Summer in Ames just got a little livelier. This year, The Register’s Annual Great Bicycle Ride Across Iowa (RAGBRAI) will be going through Central Iowa. Starting in Onawa and ending in Davenport, bikers will stop overnight in Denison, Jefferson, Ames, Newton, Sigourney and Iowa City. RAGBRAI has not stopped overnight in Ames in 10 years.

For the first time in RAGBRAI history, riders will get to experience Iowa’s two largest college towns, Iowa City and Ames, in the same ride. This will be the first time Ames has hosted RAGBRAI since 2008, and many Iowa State alumni are excited.

Fred Heinz of Mason City, Iowa graduated from Iowa State in 1978 with a degree in fisheries and wildlife biology. “By far and away, [attending Iowa State] was the best experience of my life. I lived out at the towers in Storms residence hall for three years,” Heinz said. “I loved Iowa State, it was fantastic.”

Heinz has been riding since he was about fourteen years old, and has participated in around 10 RAGBRAIs since 1973, its second year. Typically, he only participates when the annual ride has a route in Northern Iowa near his home, however he is thinking about riding this year with an old college friend.

As advice for first time bikers, Heinz suggests riding more miles than the actual route. “Ride at least as long as the ride, get in five hundred miles but, I would say more is better. Also mix in some longer rides because that’s the key, time in the saddle,” Heinz suggested. “It’s no big deal to ride an hour maybe but when you start riding on the bike for like five or six hours then you’ll start to take your toll.”

What Heinz likes most about the annual ride is the fact that so many people with a similar interest in riding get to enjoy this fantastic “bicycle spectacle.”

Rick Benak, who earned a mathematics degree at Iowa State, has been riding since he was 14 years old. He has participated in around 10 RAGBRAIs and has ridden with the group for 30 years. Heinz has ridden with the group for 30 years and has remained an active member of the organization. Heinz has ridden with the group for 30 years and has remained an active member of the organization.

RAGBRAI started out as a small group of friends who got together for a casual bike ride and now has grown into the longest and largest recreational bike tours in the world, according to the RAGBRAI website. There are now 8,500 annual riders and RAGBRAI has gone through 80 percent of the incorporated towns in Iowa. Other bike rides around the country have been established after being inspired by RAGBRAI, including bike rides in Kansas, Nebraska, Oklahoma, Georgia, Tennessee, Florida, Colorado, Oregon, Maryland, Ohio and Maine as well as many others.

Numerous apartment complexes, including Campustown, Wyndham Heights Apartments, Copper Beech Ames and South Duff end their leases toward the end of July, potentially making moving out of apartment complexes slightly more challenging. Be sure to contact your apartment complex and make arrangements if RAGBRAI will affect move out plans.
DOES IOWA STATE HAVE A COLLEGE YEARBOOK?

Does Iowa State have a college yearbook?

The answer is Iowa State used to publish a school yearbook, but it no longer does. The class of 1894 published the first yearbook and named it "The Bomb." Incidentally, George Washington Carver, Iowa State’s first African-American student, was a graduate of this class and the yearbook is one of the few records that documents his student experience at Iowa State.

BY IOWA STATE UNIVERSITY LIBRARY SPECIAL COLLECTIONS AND UNIVERSITY ARCHIVES STAFF

Does Iowa State have a college yearbook?

The answer is Iowa State used to publish a school yearbook, but it no longer does. The class of 1894 published the first yearbook and named it "The Bomb." Incidentally, George Washington Carver, Iowa State’s first African-American student, was a graduate of this class and the yearbook is one of the few records that documents his student experience at Iowa State. Up until 1925, the junior class was responsible for publishing the yearbook.

"The Bomb" ran into financial difficulties during the 1990s. Since the yearbook was a student-run endeavor the administration was reluctant to provide financial support and "The Bomb" ceased publication in 1994.

The yearbook remains one of the best sources of information for those wanting to study student life at Iowa State, but there are significant omissions. For example, there is almost no record of the graduate student experience and pages devoted to racial and ethnic minorities are few.

The library recently finished digitizing "The Bomb" so everyone can view the yearbooks through the library’s Digital Collections. Of course, there are still physical copies of the yearbook available in the library, so those of you who like to read books the old-fashioned way still have that option, too!

Have there always been women’s sports at Iowa State?

The next question we received was from Jessie, who asks, "Have there always been women’s sports at Iowa State?" Intercollegiate athletics for women really started in the early 1970s following the passage of Title IX in 1972. The law, which was part of an update to federal education legislation, banned discrimination based on gender at schools that received federal funding. Suddenly, many public universities were hiring coaches and developing formal programs for female athletes, including at Iowa State.

Prior to Title IX, there were indeed opportunities for women to participate in athletics, but the competition was not intercollegiate. When the first students enrolled at Iowa State, compulsory work and military drill left little time for organized sports teams. Although women were not required to drill as the men were, the female students did establish a voluntary drill company in 1878. This represents the earliest organized physical extracurricular activity for women on campus.

