WHAT IS MACHISMO ANYWAY?

Women’s Resource Center
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BEFORE WE BEGIN...
HAPPY

HISPANIC HERITAGE MONTH
• Celebrating the histories, cultures and contributions of people from, or with ties to, Spain, Mexico, the Caribbean and Central and South America.

• Started in 1968 as Hispanic Heritage Week
  • President Lyndon Johnson
  • Expanded by President Ronald Reagan in 1988 to cover a 30-day period.

• The day of September 15 is significant because it is the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua.

• Mexico and Chile celebrate their independence days on September 16 and September 18, respectively.
“ESPERANZA: A CELEBRATION OF HISPANIC HERITAGE AND HOPE.”

“The theme invites us to celebrate Hispanic Heritage and to reflect on how great our tomorrow can be if we hold onto our resilience and hope.

It encourages us to reflect on all the contributions Hispanics have made in the past and will continue to make in the future. It is also a reminder that we are stronger together.”
What is it?
**Machismo**

‘Macho’

**Definition**

- A strong sense of masculine pride: an exaggerated masculinity within some Hispanic and Latino communities.
- An exaggerated or exhilarating sense of power or strength.

**Toxic Masculinity**

Toxic masculinity isn’t just about behaving like a man. It involves extreme pressures some men may feel to act in a way that is harmful.

**Toughness:** The notion that men should be physically strong, emotionally callous, and behaviorally aggressive.

**Anti-feminity:** Idea that men should reject anything that is considered to be feminine, such as showing emotion or accepting help.

**Power:** Assumption that men must work toward obtaining power and status (social and financial) so they can gain the respect of others.
Machismo revolves around the assumption that men are superior to women; as a result, women are expected to serve their partners.

This can lead to very defined gender roles and expectation.

Oftentimes, this idea is reinforced through childhood for both young boys and girls.
Machismo hurts men too—Alejandro Jimenez
MEXICO FEMICIDE: MACHISMO CULTURE IS CAUSING WOMEN TO BE KILLED
Violence against women has surged in Latin America; Mexico, in particular, has seen an unprecedented amount of femicides and crimes against women. Violent offenses against women have increased by 7.7% since the beginning of 2020.

The president of Mexico, Andrés Manuel López Obrador, has attempted to downplay the alarming situation in Mexico by passing a 75% budget cut for the federal women’s institute, suggesting that state funding for women’s shelters operated by NGOs be cut, and claiming that the majority of domestic violence calls are fake.
“I have one particularly large wrinkle between my eyebrows I put down to scowling while living in Mexico in my 20s, trying to ward off the hisses and catcalls in the street.”

-Katy Watson
Marianismo

A concept that is rarely mentioned (female counterpart of machismo)

Set of values and expectations concerning female gender roles.

Idealized view of femininity based on the image of Mary, the Virgin Mother.

Implies passivity and submissiveness, self-sacrifice, and chastity and the idea of a virgin like model for women.

Emphasizes the role of women as family and home centered.
“Though women can aspire to be homemakers, they deserve the liberty to make this choice, free from cultural expectations.”

-Hugo Quintana
Issues regarding men

Expecting men to be protectors, providers, leaders, etc. and associating men with anger, selfishness, and aggression, etc. Can be problematic and damaging, especially at a young age.

Men actively avoiding vulnerability, act on homophobic beliefs, ignore personal traumas, exhibit prejudice & violence against women, etc. Contributes to larger societal problems, such as gender-based violence, sexual assault, and gun violence.

Researchers have identified toxic masculinity as a mixture of boys doing the following three things:

1. Suppressing emotions or masking distress
2. Maintaining an appearance of hardness
3. Using violence as an indicator of power.
“Toxic masculinity hurts men, but there’s a big difference between women dealing with the constant threat of being raped, beaten, and killed by the men in their lives, and men not being able to cry.”

—Robert Jensen


• Are there any other ways men are influenced by Toxic Masculinity/Machismo?

• Do you agree? Why? Why not?

• Do you have any potential ways we can stop the perpetuation of these expectations?

• Do you think by being mindful of the previous points, we as a society will ever be able to dissolve these harmful stereotypes and expectations?

• Any other comments, questions, etc.? 
RESOURCES

- https://img1.wsimg.com/blobby/go/0b85e7f6-8177-4d87-ba32-3db5d4eb60d8/downloads/HHM%20Theme%20Winner%20PRESS%20RELEASE_2021%20-%20Final.pdf?ver=1618589635569
- https://www.merriam-webster.com/dictionary/machismo
- https://www.verywellmind.com/what-is-toxic-masculinity-5075107
- https://platformwomen.org/metoo/toxic-masculinity-is-dangerous/
- https://www.youtube.com/watch?v=tue7EctTIMg
- https://www.verywellmind.com/the-dangerous-mental-health-effects-of-toxic-masculinity-5073957
- https://elestoque.org/2020/03/27/opinion/ending-toxic-masculinity/
- https://sites.uab.edu/humanrights/2021/05/05/the-impact-of-machismo-on-women/
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5102330/