

# RESILIENCE MAKES BRILLIANCE!

- **Norfolk Multi-agency Practice Week**
- Monday 24 November 2025 – Friday 28 November



# WELCOME

- We want people to participate but please use the 'raise hand' facility to ask questions and contribute when others are talking.
- Please be considerate to others - together we want to create a safe, open and reflective space to learn.
- You can turn on live captions on by clicking on the 3 dots at the top of your screen if you need this.
- The link to the feedback form will be put in the chat.
- Please do take the time to complete it after the session.
- Thank you!



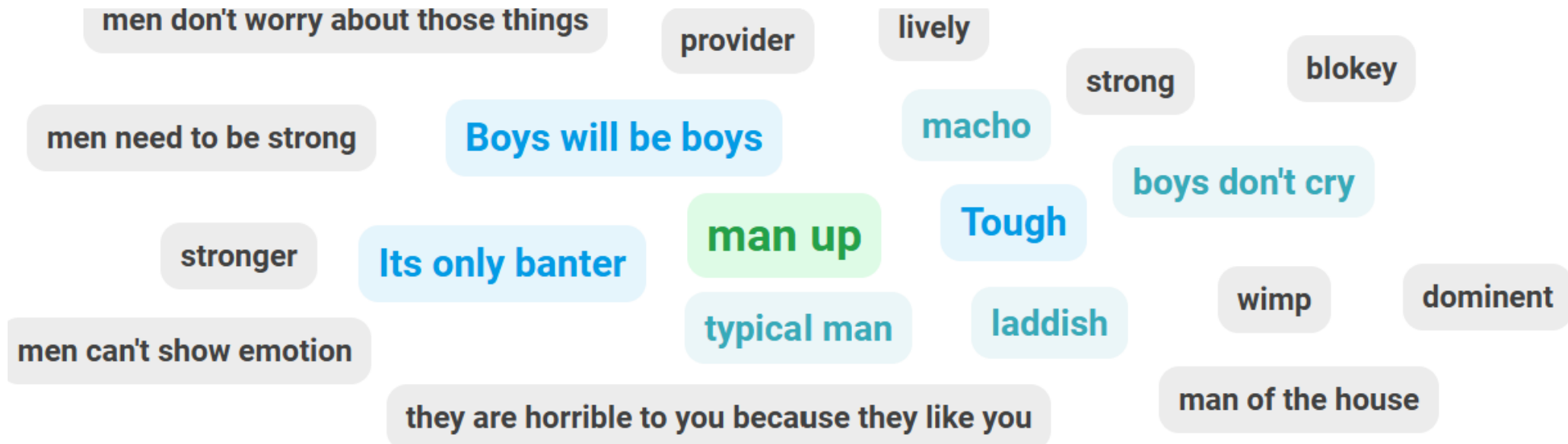
# REFRAMING THE OXYMORON OF TOXIC MASCULINITY

This presentation challenges the paradox embedded in the term *toxic masculinity*—a phrase that often conflates harmful behaviours with male identity itself. By reframing the narrative, we explore how masculinity can be disentangled from toxicity, creating space for healthier, more authentic expressions of manhood. The goal is to foster understanding, encourage critical reflection, and promote positive change in how we support boys and men in our communities.



**What phrases do we use casually  
about boys and their behaviour ?**







**“IT’S EASY TO BE NAUGHTY IF  
PEOPLE EXPECT IT OF YOU.”**

- Mummy Weasel, Wind in the Willows.



## STEM4 asked 1,100 young men & boys

“Whether they would seek help for  
their mental health?”

- 37% of boys and young men are experiencing mental health difficulties, but half are unable or unwilling to ask for help
- 46% wouldn't ask for help for a problem that was making them upset, anxious or depressed, “even if things got really bad.” 30% say they feel weak or ashamed. 21% are worried people would laugh or think less of them, and 14% said they would “feel less masculine”

Stem4

[Toxic-masculinity-stopping-boys-seeking-mental-health-support-survey-finds-Nov-21-1.pdf](#)

# STEM4 ASKED 1100 YOUNG MEN & BOYS

“WHETHER THEY WOULD SEEK HELP FOR THEIR MENTAL HEALTH?”

- “As you get older no one cares about your mental health, so you say you're OK when you're not, because you're supposed to be a man. And men aren't supposed to have emotions. Parents push toxic masculinity onto their children. It messes their head up later in life. But who really cares that we're suffering?”
- 16-year-old schoolboy, London
  - “People like us like to hide in the shadows and push everyone away. The chances of us reaching out and actually speaking are slim to none.

