I need to stop, but don’t know how: Masculinities, health, resistance and change

Benno de Keijzer
ISP-CEGUV-UV / Cómplices por la Equidad/Salud y Género
"To fall thus, in a firm, serene manner and without putting your hands and bending, is a sign of that character, gallantry and courage that distinguishes the members of the Armed Forces. To have done it in another way was not to fall with honor, it had to be done this way."
Carlos Alberto Fernández Cruz, was diagnosed with a mild traumatic brain injury, grade 1 cervical sprain, bilateral fracture of the mandibular condyles, multiple fractures, loss of several teeth and a 2 centimeter contusion injury in the submental region. He is considered out of danger. A two months recovery period.
And what happens with the other men?
I don´t have time. I need time to find old friends again in the same scenarios.
I have promised myself to stop the machine, but I don´t know how.
stopping the machine o Until the body resists.
Health: a privileged window to understand the differences among social classes (Berlinguer).
Also a window to evaluate the differences among men and women, and the costs of gender inequality.
A vantage point to question the costs of men’s privileges in our societies: costs for women & children... and men themselves (Kaufman).
The need to stop
I know I have to stop, but don’t know how...

Drug addiction
Drogad diction
HIV/AIDS man/women ratio according to diagnose year año de diagnóstico, México 1985-2009

Fuente: CENSIDA, con datos del Registro Nacional de Casos de SIDA al 31 de diciembre de 2009.
Violence against women as a public health issue

**ENSAR, 2003**
(sólo física)

**ENVIM, 2003**
(psicológica, física o sexual)
ICIDIOS POR 100 MIL HABITANTES
ones del Crimen Organizado

AÑO

DS/100M  SIN EJECUCIONES/100M

Recopilación: Ing. Manuel Aguirre Botello, con datos de INEGI, SINAIS, PAHO y Presidencia
Can´t stop: once inside, how to get out?
ESTA ES LA VIDA
In youth’s masculinty it is common to find:

- the restriction of emotions like sadness, fear o love
- the limitation el self and (hetero) care
- stereotyping of sexual conduct
- the rigidization of roles and conducts

Thus, many turn into a risk factor for women:
- Unwanted pregnancies - las STD/HIV
- violence
Embodiment

Women: referred to surgery, accidents & violence

"una historia en cada cicatriz"

A story in every scar.

En una final de Basquetball mi equipo estaba ganado. El balon estaba en disputa, yo lo gane y ahora tengo una bella cicatriz en mi ceja como recuerdo.

Yo me hice la cicatriz en el brazo con un cuchillo tan solo para sentir algo y solo para tenerla ahi.
Incidental gender education

• Boys don’t cry
• Last one is an old woman
• Never all the money and all the love

Watch your chickens ´cause my rooster is loose.
Tendencias de causas de mortalidad de hombres y mujeres, 20-39 años, 2000-2006

MORTALITY AMONG ADULTS (20-39 years) 2000-2006

DEATHS DUE TO EXTERNAL CAUSES OF INJURY AMONG MEN AND WOMEN

Total deaths men 6 times higher than women (5458 vs 946)

Source: HSD/HA
Life expectancy

2005: 75.4 years

FUENTE: Estimaciones de CONAPO
<table>
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<td>Portugal</td>
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</table>
Men’s health: care?
Where do we pick this all up?
What did I inherit from my father?
Mother?
My siblings, mi peers?
How is masculinity present in the history of our disciplines and their practice?
Gender stereotypes and health

Masters in Public Health, Mexico
For men also, gender is:

- Socially constructed
- Relational
- Hierarchical
- Mutable
- Contextual
- Ubiquitous

- Necesarrily self reflective (Balint) and intercultural (medical anthropology).
Hegemonic and subaltern masculinities

• Theory and practice stem largely from preceding feminism

• Many differences:
  • Class
  • Etnic // religion
  • Age (life cycle)
  • Sexual orientation
  • Urban/rural
Hard core

- Work & providing
- risk taking
- violence
Theorizing change

- Feminism and gender theories
- Paulo Freire: problematizing and conscientization
  
Bourdieu: why things DON´T change ... or the profound and sustained work that is neccesary for real change... even OUR change.
Types of change (Watzlawick)

- Change 1: more of the same
- Simulation
- Adaptation & symbolic action

- Change 2:
  - Transformation
  - From articulating problems to articulating solutions

Wentzel: composite change in older men
Rodríguez Brandao questions the colonizing effect in much of our work with subaltern classes, instead of learning and constructing with them from an intercultural perspective.
Gender and interculturality: sociocultural epidemiology
Social and cultural change

• Last decades: more for women than for men (who feel misplaced):
  • struggle of women towards gender equality in all spheres of society
  • women in the labour market (plus housework)
  • increasing urbanization
  • the acceleration of poverty associated with falling wages
  • an increase in female headed households and stepfamilies
  • and a reduction in family size.
Rise of sexual and gender diversity
¿How does change come about?

