited in their roles. They are not usually playing roles of the action hero or the romantic. This influences the men who consume the media and sends them the messages that compensate and sexually attractive men are thin and muscular.

Whenever people attempt to modify themselves (whether their behavior, thinking patterns, or physical appearance) it is an admission that they are not comfortable or happy with their current self. This is great when they are trying to change negative or destructive things about themselves. There are varying degrees from that of “I want to lose a few pounds” to an absolute obsession with perfecting the body even if it means dangerous and unhealthy behaviors.

To sum it up, men and women are socialized to adhere to certain standards of masculinity and femininity respectively. The more a man feels insecure about his relationship to masculinity, the harder he tries to fit the role. Manipulating the body to fit the lean and strong standards is one of the ways some men attempt to achieve a masculine identity. We are all born with different bodies. Some are closer to the “ideal” than others. There are men who are more comfortable with themselves and their masculinity and therefore comfortable with their bodies. Some men are very insecure and therefore make and vary attempts to be more masculine. These attempts manifest in many different behaviors which are harmful to themselves and the people around them. Since this paper is about men and body-image disorders I’ve addressed how attempting to live up to “ideal masculinity” can be harmful to men in the way that it causes painful dysfunctions in how we think about ourselves and our bodies.
As a man, I have rarely thought about how I came to understand “masculinity.” In fact, dominant images of masculinity have only helped me to ignore how I have been conditioned to accept certain ideas about “manhood.” A while ago, though, I read an article in a class that I was taking that made me think more critically about how my understanding of my gender identity has been shaped. The article was about school as a place where boys learn about what it is to be “male.” It made me think about my experiences in school.

As a child, I often wondered about the nature of masculinity. For example, I vividly remember that in the game that many of us know as “boys chase girls” or “recess in elementary school,” I frequently ran with the girls. I also remember that most of the competitive games at school scared me more than attracting my interest. I feared the physical education classes that we had twice a week from first to sixth grade. I simply never “measured up” to the physical prowess of most of the other boys. Now that I am older, I realize that in many ways, the physical education classes reinforced my understanding of masculinity.

Furthermore, I can grab a glimpse of how my seven-year-old understanding of masculinity came to be tied to heterosexism and homophobia. I remember walking with my best friend Clark at recess, both of us often with our arms around each other in manly affection, until one day his older brother called us “faggots.” Though I had no idea what that label meant, I knew it was bad. There is truly no better example in my mind of the point that heterosexism silencing affects everyone. I was just a child, but my ways of showing affection to other boys (and later, men) were severely limited for years before I was able to critically examine my early conditioning.

In elementary school, I was, by no means, a “gender bender.” Simply put, like many other boys, I was uncomfortable with many of the norms I was expected to fulfill. I didn’t really think of challenging them. Fortunately, by eighth grade, still uncomfortable with prevailing ideas of masculinity and hardly “popular,” I found a group of older, eleventh- and twelfth-grade friends that accepted me. Tellingly, they were predominantly queer—lesbian, gay, bi, or questioning. To them, gender roles were games to play, not fixed norms. Likewise, sexuality was something to enjoy, not to repress or confine. I remember this as a time, filling out surveys for sex education class and others, marking the sexual orientation box “undecided.” That became one of the most liberating ways that I could think of myself.

I think it was my lesbian friends who taught me best that I could be male, non-traditional, and anti-sexist. In a very concrete way, they showed me that women are not passive sexual objects, but subjects capable of self-determination. And they helped me see that I could be a man, yet not feel threatened by their strength, their assertiveness. To this day, most of my best friends are still strong, assertive women.

Even as my supportive group of queer friends graduated, I didn’t forget the lessons that they taught me about my ability to consciously shape my gender and sexual identity. I certainly don’t think that I’ve escaped “masculine” norms—my friends still tell me that I’m being sexist when I am—but I have been able to continue to be critical. And I feel more free for it.

Men's Work
The work we can do to end sexism in our lives and communities.
I kinda like needles, as long as I'm not at the dentist, not for smack, never done that I'm too sensitive to chemicals for that. No just needles, piercing, drawing and giving blood. I love giving blood. I used to go to the blood bank with my friend Jason and we'd race to finish bleeding off a pint. I liked giving blood. I can't now, they don't take faggot blood. "IF YOU HAVE HAD HOMOSEXUAL CONTACT WITH A MALE SINCE 1977, YOU ARE AT HIGH RISK." Fuck you. My dad raped, and used slave brothels in Vietnam, and my mom never touched a condom. That's why I'm at risk.

