

# UNDERSTANDING THE CURRENT REALITY OF MASCULINITY

## FACTS & FIGURES

**HEY MAN,  
ARE YOU  
OKAY?**

**HEY MAN,  
THAT'S NOT  
OKAY!**

Men often turn to drugs and alcohol as a means of coping with emotions.

Men are more likely to drive while under the influence of substances.

### DRUGS AND ALCOHOL

Men often rely on alcohol to build and deepen their friendships.

Men are almost two times more likely to binge drink than women.

It is estimated that roughly 1 in 6 men will experience some form of sexual abuse in their lifetime.

90% of sexual assaults that occur, regardless of the gender of the survivor, men are the assailant.

### SEXUAL VIOLENCE PREVENTION

It is estimated that roughly 6% of men will experience some form of sexual violence during their collegiate career.

Traditional concepts of masculinity are tied to higher levels of victim-blaming and normalization of sexual assault.

26% of gay men and 37% of bisexual men experience some form of sexual violence in their lifetime.

The use of derogatory (rape jokes and slurs) and violent language around sex are linked to higher complacency in incidents of sexual violence.

One third of men regularly feel lonely and are significantly less likely to seek out help.

Men often feel, and cause others to feel, shame about expressing their emotions.

### MENTAL HEALTH

Men account for 75% of suicides within the United States, and suicide is one of the three leading causes for men across most generations.

Men often wait until things reach the "worst-case scenario" before they seek out or offer support to our peers and friends.



Information for this resource was provided by Tim Mousseau. Tim is a sexual violence prevention & masculinity speaker whose work has moved the needle on these critical topics. He has impacted students through his keynotes at over 250 colleges & universities across the country.