Detoxifying Masculinity

We gather the second Tuesday of each month from 7:30-9:00pm at Public Functionary (1400 12th Ave NE, Mpls) with the purpose of creating a supportive space for men to have honest discussions about issues related to toxic masculinity. All men are welcome.

You can find us on Facebook (“Detoxifying Masculinity – Twin Cities”) for more information about upcoming gatherings/topics and events.

**Ground Rules for our Meetings**

* Assume Confidentiality
* Everyone participates
* Listen with an open mind
* Speak from your own experience
* Avoid interruptions and side conversations

**Helpful Terms & Definitions**

**Toxic Masculinity:**"toxic" masculine norms include dominance, devaluation of women, extreme self-reliance, and the suppression of [emotions](https://en.wikipedia.org/wiki/Emotion).

**Rape Culture:** a setting in which [rape](https://en.wikipedia.org/wiki/Rape) is pervasive and [normalized](https://en.wikipedia.org/wiki/Normalization_(sociology)) due to societal attitudes about [gender](https://en.wikipedia.org/wiki/Gender) and [sexuality](https://en.wikipedia.org/wiki/Human_sexuality).

**Sexual Violence:** any [sexual act](https://en.wikipedia.org/wiki/Human_sexual_activity) or attempt to obtain a sexual act by [violence](https://en.wikipedia.org/wiki/Violence) or [coercion](https://en.wikipedia.org/wiki/Coercion), acts to [traffic](https://en.wikipedia.org/wiki/Human_trafficking) a person or acts directed against a person's [sexuality](https://en.wikipedia.org/wiki/Human_sexuality), regardless of the relationship to the victim.

**Objectification:** the act of treating a person as an [object](https://en.wikipedia.org/wiki/Object_(philosophy)) or a thing.

**Ally:** relationship among [people](https://en.wikipedia.org/wiki/People) or groups that have joined together for mutual benefit or to achieve some common purpose, whether or not explicit agreement has been worked out among them.