

## **Navigating the Darker Elements of the Manosphere: Helping Young Men to Be “Good Dudes”**

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**Recorded on:** May 7, 2026

**Length:** 2 Hours

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- Introduction and overview
- The broader manosphere
- What is masculinity?
- The masculinity spectrum
- Origins of the “toxic masculinity” concept
- Hypermasculinity and the “man box”
- Evidence of a male crisis
- Elements of manosphere groups
- Elements shaping toxic masculinity/hypermasculinity
- Milestones in manosphere history
- The manosphere’s digital and podcast footprints
- Subgroups:
  - Men’s rights activists
  - Men going their own way (MGTOW)
  - Pickup artists
  - Lifestyle gurus
  - Incels
- Remedies:
- Assessing the inputs regarding masculinity
- Identifying examples of positive masculinity
  1. Assessing and refining values
  2. Inform about emotions
  3. Developing a social network
  4. Managing anxiety
  5. Foster creativity, interests, and hobbies
  6. Foster critical thinking skills
- Potential resources
- Q&A and wrap-up

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