18-year-old Schoolboy East of England ▪





[Boys Don't Cry | White Ribbon PSA](#)

- Mounting evidence suggests. Girls are more likely to internalize feelings, while boys are more likely to externalize them. Rather than crying when feeling down, for instance, boys may act irritated or lash out. Or they may engage in risky, impulsive or even violent acts. Inward-directed terms like “sadness” and “hopelessness” miss those more typically male tendencies. And masculine norms that equate sadness with weakness may make males who are experiencing those emotions less willing to admit it, even on an anonymous survey.
- Dr Micheal Gurian Author and social philosopher
- <https://www.youtube.com/watch?v=Sts2dVx6-N0>



**“BOYS MUST FIND WAYS TO COMPETE AND SEE THEMSELVES AS PERFORMING WELL. IF THEY DO NOT, IF SOCIETY DOES NOT PROVIDE THEM WITH THESE OPPORTUNITIES, THEY'LL COMPETE AGAINST SOCIETY ITSELF, ABUSING THEIR COMMUNITY AND THEMSELVES.”**

**“IF WE CONSIDER IT TAKES A VILLAGE TO RAISE A CHILD, IF THE VILLAGE DOESN'T TEACH THE BOY HOW TO SAFELY START A FIRE, THEY WILL BURN THE VILLAGE DOWN.”**

**Dr Michael Gurian**

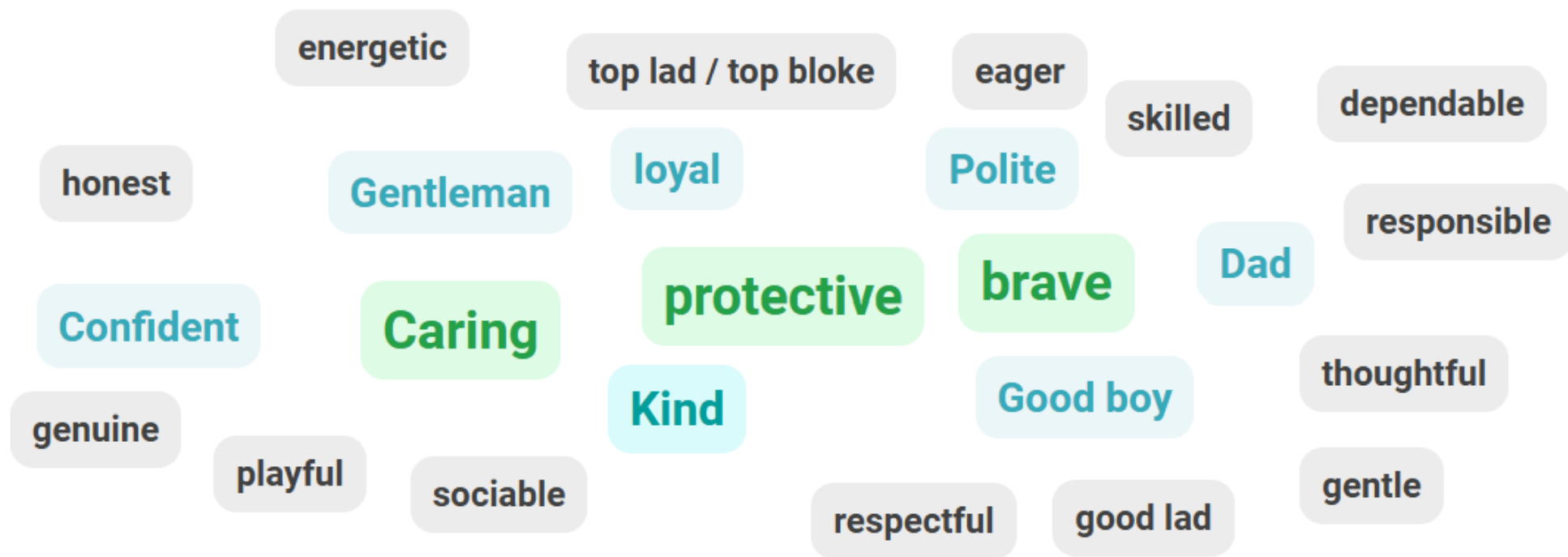


[Day After Day | White Ribbon PSA](#)





**What positive words do we use to describe boys and their behaviour?**





# THANKS

Any questions?



**PLEASE PROVIDE SOME FEEDBACK**