

# Sanctuary Space

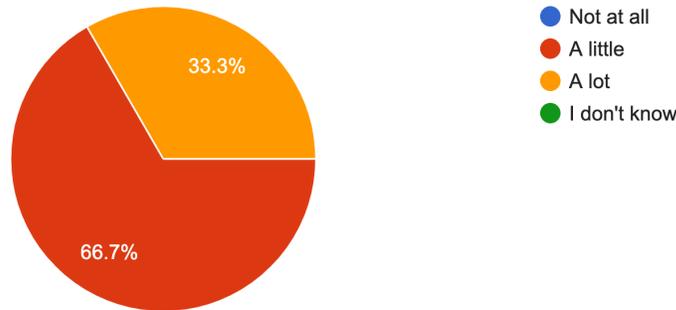
## Post-Workshop Evaluations

Machismo and Healthy Masculinities  
April 30, 2021

Approximate maximum attendance: 27  
Number of evaluations: 9

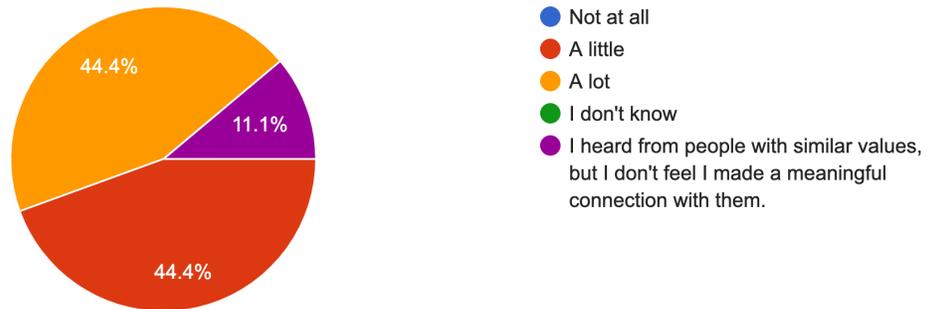
In your opinion, did this event increase your awareness of mental health issues?

9 responses



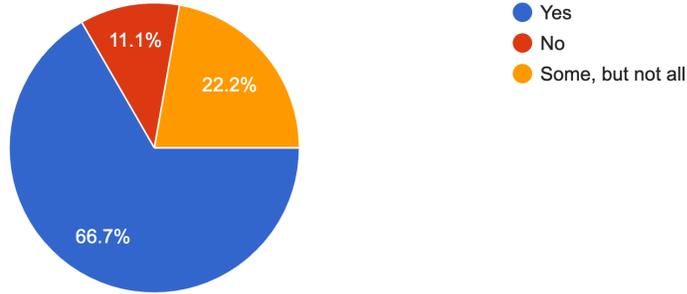
In your opinion, do you feel like you made a meaningful connection with other people with values similar to yours?

9 responses



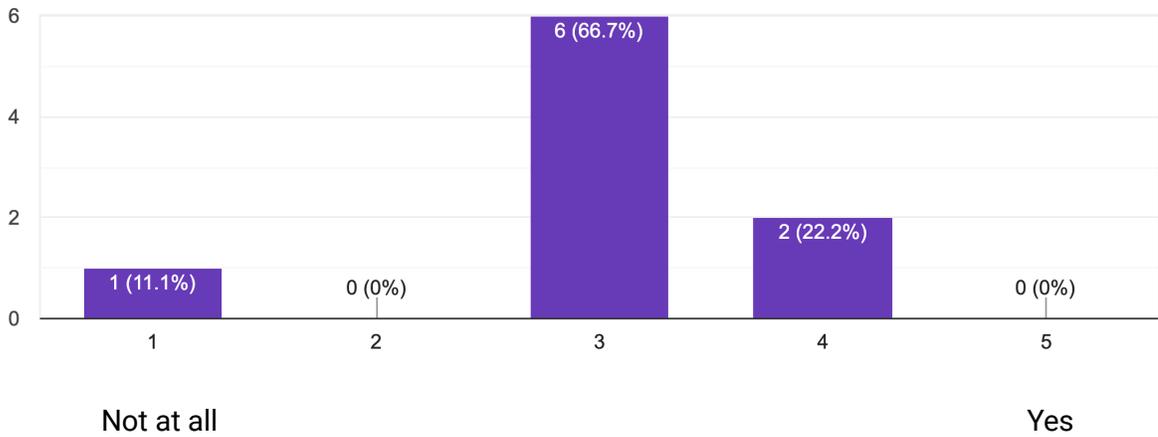
Did you know about the resources listed in the Shared Notes prior to the workshop?

9 responses



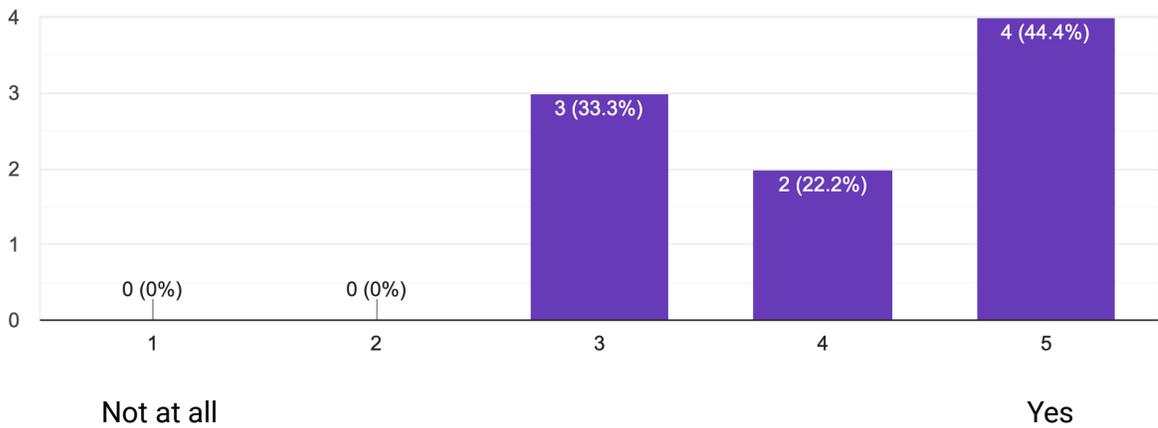
After this workshop, do you have new tools to support your own wellness?