I pulled out the gun I never ever had pulled back the hammer and I shot my fuckin' dad I saved my life that day I think I saved my life

Coasting into Safeway He put his foot down, The van obeyed And stopped what it was doing When he didn't get out I got nervous When he said "We need to have a talk." I got scared It meant I was in trouble "What do you know about sex son?" What the fuck does that mean?
When I had to suck your dick
And when you shot me with your fat fleshy
gun
→ In my ass
Wasn't that sex?
What is sex?
Maybe I should've shot him with that

**QUESTION**
Instead I shot another hole in my head,
Another hole in my memory,
My whole life.
That's how I saved my self
By shooting myself in the head
I just forgot

“What do I know about sex? I know enough”
I'd had enough
I'd known too much
Though that didn't matter

“Well okay”
So we went shopping
We bought flesh
He dealt in flesh
Family and animal
He consumed flesh & memory
He taught me to consume my flesh with
razors
And my memory with holes
I filled them with pain because it was real

I cut holes in my chest
My arm
My inner thighs
No one noticed
I burnt my fingers with incense
Never matches
Burnt matches smell like shit

They have a sting
Because of that thing
My dad did to me
His ass shitting meat
Plugging up the toilet seat
Like a cork
Like his hand on my mouth
Like the door my mom pounded on
The door with out a lock
Screaming

*Mike let me in. Open this door*

**frantic**
There was no lock on that door
That smell, burnt matches
Covering up the smell
Meat shit
Flesh shit
He consumed me
My ass
Plowing
Plowing my ass like his land his field
Private property

Keep out
He has a gun

I never pulled the trigger
Of the gun I Never ever had
I think I save my life that day
But I never shot my dad

me more likely of being a perpetrator also. I tried
to ignore the fact that I had sexually assaulted
a girlfriend of mine. Blaming the victim was a
way that I tried to deal with the shame I felt.

My life didn’t really get off to a great
start. As I’ve mentioned, I was abused by men
and women when I was younger. At the same
time, I’ve had it good in a lot of ways too. My
self-centeredness spurred along my resistance to
feminism in the way that I didn’t want to hear
about anyone else’s pain. The world owned me. It
made me angry when people were talking about
their own problems instead of making mine
better. When women talked about men doing this
and that, self-centered me took it as a personal
attack.

The stereotype of women having more
intimate friendships and greater freedom of
emotional expression made me envious and
jealous. I wanted those things. When women
talked about their inequalities, I denied them by
responding, “Yeah but at least you can have close
friends and you can cry.” It was all about me and
my pain. I tried to take center stage and have
someone feel sorry for me (part of my desire is a
legitimate need for my pain to be heard but if I
deny or minimize someone else’s pain in the
process, it is hurtful self-centeredness). It is very
rude to explain to someone that they shouldn’t
feel angry or upset because they have this or that
advantage. Explaining away the pain is “blaming
the victim” again and a way to clear
myself of responsibility of the pain
I have inflicted. It is also self-
centered because listening and
being empathetic mean that I share
some of that pain and I didn’t want to do that.

Hopefully this has exposed my resistance
to feminist and my misogyny a bit. I’m a little
more secure with myself today and try not to
assume I know another person’s experience.
When women talk with me about their pains of
growing up and living in a sexist society, I listen.
My guilt and shame and insecurities still rear up,
but I just pay attention to them and put them
aside so I can be more empathetic and compas-
sionate. I do not deny my own pain and hope-
fully I don’t portray women as goddesses and
men as devils. The story is more complicated
than men are perpetrators and women are vic-
tims. Men are suffering greatly in this society
also, but it is time for me and other men to stop
transferring this suffering to women.

