



Almer Mabalot

Through this social media campaign Maitri is starting a dialogue with men in our community to identify and eliminate the root cause of gender based violence and partner violence.

Thank you Almer Mabalot for joining us in this meaningful discussion.

**How do you feel popular media perpetuates and glorifies toxic partner relationship dynamics; can you think of any examples?**

The media definitely has a huge role in painting a picture that influences the perception of the dynamics between gender roles. It shapes the norms of what is perceived to be accepted and what is not, based on genders. For example, men should carry the burden of being the provider while women stay put, nurture, and support them are stereotypical ideas that have been dominant in popular culture through films, books and so on. Additionally, both genders are expected to carry out certain types of roles such as being the head of the household, performing arduous jobs, cleaning, and cooking. To this day, the typical dynamics of a relationship follow the stereotypical roles that were set decades ago and are still being perpetuated.

**Define toxic masculinity, and does it impact intimate partner relationships?**

When a man shows the contrary to popular beliefs or doesn't fit into any male stereotypes, or when a woman does a better job over him, he is usually seen as weak and less of a man. A man with toxic masculinity issues will certainly feel embarrassed and vulnerable at that moment. This is also known as the man being emasculated. This could potentially lead to aggressive behavior if a man feels any less than he feels is to be expected of him, and it could have negative impacts on his relationship.

To further expand on the concept of emasculation, a man showing aggressive behavior because of toxic masculinity, usually means that he is not accepting the idea of his partner showing him up or feeling inadequate as a man. It is their way to cope and re-establish some kind of normality. Having experienced being in career fields that are male dominated and masochism is rampant, I have seen how toxic masculinity affects men and how it promotes negative consequences on their mentality, and their ability to carry on with their relationships.

### **How do you think gender power dynamics impact intimate partner violence?**

Gender power dynamics certainly could potentially lead to violence as a way to establish some kind of order or whenever there are disagreements of responsibilities in the relationship. This often happens when one does not respect their partner and does not allow equality in their relationship.

### **What do you think defines a healthy partner/dating relationship?**

A healthy relationship should be built upon a solid foundation of communication, trust and understanding in the relationship. This means that both partners in the relationship have a deeper understanding of each other, what is needed, and what they can provide in their relationship to keep it healthy. Both partners in the relationship must have equal control over what goes on in the relationship, and that it is important for them to be able to take on any roles while disregarding that some roles might be perceived to be gender specific. Lastly, respect must be given, and boundaries are set to be able to define a healthy relationship.

### **What is men's responsibility in building healthy partner relationships?**

Men should be able to communicate well with their partner, and trust is built between them. In a male dominated society, a lot of women are still objectified and treated as a

trophy. Building a healthy relationship means that a man should respect their partner and should not expect to have any control over them.

About the author:

Almer Mabalot is a Business Administration major at Chabot College. He has served in the United States Marine Corps and was a Law Enforcement Officer for the Oakland Police Department. He enjoys spending time with his family and close friends. His hobbies are mainly exploring the outdoors, fishing, hiking, backpacking, video games, watching tv, and DIY projects. His major focus has been centered on self-improvement and working towards his goal of becoming successful in business.