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# HOW MASCULINITY THREATS HURT MEN & THEIR RELATIONSHIPS

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## **MASCULINITY THREATS**

Masculinity threats are perceived attacks on a man's sense of masculinity.

In our research, 89% of men had experienced a masculinity threat before.



### **IMPACT ON ROMANTIC RELATIONSHIPS**

Masculinity threats are linked to social rejection, not just social status.

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Masculinity threats can prompt withdrawal from romantic partners who provide support and connection.



Men who feel threatened are more comfortable with violent behaviours and over-perceive consent.

#### **CONTEXT MATTERS!**

Situations that suddenly make men feel uncertain or threatened in their masculinity can lead them to behave in ways they wouldn't otherwise.



#### WHAT CAN BE DONE?

More awareness of how "in-themoment" masculinity threats can influence behaviour may help limit the impact of masculinity threats on relationships.

Lamarche, V. M., & Seery, M. D. (2019). Come on, give it to me baby: Self-esteem, narcissism, and endorsing sexual coercion following social rejection. Personality and Individual Differences, 149, 315-325. Lamarche, V. M., Atkinson, C., & Croft, A. (2021). A cognitive uncoupling: Masculinity threats and the rejection of relationship interdependence. Social Psychological and Personality Science, 12(6), 920-929. Lamarche, V. M., Croft, A., & Atkinson, C. (unpublished data). A qualitative investigation of masculinity threats among gay and straight men.