• Alternative socialization and life experiences
• Influence of policies, programs and the media
• Hitting rock bottom and crisis: ¿do we really have to reach this point? (like with alcohol and HIV?)
• Influence of women in their lives ... “please tell our husbands and sons”: Women can definitely benefit from programmes with men on alcohol abuse, or strategies aimed at sensitizing men to domestic violence, sexuality and or reproductive health issues.

• ¿Other men?? The seem to be more influential in the pole of resistance, but it is visible in AA / in violence / fathering / vasectomy (vasectomy? I prefer the vasectoyou!)
Listening to malaise: from violence to resposability
¿Change: how and to what degree?

- Information
- Discourse
- Reflection
- Emotions
- Práctica... individuelle... collective
- Public policies
Change: a great and complex mosaic
Absence of integral perspectives, policies and programs: parcelation

- Reproductive Health
- HIV
- Violence
- Lung cancer

- Heart disease
- Accidents
- Prostate
- Addictions

Mental health?
Mind your head

Mind your mind!
Integral men’s health policies: Australia, Ireland and Brazil... and Guatemala?
Articulating efforts
MenEnagage Río 2009 and New Delhi 2014 Declarations
With the school system
Program HMD

Salud y Género, Promundo, Papai and Ecos
Homem com H
A atitude faz a diferença.
UANL/Salud y Género

U.A.N.L. PREPARATORIA 25
DIPLOMADO PARA PADRES E HIJOS
Ago-Dic. 2010

13-11-10
Theater faculty
Violence prevention!!!
Antes nos veían como basura..
Ahora la reciclamos!
8 out of ten men will be fathers
¿What do we communicate?
Cortesía de Michael Kaufman
Working from the health pole
Sense of coherence
Asset approach
Upstream research and action

• Young college men who do not smoke (Galicia)
• University students who take care of their health (Rodriguez)
• Men in couple relationships who negotiate conflicts (Nava)
• Urban settings where women feel insecure and settings where they feel safe (Rubio)
Three axes in an integral approach to working with men:

- Cuestioning **power** in our relations
- Recognizing the **pain**y costs
- Recognizing the **advantages of change** towards equity
Conflicting points: sexual and reproductive health and rights

- Tobacco/alcohol/drugs
- Incarceration
- Violence
- HIV/AIDS
- Cancer/heart disease
Gender specificity and sensitivity

• The possibility of a relational perspective in research and action: the use of substances, HIV, violence, education.

• We need a permanent dialogue with feminism, even though this may be difficult or uncomfortable.
Gracias
Thank you

bennodek@hotmail.com
RAUS MIT DER SPRACHE.
REIN INS LEBEN.

Na žalost u pravom životu nema podnaslova. Mi ti pomažemo naučiti njemački.

Fatem Jira Bajramaj, Fußball-Nationalspielerin
ÚNETE por una vida libre de violencia
Change in men?

- «How come you never have change?»
- There are different types of change
- And different trajectories in that process (Goffman)
Why use salutogenesis?
We have done well, but.....
We can do better with more information!

If not bad, are you good?
If not poor, are you rich?
If not hopeless, are you hopeful?
If not dissatisfied, are you satisfied?
If not ill, do you have health/wellness?
If you don't flunk out, are you a good student?
Teoría del sentido de coherencia

• Resultante de cómo he aprendido a percibir el mundo:
  • Comprender / dar sentido
  • Motivarse ante el reto / afrontar
  • Manejarlo con los recursos a la mano
Ronda de hombres en contra de la violencia hacia las mujeres
Plaza Lerdo
Sábado 7 de Diciembre
19 hs
Determinantes ambientales de la salud