I’ve been tired of my anger and self-
centered guilt and fear getting in the way
of connecting with women as well as men. My first
idea for this paper was to write about men’s
resistance to feminism. I chose to write my
personal experiences because blaming other men
won’t solve anything and attempting to relieve
my burden of guilt by writing in third person
won’t help me grow. Hiding by telling my story
as if it was someone else’s is lying and these dark
things I hate about myself need to be revealed
and brought into the light. When I ignore un-
comfortable aspects of myself, I’m not paying
attention to them. When I ‘m not paying atten-
tion to them, they can manifest and
hurt others while I’m not looking.
Only by being brutally honest about
who I am can I stop hurting others
and consequently myself.
I had a friend once who was gay. I told my folks about him, so when I told them we were going to go hang out, it triggered a fight that ended up with my blood on my shoes. Dripping all the way back, I picked through the holes in my memory, dripping back to the roots drying there leaving a rust brown tail through maze of Swiss cheese memories. Bloody roots. When I try to remember I feel like I'm standing in an empty house with flat colorless walls that keep out the past. The door out is terrifying, so I can't even see it. The windows I can at least see. Not necessary see out, but at least see. Most are like bathroom windows the kind that are frosted, you can see movement but nothing clear. They're like the kind in my dad's bedroom bath. Where I first saw a penis other than mine, it was probably his but the the window gets frosted before I can tell. Others have Venetian blinds, like the new green ones that shut the ghetto, Five Points, and all the people that lived there out of my apartment. To me they were dangerous, drug dealers, helpless faceless victims of rape, but above all, black, regardless of their color. To them I think I was a big redbrick building with forest green and vanilla trim. Full of rich white people waiting to accumulate enough money to buy their houses, and park our S.U.V's in their driveways while we marvel how far our neighborhood has come and how used it to be so "bad". I used to sit on the roof 22 stories up with a pen writer. I'd chase the kids hanging out on the corner with that little red dot.

"Man it was so funny seeing those dealers scatter like that."

"Funny, huh?"

They thought they were gonna get shot at. But me, well my bullying had a security guard and a security guard. Shit, it was just a joke, but I knew I was safe. That window of memory is relatively clear. But most of the windows in my house of memory I still can't see, they've disappeared, so devastating I'm not allowed to see them.

This paper was really hard for me to write. Mostly because I don't really have access to my memory. I remember one birthday before the age of 20. It's not just the lack of memories that made this so hard, I felt like I had to tell all the fucked up, racist, sexist, classist garbage, that I've done in my life. Like I had to confess that I think maybe I sexually assaulted the first girl I ever dated. Like I had to confess to class, to let you know I shouldn't be allowed to carry this feminist badge. I also can't figure out why I feel like I should be confessing to a class and professor I really don't know, and don't really trust.
The Making of A Man
Sam Pullen

When I was in the sixth grade, I began learning how to be a man. I had just joined the Boy Scouts with a friend from my church, and the troop convinced us that it would be a good experience to spend a week during the summer at Camp Matigwa. We camped out in rustic army tents, started the day with a salute to the American flag, ate meals at the mess hall, learned how to use pocketknives and start fires, and earned merit badges at Camp Matigwa, a place which according to its motto is known as the "Maker of Men".

My week at Matigwa was an intensive training in the dominant norms of masculinity. Each day was filled with activities that reinforced a macho, heterosexual image of manhood. In the shower room of the pool we competed penis sizes and made fun of the scouts who didn’t yet have pubic hair. Every single one of us had a crush on one of the counselors, because she happened to be the only female counselor in the entire camp. The Counselors-in-Training caught a raccoon, doused it with gasoline, and laughed as they lit it on fire and watched it run about in flames. In the afternoon, by the man-made lake, we caught frogs andacked them apart sometimes to use as bait for fishing and other times just for fun. During rest hour, when we were supposed to write letters to our parents, we passed around the Playboy magazine. My friend smoked pot for the first time one afternoon. The men produced by Camp Matigwa are confident, militant, obedient, and they all share common goals to last after women and to be leaders in their community.

One of the ironies of my involvement in the Boy Scouts is that it was the first place that I learned many skills that I considered to be feminine. In preparation for overnight campouts we had to write a menu, go shopping for groceries, and then cook the meals ourselves. I also learned the basics of sewing, because we had to sew badges onto our uniforms and mend equipment that was in need of repair. Yet the attitude behind these activities was not to challenge gender roles and move toward equality, but rather to produce men who were self-reliant and independent, who would be capable of providing leadership (dominating) in any setting.

