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Masculinity is described as a form of gender expression that is taken on by a strong portion of the male sex. This is simply a form of gender expression that sets a specific mold of what defines masculine traits and what it means to be a “man”. In more recent years, masculinity and gender expression as we know it has become more fluid and considered a spectrum. Toxic masculinity serves as a rigid standard, which has been brought into the limelight more recently because of the diversity in gender expression, showing its crudeness and inflexibility. Toxic masculinity can

also be described as the gatekeeper of gender-specific gender roles, enforcing the idea that men can only do “manly” things. This ideology becomes extremely problematic as it adversely affects the lives of women too, enforcing the idea that since men can do a certain set of skills, creating the idea that women can only do a limited amount of skills in society. This was most evident back in the 50’s, after WWII, where women saw how men expected women to act and participate in society once the men came back from the war. However, it is still prevalent to this day as toxic masculinity still serves as an inhibition towards progressive movements, such as the LGBT Movement and Women’s Rights. On a smaller scale, men who exhibit toxic masculinity can deeply affect those who don’t follow in such gender-conforming footsteps. Women and members of the LGBT community are highly vulnerable as years of oppression have severely battered a sense of self-expression. Although representation and support are stronger today than 10 years ago, it is a very slow progression, when solving a bigger problem is more effective; teaching men to become less ignorant. This is a difficult solution as straight white men prove to be a strong voice in most debates, but teaching younger generations of boys to become better men who stand up for those who don’t have a voice is a lesson that could potentially reverse the dangers of toxic masculinity.