Determinantes individuales de la salud

Estado de salud

Medio socio-ecológico

Factores de riesgo

Recursos

Promoción de la salud

Salud positiva

Salud de la enfermedad

Bauer, GF. Organizational Health: Putting Salutogenesis in Context. Situating salutogénesis: Health development model
SITE PORTAL
MAI TODAS
SON PA
VOS
Diciembre 6, 1989
Se suicida en la Escuela Politécnica de Montreal
Carta póstuma
Pide perdón…
… por los posibles errores en la carta (la escribí en quince minutos)
… por su brevedad.
¿Estás en contra de la violencia hacia las mujeres?
MANIFIÉSTALO

Ronda de hombres en contra de la violencia hacia las mujeres
Parque Juárez en Xalapa
Sábado 7 de Diciembre
19 hs (lleva una veladora)

CÓMPlices POR LA EQUIDAD / CIJ / Salud y Género
Programa Hombres renunciando a su violencia
Ideas fz y preguntas

• Los cruces de g y otras variables (lo que G permite entender y lo q no)
• G no es variable intercambiable x sexo
• Epis y SM / abordaje cuali / epi sociocultural
• MT y su integralidad
• Dialogo trans con feminismo, género, TD y antrop medica / salud, arte y comunidad
• Costo Hs
Adolescent pregnancy?

• De 10 a 14 años!
• ¿Who are these boys? Are they boys?
• No research and no intervention.
• «Need to stop»: the myths of the unstoppable male sexual impulse
<table>
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<tr>
<th>Número de orden</th>
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<td>Edema proteinuria y trastornos hipertensivos en el embarazo</td>
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Otras causas: 902, S12, S22, S32, S42, S52, S62, S72, S82, S92, T02, T08, T10, T12, T14, 2

Recopilación: Ing. Manuel Aguirre Botello, con datos de INEGI, SINAIS, PAHO y Presidencia

MEXICO, TASA DE HOMICIDIOS POR 100 MIL HABITANTES
Con y sin ejecuciones del Crimen Organizado

AÑO

HOMICIDIOS/10M

SIN EJECUCIONES/100M
UK: From 5 to 4 yrs

- Nefritis y nefrosis
- Leucemia
- Suicidios
- Agresiones (homicidios)
- Accidentes vehículo motor


- Ahogamiento y sumersión
- Peatón lesionado
- Suicidios
- Accidentes vehiculo motor
- Agresiones (homicidios)

Gobiernos se cansaron

Lucha frontal
Rethink and recreate new imaginaries

• With no machines that have to be stopped
• Socializing from another view: equality, emotional intelligence, empathy
Don´t know how

- We’ve learned to live the body as a machine / to train and use it / to show it off / use it at maximum speed (sexuality, drug initiation) / that gives us prestige
- But not how to care for it (self or auto-care)

- Not to measure and moderate its speed a
- To stop when necessary
- To use it in a conscious manner
HOMENS
unidos pelo fim da
violência contra as
MULHERES

Não dá pra carregar
tudo sozinho...
Dividir as responsabilidades
vale a pena!

Hombres
comprometidos con
el fin de la violencia hacia las
Mujeres

Campaña Lazo Blanco
PACTO COLECTIVO
ENTRE HOMBRES
POR EL RESPETO
A LAS MUJERES
• Pro-feminist men (individually and in small groups) have been reflecting and theorising on masculinity since the 60’s and 70’s in Europe and North America (Seidler, Kaufman, Kimmel, Connell)
• and started to do so in the early nineties in Latin America.
Not all potential areas of male participation are free of conflict. Working on the idea of men’s rights is menacing to many women struggling for their own rights. This is especially true when sexual and reproductive rights are analyzed. We prefer to talk of men’s involvement and participation in sexuality, reproduction and family relations. In this case, men’s rights are relational - they have to be thought out in perspective with women’s rights and the fact that most of the reproductive process occurs in female bodies.
We believe that work with men can and should meet both women and men’s needs from an equity perspective. We have tried to be very careful so this male participation doesn’t limit women’s empowerment. Many women feel invaded when men actually do get involved in family relations, child rearing and even in domestic work, especially when men do it in a competitive way.
Grassroots change (Barker)

• Non violent men in violent settings:
  • observed the costs of traditional manhood;
  • been victims of or witnesses to domestic violence, and reflected upon it;
  • had the opportunity to reflect on their violence;
  • had contact with positive male models;
  • experienced alternative peer groups (through culture, music, or church);
  • and/or become fathers