My training in masculinity continued the next summer when I went to Philmont Scout Ranch in New Mexico and spent ten days backpacking with an all-male crew. On the bus trip to Philmont we stopped in Colorado and went on a tour of NORAD Air Force Base, a highly militarized fortress located inside of a mountain, which is where the president of the United States would be protected in the event of a nuclear war. These activities reinforced an ideal of manhood that views military service as the epitome of patriotism, asserts that married heterosexuality is the only moral relationship, and teaches men to be leaders in a way that disregards the voices of women and anyone of an inferior rank.

At this time I did not question my involvement with the Boy Scouts and by eighth grade I was the Senior Patrol Leader of my troop. I enjoyed to the fullest the time that I spent camping, going on field trips, and doing community service projects with the other scouts. I had advanced through the ranks and was well on my way to becoming an Eagle Scout, the highest rank in scouting.

My Resistance To Feminism

Whine. Whine. Whine. Like your life is THAT horrible. You should be grateful you’ve got it as good as you do. I remember learning about the old days when women couldn’t wear pants, let alone vote. Not to mention the fact that you get to choose whether you want to stay at home or work if you want. I HAVE to work no matter what. And it’s hard work too. I’m the one who’s gonna get drafted if another war comes, not you. Whose conversation is this? It’s the conversation I had against (not with) women not too many years ago. Nobody engaged this conversation; I just had it in my head.

If someone threw kitty pooh at you every day as you left your house, you might be slightly relieved if the person decided to only throw kitty pooh at you three days of the week. You would be getting less kitty pooh thrown at you, but it doesn’t mean that getting pooh thrown on you three days a week doesn’t suck. I guess that’s the part I missed. Just because women’s lives are a bit better today, doesn’t mean that there is equality and justice for them.

I guess I would say that I was a misogynist. Writing that in the past tense feels really good because it implies that I am not one today. Maybe I’m a little too biased to assess my relation to misogyny because my desire not to be one gets in the way. The thing is, I have changed drastically in the beginning adulthood. I have more respect and empathy for women today, but just like the kitty pooh story, better does not equate okay.

Before I go any further, I want to say that I hated men as well. Since we know that we there is no convenient word like misogyny which corresponds to men*, I give myself the label that I was a man hater. The reason I have been a man hater is that I had been abused by men as a child. In a more abstract way, struggling with my masculinity and being judged by other men helped me hate the whole lot of them. I’m an equal opportunity victim though. Women have abused by women as a child and an adult.

It would be accurate to say that the things people did to me led me to feel anger towards both sexes. However, my resistance to feminism and my misogyny can’t be explained as a result of being hurt by women (men had abused me worse). Self-centeredness, insecurity, and guilt are the starting point of my explanation.

My Mom was the first victim of my insecurity. I had a real lack of self worth and I tried to prove that I was better than someone to make myself feel better. The thing is, hurting people doesn’t really make me feel any better. At around eight years old I began calling my Mom stupid and treating her as an inferior. I was really cocky and would have arguments with her and my sister with cruelty and stubbornness. I did some really mean things to them which I didn’t*

* I just got really angry at the word misogyny and the lack of a male counterpart. I mean, I’ve heard women say how odd or something it was that there was no male version, but never really heard much more than that expressed. Misogyny is such a settle and impressive word compared to its meaning because of women. It is so streamlined it could almost flow by without notice. But man hater, even without the bold (s) conjures up images of violence and aggression in my mind. When I hear the word misogynist, I imagine a mostly harmless guy who is somewhat bitter towards women. Is this a coincidence? Who creates the words anyway?

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Riot Grrrl wasn’t focused on men, or challenging sexism as much as it was focused on making the space for women to build community and healing relationships. I was deeply inspired by the actions many riot grrrls were taking in their lives and communities, and wanted something similar for me. I wrote a letter in a popular punk magazine where I asked the question “if riot grrrl is for girls, then what is there for boys?” This question lead me on a quest to find something that was healing for men—something that would help me deal with the isolation and alienation I felt as a boy, and the loneliness I felt as a man.

