

the

# MANBOX

## What is the Manbox?

The manbox represents a set of traditional images about masculinity that society has built for us, a construction that in some ways creates an environment that enables and tolerates violence against women.

For Sexual Assault Awareness Week this year, CARES has built this box to facilitate a conversation about manhood: how and whether these socially defined roles support those men who *are* abusive, and how well-meaning men who are pressured to stay in the manbox can break out of it and speak out against domestic and sexual violence.

So,

### ON THE INSIDE:

- Write attributes and concepts that lie inside the manbox, qualities that society expects of men – like being tough, not backing down, being in control
- Write your thoughts about some of the problems or issues that these expectations can cause

### ON THE OUTSIDE:

- Write down attributes that are *not* always part of society's general perception of masculinity – like being emotional, or being unsure
- Write your thoughts on how and why men should break out of the manbox

CARES gives credit for the concept of the Manbox to Tony Porter, an activist and educator who came to speak at Vassar in 2007. More information can be found at his website: [www.acalltomen.org](http://www.acalltomen.org).

If you would like to speak to us about any thoughts or concerns that this activity raises, CARES can be reached 24/7 by calling (845) 437-5221 and asking to speak to a CARES counselor, or by emailing us at [CARES@vassar.edu](mailto:CARES@vassar.edu)