

Practitioner support guide

# Men and masculinities in Australia: experiences and reflections

PRACTITIONER REFLECTIONS VIDEO SERIES - CHAPTER 2

## Purpose of the support guide

This is a support guide for the video *Men in focus: Practitioner reflections*, Chapter 2. The guide includes:

1. Introduction to Chapter 2.
2. Tips for addressing masculinities in the Australian context.
3. Supports available.



**Men in focus  
evidence review**

[ourwatch.org.au/change-the-story/men-in-focus](https://ourwatch.org.au/change-the-story/men-in-focus)

## About Chapter 2

This video is relevant to anyone working with men and boys and seeking to challenge and transform masculinities in the prevention of men's violence against women.

Chapter 2 features practitioners and allies discussing their experiences and reflections about masculinity in Australia.

## Tips for practitioners

**#1 Apply an intersectional approach to working with men and addressing masculinities**

**#2 Highlight that most men do not support outdated masculine stereotypes**

**#3 Emphasise that men's violence against women affects all communities**

## CHAPTER 2

# Tips for practitioners

## #1 Apply an intersectional approach to working with men and addressing masculinities

- Men and boys can experience intersecting forms of oppression and discrimination such as racism, ableism, homophobia, transphobia and classism. Some men and boys can also experience varying degrees of privilege and oppression at the same time.
- Craig Rigney describes how this relates to his lived experience:

"Our place in society is very different from what we want it to be, we don't have an equal footing. Now that's very different from acknowledging my male privilege. I absolutely understand my place in society as a male and what safety that allows me and the imbalances and empowerments that come with that. But the minute I put this cultural lens across it of being an Aboriginal man in this country I am very quickly disempowered."

**Craig Rigney. Kurna/Ngarrindjeri man**

CEO, KWK Aboriginal Corporation.

- Consider how men can utilise reflections such as this to build empathy and understanding for the experiences of women and gender diverse people.
- For more information on incorporating Aboriginal and Torres Strait Islander men's experiences into primary prevention initiatives, see White Ribbon Australia and The Healing Foundation's [\*Towards an Aboriginal and Torres Strait Islander violence prevention framework for men and boys\*](#).

## #2 Highlight that most men do not support outdated masculine stereotypes

- Most men in Australia do not support outdated masculine stereotypes. However, many men feel pressure to conform to them. See [\*The Man Box 2024: Re-examining what it means to be a man in Australia\*](#) by The Men's Project, Jesuit Social Services to learn more.
- Ben Brown describes that even elite male athletes can feel that they have to fulfil socially dominant forms of masculinity even though they do not support them:

"So many men don't fit the traditional masculine mould. It's not just me that felt like I didn't fit into the hypermasculine football space, and a lot of men playing footy at AFL level don't. A lot of people are performing their masculinity."

**Ben Brown (he/him).**

AFL Player, Melbourne Football Club.

- Consider how this reflection demonstrates that while some masculine stereotypes have become outdated, they still hold power and exert pressure on how men display and express their masculinity.

### #3 Emphasise that men's violence against women affects all communities

- There can be a misconception in our society that men's violence against women is unique or particularly prevalent in certain communities with different cultures and beliefs. Even though 91% of Australians agree that violence against women is a problem in Australia, only 47% agree that it is a problem in their own suburb or town, according to *Attitudes matter: The 2021 national community attitudes towards violence against women survey (NCAS), findings for Australia*.

- Sarah Chong comments on this misconception:

"There are particular stereotyped ideologies that some men are just born violent – that it's only particular communities that are violent [or that family violence and gender-based violence only happen in certain communities, that it doesn't happen "here" and] that it's just part of their culture. And actually, it's not." Sarah Chong (she/her).  
Multicultural Community Leader.

- Highlight that men's violence against women is a national problem in Australia that affects all communities.
- For more information, read the Multicultural Centre for Women's Health's *Engaging men from multicultural and faith-based communities in primary prevention* and Dr. Adele Murdolo and Dr. Regina Quiazon's *Key issues in working with men from immigrant and refugee communities in preventing violence against women*.

# Support is available

**Violence against women is widespread across our society and impacts the lives of many people.** If the content in these resources raises any issues for you, the following supports are available:

## 1800 RESPECT

☎ 1800 737 732 ⌚ 24-hours 📍 [1800respect.org.au](https://1800respect.org.au)

Free national family and domestic violence telephone, online chat, and online video counselling services.

## Australian Human Rights Commission National Information Service (NIS)

☎ 1300 656 419 or 02 9284 9888  
📍 [humanrights.gov.au/complaints](https://humanrights.gov.au/complaints)

Information and referrals regarding workplace sexual harassment, for individuals and employers.

## Men's Referral Service

☎ 1300 766 491 ⌚ 24-hours 📍 [ntv.org.au/mrs](https://ntv.org.au/mrs)

Information and referral for men who are concerned about their use of violent or abusive behaviour.

## 13 Yarn

☎ 13 92 76 ⌚ 24-hours 📍 [13yarn.org.au](https://13yarn.org.au)

Crisis support for Aboriginal and Torres Strait Islander peoples.

## QLife

☎ 1800 184 527  
⌚ 3pm-midnight, 7 days a week 📍 [qlife.org.au](https://qlife.org.au)

LGBTIQA+ peer support and referrals for people wanting to talk about a range of issues.

Find out more at [ourwatch.org.au](https://ourwatch.org.au)



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**Our Watch**  
Preventing violence against women