There was a riot grrrl convention being planned for Chicago, by a few of the women I was living with. Many men felt left out because the convention was for women only, called our house to ask why. My roommates and I thought that I could answer the question for them, gave many of those calls to me. I decided to host a one day discussion and support group for men who wanted to take part in some events during the riot grrrl convention. This was my first step in taking my self-awareness prospects into the community. I was part of Twenty men came, and it was a success. We talked about sex, violence, love, and told many stories of our lives. I felt connected to each of these guys for the first time in my life, at the age of 20, I didn’t feel an air of competitiveness between me and the men around me.

Through riot grrrl and feminism I began to learn more about the consequences of sexism and sexual violence. I began to learn that what I had gone through as a man was very normal in this society and that many men around me, in many different communities face the same issues. I took these lessons into my own life and took space in my life to learn about my past and the lessons I learned while growing up. I also took the space to connect with other men around me, through discussion groups or just for hot chocolate. I began to make close friendships, and learned how to work for healthy relationships. Now, I am forever indebted to riot grrrl and feminism for changing my life in very positive ways. And as I continue to struggle with the ways I was socialized as a man, I have new skills to deal with the challenges in my life and to take my struggles day by day.

scouting

If it weren’t for the influence of two of my friends, the Boy Scouts might have made me into a man who never questioned the dominant norms of masculinity. I was fortunate to become close friends with a boy who was very committed to social justice and environmental activism. He challenged me to do volunteer work without recognition rather than just do “good deeds” in order to earn awards and a higher rank. He also taught me that true leadership was not about taking charge, but about building community and empowering people who are systematically oppressed.

My girlfriend during high school had the most influence on my views about masculinity. She was an outspoken feminist who challenged the hostile, sexist attitudes that I was exposed to in the Boy Scouts. She knew personally how such attitudes led to the oppression of women, because her father began abusing his wife after he returned from the Vietnam War. Her father’s understanding of masculinity was so sick that he used violence to force his wife and three daughters to cook him meals, clean his house and satisfy his sexual urges.

By the time I was in high school I had shifted most of my involvement with the Boy Scouts into environmental activism and volunteer work at an emergency shelter for youth from abusive homes. I also helped my girlfriend challenge homophobia in the public school and defend a school board clause of non-discrimination on the basis of sexual orientation. I was deliberately using the organizing skills I had learned in the Boy Scouts to challenge the sexism, homophobia, and violence that is perpetuated by the Boy Scouts.

But by the end of my junior year I had completed most of the requirements to be an Eagle Scout and was being pressured by my parents, teachers, and scoutmasters to finish my Eagle project so that I could be recognized for earning the highest rank in Scouting. At this point I faced the biggest barrier in my scouting career, and it was my lack of skills, lack of time, or the inability to be a leader—my conscience.

I knew that the Boy Scouts had a policy of not awarding Eagle to anyone who was openly gay, and that it wouldn’t allow a gay man to be a scoutmaster. For several months I seriously questioned my own sexuality and spoke with my friends and mentors about what I should do. I realized that I needed to “come out” about my sexuality, either as straight, bi, or gay. Although I was fairly certain that on a sexual level I was only attracted to females, I knew that I was emotionally attracted to many of my male friends and open to physical intimacy. I was aware of the tremendous privilege and responsibility I had to choose my identity based on the dictates of my body and my conscience. The only thing I was certain of was that I would not conform to the mainstream standard of heterosexuality.

At a conference for queer youth and supporters, I met a gay man who told me about a national group made up of gay Eagle Scouts that was actively challenging the homophobia within the Boy Scouts. He encouraged me to accept the Eagle award, but to challenge the institution at the same time. As a straight man I would have a lot of leverage that could help the Gay Eagles as they pursue legal action to challenge the homophobia of the Boy Scouts. Based on this reasoning I decided to complete the requirements for Eagle, to write an essay...
statement challenging the Boy Scouts, and if they still award me the Eagle rank, I could always turn in my badge at some time in the future when it would serve as a critical statement against the Boy Scouts.

My family was aware of my struggles, and as liberals they could see that the Scouts should be challenged for their exclusionary and prejudiced position. However, they did not necessarily agree with my insistence on a radical act of defiance. I agreed to let my family plan the Eagle ceremony if I could have a chance to make a statement before the troop before I accepted the award. In the end, my family shrugged their understanding and progressive politics by planning a ceremony that was, in many ways, subservient to the espoused ideals of the Boy Scouts.