9 responses



Was the topic of today's event something you think about often, or was it new for you?

9 responses



### What are your initial thoughts about your experience at today's event?

I hope that younger men are more regularly exposed to the important questions raised today.  
I enjoyed that organic conversation and guided questions. The shorts were powerful and generated questions. The moderators' views were authentic. They did their best to engage with attendees in a virtual environment and with consideration to time constraints. Well done.  
I really enjoyed the films, especially the second one. The acknowledgement of the hyper masculinity in the dying field of factory work is really important to acknowledge and I hadn't seen it portrayed before.  
Great stuff, nice surprise, didn't expect this quality and awareness!  
I thought today was insightful!  
It felt like a good start, but could have more discussion space.  
It was really nice to see Latinx folks hosting the AWI session.

### What was your key takeaway?

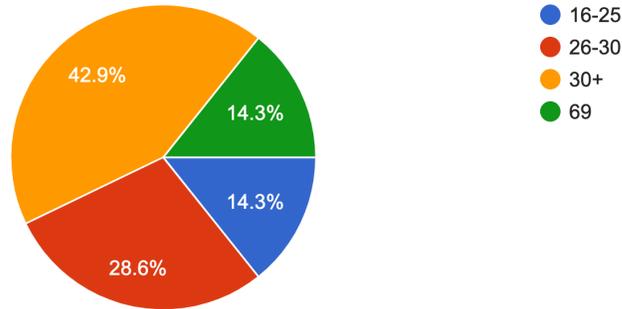
Masculinity's definition is changing and men are the ones that need to invite the change. It is happening when it may not seem like it is. These two moderators are stretching the boundaries of what masculinity means and exploring how intersectional dynamics shape the redefining. Shorts using spoken word are effective ways to change the medium on how the message is communicated to audiences. This new way sparks a new way to see the situation presented.  
This was beneficial for myself to unpack the concept of toxic masculinity and the role it plays in our lives.  
1) "Toxic masculinity is a facade and denial of vulnerability." 2) Even though it may look different throughout human history and across locations in the world, toxic masculinity is everywhere.  
Common humanity! I see that many men do not adhere to patriarchal values.  
I think my biggest takeaway was the need for authenticity. I loved this point!  
Healthy masculinity - being authentic to who you are regardless of gender expectations.  
Progress requires acknowledgement of a need to change.  
Generational trauma harms everyone.

### How might you use what you learned today?

I will definitely be considering some of the points made while I'm in my meditation time.  
Teach my sons about healthy masculinity.  
Discussing expectations and experiences of masculinity and femininity with college students in a Foundations of Wellness class I will be teaching.  
I may use the questions to assist the youth conceptualize how they view masculinity and the videos to expose them to spoken word in film.  
Being conscious of the ways toxic masculinity shows up in my thoughts or how I treat men and making sure I don't pass that on or enforce it in others.  
In dismantling ways I directly or indirectly ask men to take part in toxic masculinity.  
Inspires me to move forward with some paintings of mine on the theme of patriarchy.  
Share the story, ask my circle of people their thoughts on masculinity and promote the resources. Challenge myself to think deeper about the key points raised.

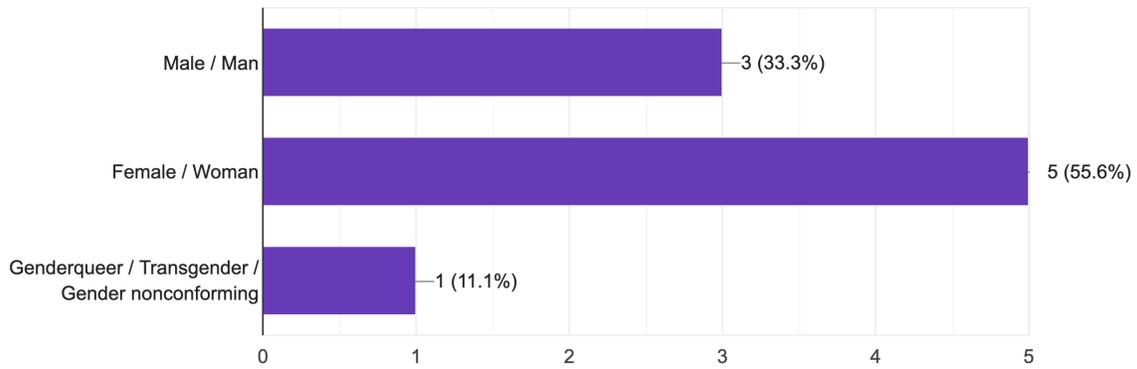
### Age

7 responses



### Gender Identity

9 responses



### Ethnicity

9 responses

