

Men's Silent Troubles: Stereotypes in sexism.

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We all have experienced insecurities with our bodies, whether we want to admit it or not. Society wants us to follow the beauty stereotypes, and we force ourselves to attend to its standards.

Sexism affects both men and women, and we wish to go over men's problems and insecurities with beauty that are linked to sexism.

Stereotypes inflicted on men are barely talked about, almost making it seem as a silent trouble a problem that all know but few people dare to confront. It forces them to be masculine like an "alfa male", to have a six-pack, to go to the gym every day, tall, and though this is a very taboo topic, society even hopes they have a big member.



These stereotypes cause stress in men, make them feel the need to be perfect, and that they're not *real* men like it was necessary to being accepted by other men's and society . This insecurity can create this hatred for themselves and even for women, which is why most misogynistic men are insecure about themselves.

They make them feel sad, unhappy, because the goals they have are almost impossible, and one in millions are lucky enough to fulfill the stereotypes.

We believe we have to change this as a society, because it's harmful, and it's barely spoken about, because it doesn't only hurt men, it hurts women, and it can even hurt transgender people. All of these identities can be hurt by the stereotypes men are against, and it's really sad to witness this. The worst part is, most people don't care about men.

Men die by suicide 3.90x more than anyone else (AFSP, 2021). [Studies show that women have more suicidal attempts, and yet more men die yearly.](#) It is speculated that the reason for this is that they use more lethal means to end their lives. Which is bizarre, because even when ending

their lives, they still have the need to be stronger, to be '*real men*'. We can also infer that men are scared to reach out unlike women, because they fear they will get judged or made fun of.

Of course, this can all be linked to their body images. We don't know how many men die because they don't like their bodies. We don't know how many men die because they wish to be something they can't be, being pressured by the stereotypes that society promotes.

For all this, it is important to put aside these sexist beauty standards. One way to do this would be rejecting them to create spaces so that men feel safe and can express themselves freely. By doing this, we can create a more inclusive world with fewer insecurities.

We, as a society, need to make a change. Not only for men, but for everyone.

Sources: <https://www.healthline.com/health/what-is-sexism#:~:text=Sexism%20can%20take%20a%20toll,self%2Dreport%20worse%20mental%20health.https://xyonline.net/sites/xyonline.net/files/Drury%2C%20Allies%20against%20sexism%202014.pdf>
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