To open the ceremony, we said the Pledge of Allegiance, a lesbian couple who are close family friends performed a ritual to invoke the element of the four directions. My four closest female friends each brought an object to the stage representing Fire, Earth, Water, and Air. Then we proceeded through the normal Boy Scout rituals of repeating the Scout Oath and Scout Law while lighting candles. At the point where a member of the community was to speak on my leadership qualities, I asked my mentor in activism to speak on my behalf (he was the only adult I knew who confronted me when I told him I was in the Boy Scouts). He praised me as a co-worker in the struggle for peace, civil rights, and justice and entrusted me with the responsibility of working with existing institutions when they do good and challenging them when they are wrong. Before I read my statement, my grandmother, the matriarch of our family, read a poem that she had written about the Eagle who flies high, has a long range vision, and SCREAMS at what is wrong.

At this point I delivered a three page statement that I had prepared to thank the troop for honoring me with the eagle award, recognize the many people who helped me with my Eagle project, share some wisdom with younger scouts, and to state my criticisms of scouting before the entire troop. This was the heart of my statement:

"Often scouts are convinced with poor pressure that scouting is not cool, it is a waste of time, or that the uniforms are really goofy. These types of comments didn't bother me, because I was having too much fun going on hikes outside, building fires, and sleeping under the stars to care what anyone else thought. However, I was confronted by many of my peers who were concerned that the Boy Scouts is a pre-military institution filled with commands and ranks, were angered with the Boy Scouts treatment of homosexual men, and who were aware that women often have a limited role in the scouting experience.

I am the first to stand up for the values and virtues of scouting, but I believe that as an institution, the Boy Scouts must be confronted for the role it plays in fostering hostility and prejudice toward people who are homosexual, especially gay youth and gay men. It is a tragedy that as an institution, the Boy Scouts will not offer its valuable skills and experiences to openly gay youth, and it is also a shame and an act of irresponsibility on the part of the Boy Scouts to perpetuate a myth that gay men are inclined toward pedophilia and are inevitably a threat to youth. This simply is not true, for a statistical breakdown of sexual offenders in Iowa shows that over 90% of child molestation found me at 3 am and dragged me home and attempted to sober me up. I woke up on the first and with my intense hangover I vowed never to touch the stuff again.

I took a leave of absence from my friends, and from everyone around me. I sat in my room all the time, listened to music and wrote in my journal. Around the same time, I discovered the straight edge movement. This movement was full of people who considered themselves good because they claimed to not consume anything harmful to their bodies. I was looking for something new at the time, because of the new changes in my life. After I got over the original withdrawal from the substances I was taking, I started to feel a little more hopeful. So I found some straight edge friends and joined their group.

I thought I was doing something positive. I was turning my life around. I wasn't a burnt out anymore and that was a big step. What I didn't see was the new social rules I was taking on. In straight edge, just like in many sub-cultures, there are different social rules. There are different rules for what it means to be a man. There are rules about what you are allowed to do, and these rules, like the ones from the media are conning. Once again, I tried to fit in, and couldn't. I fought in the mosh pit, tried to learn the lyrics to everyone's favorite straight edge songs, etc. The people I hung out with were really much about being drug-free and condemned others for not living their chosen life-style.

Once again, I passed through a new social group with different rules for the same reasons of being. It left straight-edge and found "emo." This new group of people brought themselves together in the punk music scene around the fact that we had emotions and weren't scared to express them. In the emo scene, many of the guys were really repressed sexually and emotionally. Bands would get up on stage and have panic attacks as a stage show. Bands who "lost their shit" the hardest were the most popular. It was a really unhealthy way of dealing with all the angst in most of our lives.

This phase took me in for a long time. I found a way to express the loneliness I felt from not fitting in for most of my life. I found another...macho the emo problem was face my life. Again coping with being very much a man. From the learning to sense cover up my feelings instead of dealing with them.

