

INTERNATIONAL MEN'S DAY

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NOVEMBER 19th 2020

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With the topics of International Men's Day both paramount to our wellbeing, and prevalent in not just business but society as a whole, it is important to challenge what you think you know. Below are some entertaining, enriching and earth-shattering materials – all of which have been chosen to paint cultural images and build a deeper understanding of the struggles of modern masculinity. We hope that these inspire you to think about the male status in new and positive ways.

"An artist's job is to make new clichés." - Grayson Perry

ARTICLES

Men's Mental Health Matt Haig, The Guardian

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It's one of the deadliest diseases on the planet, often still shrouded in a sense of shame. And for men under 35, suicide following depression is now the leading cause of death. Novelist Matt Haig recounts his own experience of suicidal thoughts and the long path to recovery.

Gender Bender How India Discovered Role Reversal Through Pop Culture

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Before Bollywood sauntered on to the scene, India discovered gender reversal through ads, Facebook campaigns and web series.

TED TALKS

TED Talks Playlist- How Masculinity is Evolving



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Michael Kimmel Ted Talk - Why Gender Equality is good for Every Man

Society's understanding of masculinity is changing, redefining culture and challenging long-held beliefs. These compelling talks put "manliness" under the microscope.

Michael Kimmel makes the surprising, funny, practical case for treating men and women equally in the workplace and at home. It's not a zero-sum game, but a win-win that will result in more opportunity and more happiness for everybody.



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Eldra Jackson Ted Talk - How I Unlearned Dangerous Lessons About Masculinity



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In a powerful talk, educator Eldra Jackson III shares how he unlearned dangerous lessons about masculinity through Inside Circle, an organization that leads group therapy for incarcerated men.

BOOKS



The Descent of Man Grayson Perry

Grayson Perry has been thinking about masculinity - what it is, how it operates, why little boys are thought to be made of slugs and snails - since he was a boy. Now, in this funny and necessary book, he turns around to look at men with a clear eye and ask, what sort of men would make the world a better place for everyone?



How Not To Be a Boy Robert Webb

Hilarious and heartbreaking, How Not to Be a Boy explores the relationships that made Robert who he is as a man, the lessons we learn as sons and daughters, and the understanding that sometimes you aren't the Luke Skywalker of your life - you're actually Darth Vader.



Notes on A Nervous Planet Matt Haig

The world is messing with our minds. Rates of stress and anxiety are rising. A fast, nervous planet is creating fast and nervous lives. We are more connected yet feel more alone. And we are encouraged to worry about everything from world politics to our body mass index.



Man Up Jack Urwin

Jack Urwin traces modern ideas of masculinity from the inability of older generations to deal with the horrors of war, to the mob mentality of football terraces or Fight Club and the disturbing rise of mental health problems among men - especially young men - today.



Be a Man Chris Hemmings

How does our masculine determination to be dominant not only impact on the women and girls in our lives, but also the men and boys. 30-year-old journalist, Chris Hemmings, has written a book called Be a Man, in which he laments his previous laddish behaviour.

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ART



Kehinde Wiley

Perhaps best known for his portrait of Barack Obama, He is famous for depicting young African-American men in typically feminine classical poses.

Altered Images - Andy Warhol and Christopher Makos

In 1981, Andy Warhol and friend Christopher Makos shot the "Altered Images" series wherein Warhol was in drag. As an homage to Duchamp and his aforementioned alter-ego, Warhol explored his feminine side with a set of fierce poses taken with a Polaroid.

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Masculinities Curator Tour (Barbican)

Take a walk around the exhibition with Barbican curator, Alona Pardo. In this full-length tour, you'll learn more about masculinity in its many forms through a range of photographs as we ask: what does it mean to be a man today?

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U N M I N D R E S O U R C E S

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Unmind X Movember

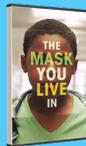
Movember occurs every year throughout November to promote the awareness of men's health, in particular men's mental health, and testicular and prostate cancer. Traditionally a month where moustaches are grown in solidarity, it's now evolving to be ever more inclusive, and you'll find assets in the link for anyone to play their part this Movember.

T V / F I L M



Mrs Doubtfire (1993)

Filmed in 1992, Mrs. Doubtfire was a prime example of what gender norms of the 90's were supposed to be. The cultural panic about divorce and the decline of men's roles at home lead to insecurity about masculinity. "I can only plead insanity, because ever since my children were born, the moment I looked at them, I was crazy about them. And once I held them, I was hooked. I'm addicted to my children, sir. I love them with all my heart..."



The Mask You Live In (2015)

Explores how our culture's narrow definition of masculinity is harming boys, men and society at large and unveils what we can do about it.



Call Me by Your Name (2017)

Not simply a beautifully approached, coming-of-age piece about homosexual romance, but a narrative on parental love too. The relationship between protagonist and father challenges the ever-present tale of a struggle to accept, and instead tells the soul-warming tale of a father and his son.



The Pursuit of Happyness (2006)

The true spirit of fatherhood The Pursuit of Happyness is based on the true story of Chris Gardner and his harrowing fatherhood journey. The film is about his total conviction to protect and provide for his son. Chris Gardner never ever took his eyes off the big picture, but had challenges that would make many simply give up.



Moonlight (2016)

Moonlight's focus on the performance of gender is similar to Paris Is Burning, 1990 (currently on UK Netflix), which follows the underground drag ball circuit in New York in the late 1980s. It visualises the idea that gender roles are socially constructed, giving rules to how a person must dress, act and talk depending on their sex. Moonlight is a film about masculinity, the wounds and crises of which are the same for all sexualities, but conditioned by the background weather of race and class.