

sturdy oak" (tough and self-sufficient), and (4) "Give 'em hell" (seek adventure and do not back down from a fight). Although men are generally moving away from this model of masculinity, and it is less prevalent in some sub-cultures in the U.S., it remains a set of guidelines that many men in our country use as their measuring stick. For those interested, Levant has updated and expanded the list of rules for a "traditional man" in his book *Masculinity Reconstructed*.

Pleck introduced the concept of gender role strain in the 1980's and identified three potential sources of stress inherent in growing up male. Boys who stray from the traditional model of masculinity typically face shaming, being rejected and ostracized and sometimes physical attack (ie. gay-bashing). He referred to this as discrepancy-strain and pointed out that the criticism often comes from within as well, due to not measuring up to one's view of a normal guy.

Boys who conform to the rules of traditional masculinity are at risk of being overly aggressive, avoidant of

to the harsh psychological and physical intimidation most boys face while being socialized into the male role. While this may seem an exaggeration, ask almost any man you know who has been a member of a male athletic team or the military about the way they were treated by coaches, teammates, or superiors and you are bound to discover psychological trauma they experienced or witnessed. This is also evident in the difference between a typical fraternity initiation (a.k.a. hazing) and a typical sorority initiation (often an austere, spiritual bonding experience).

The purpose of this article is neither to minimize society's unhealthy messages

clinicians, parents and citizens how are we helping to reduce these obstacles to selfhood for the boys and girls we know? And how are we validating yet remediating the damage done to the adults whom these boys and girls become?

References available upon request.

You can go into any bookstore and find a sizable section on Women's Studies. However, try doing the same regarding Men's Studies.

or is it ?

vulnerable emotions and intimacy in relationships and reluctant to seek help or support when overwhelmed, referred to as dysfunction strain. This contributes to the fact that compared with women, men are at higher risk of dying from nearly every potentially fatal disease, for being both the perpetrator and victim of violence and for substance abuse. It also contributes to the disinclination of men to seek medical and especially psychological help.

The last source of stress Pleck referred to as trauma strain. This refers

to girls and women, nor encourage a debate of which gender has it worse. My goal has been to raise the issue that society provides men as well as women with impediments to developing all of our capabilities. It is not a man's world any more than it is a woman's world as long as boys and men are not allowed to express all sides of being human without criticism for betraying unhealthy norms for masculinity. As



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