Through emo I found riot grrrl, and ultimately feminism. Riot Grrrl was a radical young women's feminist movement in the punk scene that confronted much of the sexism, violence, and repression that was so prevalent within all facets of punk. Being confronted by many women in my life mimicked the care and concern my burnout friends had for me when they forced me to quit drugs. These confrontations made me take a look at my life and see what I was doing with myself. I was waking up to the way I had been socialized as a man in this society, and I was told to look deeply into this socialization to see what I
I've been struggling with my manhood for as long as I can remember. Growing up in this society in this time for men can be difficult. There were many pressures I was torn between. I was both living up to my standards and not living up to them. I wasn't handsome enough. I wasn't cool enough. I wasn't compatible enough. I didn't fit in with most of my male peers. I thought, it was all my fault.

When I was six or seven years old, I started to believe that I wasn't good enough. I was already uncomfortable with my ability to perform. I was afraid of the pressure of the environment of the world. I was afraid of being judged by others. I was afraid of being different.

I lived not only under the pressure of my friends, but also the pressures of the media, and my family. Society along with my family and friends were controlling. I wasn't given the space to find myself and explore my natural emotions or other ways of being. I was confined to their expectations, and therefore I never felt like I could "measure up."

For a long time, I felt down on myself. I tried harder and harder as each year passed to live up to the expectations of everyone around me. I tried to dress the part, act the part, etc., but nothing worked. So I gave up.

Finally, I told myself that I would never be good enough. I told myself that I was just a fuckup, and I dropped out. I became a burnout. I used drugs and drank alcohol all the time when I was 14, 15, and 16 years old. I lost many friends and hurt many people because of who I was becoming. I didn't act like, I really cared about anything or anyone. I built up a shell around me.

Then I broke down. I was really burnt out on drugs and my life and was increasingly suicidal. While my friend Brad played chicken with a freight train one night, I thought that it wouldn't be a big deal if I died. I convinced myself that day that I wasn't worth living and was too drunk to do anything about it. I hit an all-time low.

My close friends made a pact without me that if I didn't quit the drugs and get my shit together they would abandon me. They decided that they couldn't deal with me giving up on myself like that, and that they were going to try to do this for me. That was it for me. I thought that I already fucked up with my life. I didn't want to lose my friends.

For my new years resolution, after I turned 16, I decided that I would quit smoking, drinking alcohol and doing all drugs. December 31, 1994, I got so wasted I passed out in a field on the way to my house. My parent's commitment to making the world a better place.

It was, indeed, quite a shock to many of those present to hear these words coming from my mouth. I could see many of the other boys, their parents, and the adult leadership of the troop squirming in their seats as I suggested that openly gay youth and gay scoutmasters should be allowed in the Boy Scouts. At the same time I could sense my friends and family cheering me on as I took a stand on my beliefs, with my activist friend and my girlfriend present as my proud supporters.

A few days later I got a letter from the Chief Scout Executive of the Mid-Iowa Council of the Boy Scouts of America, who had been present at the Eagle Ceremony. It said that he disagreed with the statements I made and that I was unprepared for the role that I was in. It was unreasonable of me to use the Eagle ceremony as a pulpit for my personal beliefs. But this letter was just a slight reprimand. As far as I knew, I was only able to put "Eagle Scout, highest rank in scouting" on my resume and gain access to one of the most elite and dedicated old-boy networks in the world.

Almost three years after receiving my Eagle award, I am still grappling with what it meant to be a blended-race, blue-eyed Anglo-American from an upper-class family who has been immersed with almost as much privilege as it is possible to have in this world's hierarchy of oppression. I have done everything I can to use my privilege for good, but I know that it is still not enough. I know that every day I will be confronted with the injustices of the world and in my mirror I will see my role in perpetuating those injustices. It is my hope to dedicate my life to the struggle for peace and justice, and in so doing to experience the true greatness of the human spirit.
Changing Ways
redefining manhood.

“A Vision of New Masculinity”
by Cooper Thompson

Boys must learn to accept their vulnerability, learn to express a range of emotions such as fear and sadness, and learn to ask for help and support.

Boys must learn to be gentle, nurturing, cooperative and communicative, and in particular, learn non-violent means of resolving conflicts.

Boys must learn to accept those attitudes and behaviors which have traditionally been labelled feminine as necessary for full human development—thereby reducing homophobia and misogyny. This is tantamount to teaching boys to love other boys and girls.

From New Man, New Minds
ed. Franklin Abbot