In 1908, Winifred Tilden, who was then head of Women’s Physical Education, started the Iowa State Women’s Athletic Association (WAA). The WAA supervised athletic games and team clubs for basketball, hockey and tennis. At this time, games were between the different classes (seniors, juniors, sophomores and freshmen). Women were able to letter in a club sport and earn athletic jackets and blankets.

Women’s sports teams at Iowa State started playing against other college teams, mostly in Iowa, by the 1950s. This would expand to include playing regional tournaments outside of the state, particularly in golf. With the passage of Title IX, Iowa State’s women athletes received more opportunities and greater recognition. I encourage you to support your favorite team and cheer them on!

Have a question you’d like answered? Email askadonijah@iowastatedaily.com.

Editor’s note: "Ask Adonijah" is a contributed piece from the Iowa State University Library Special Collections and University Archives. The piece is named after Adonijah Welch, who was Iowa State’s first president, and seeks to answer community members’ questions about the history of Iowa State.
Society incites violence in men

John beat Mary
Mary was beaten by John
Mary was beaten
Mary was battered
Mary is a battered woman

This example, as shown by Jackson Katz in his Ted Talk “Violence against Women—it’s a Men’s Issue,” is just one example of how toxic masculinity reshapes our thinking.

“It tends to lean toward hyper-violence, hyper-sexualization, a disregard for anyone other than the man standing there in front,” said Michael Goebel, lecturer of sociology.

When teaching about toxic masculinity, it’s important to understand that professors and advocates can’t just “rip the carpet out from under people,” according to Goebel, it has to be something that is done from the inside out for most men.

“I have found in forty years of activism that the toxic/healthy dichotomy [in masculinity] doesn’t resonate for many men,” Michael Kimmel, one of the world’s leading experts on men and masculinities and a distinguished professor of sociology and gender studies at Stony Brook University, said during an interview with Signs Journal.

“I feel that when we come to them and talk about toxic masculinity, they very often think that we’re telling them they’re doing it wrong, that they’re bad, and they have to change and give up their ideas of masculinity, the toxic ones, and embrace the new one,” Kimmel said.

Denise Oles-Acevedo, senior lecturer of English, also states toxic masculinity shapes the idea that violence equals masculinity.

It is important to understand the difference between masculinities and toxic masculinity, according to Goebel. It is also important to understand that when speaking about masculinity, people are usually referring to “masculinities.”

Masculinity is shown through traits such as independence, courage and assertiveness. When looking at research, Goebel points out masculinity is usually referred to in the plural.

There are many different types of masculinity, from queer masculinity to geographical masculinities, and none of them are right or wrong, but it is an ongoing process which changes depending on the codes that members of these masculinities receive from society, Goebel explained.

“Masculinity is shown through traits such as independence, courage and assertiveness. When looking at research, Goebel points out masculinity is usually referred to in the plural.

“The most hyperbolized, or exaggerated, form of hypermasculinity, according to Michael Goebel, lecturer in Sociology

Masculine

“This characteristic is a social construct that defies gender and sex and is not restricted to any one kind.

88.7% of murder and non-negligent manslaughter charges are men

How men learn toxic masculinity

In gender studies courses, professors are trying to break the hegemonic, or ruling or dominant in a political or social context, binary of masculinity and femininity.

“Basically we’re asking them to renounce Vin Diesel and embrace Ryan Gosling. And men won’t go for it. They’re too afraid to let go of things because you think they’re unhealthy,” Kimmel said during an interview with Signs Journal.

This toxic masculinity plays out in various forms and in different stages in life. When young, boys are taught they should follow a strict set of codes, and if they do not, they are called “a sissy” or “gay” or other words that are seen as negative to the masculine image society is trying to portray.
POLICE BLOTTER

2.6.18

An officer investigated a property damage collision at Haber Rd and N University Blvd (reported at 8:03 a.m.).

An officer investigated a property damage collision at 3000-Blk Mortensen Rd (reported at 11:02 a.m.).

An officer investigated a property damage collision at Mortensen Rd and Dotson Dr (reported at 11:26 a.m.).

An individual reported a vehicle exited the ramp without paying at Memorial Union (reported at 3:04 p.m.).

An officer checked on the welfare of an individual at Thielen Student Health Center (reported at 5:22 p.m.).

An individual reported damage to personal property at 72 Frederiksen Court (reported at 10:29 p.m.).

STUDENT Prepares for Rare Disease Day Event

Hannah Dannewitz, graduate student in human development and family studies, prepares zebra-striped ribbons on Feb. 7. The ribbons will be used for the Rare Disease Day event, which is to take place at 6 p.m. on Feb. 28 in the Gallery Room of the Memorial Union.
Android is better than Apple

I know Android being the better option is not the most popular opinion, but hear me out. I have always had an on and off relationship with Samsung and Apple, or more specifically the Android and iOS operating systems. I was an avid iPhone user for the last few years, but a few months ago I decided to switch back and get a Galaxy Note 8—and I am glad I did.

It was not easy switching to a completely different system after some time; not to mention, most of my family and friends still have iPhones. Meaning things like FaceTime and iMessage are unavailable on my phone. Still, losing the sync between my phone and other devices, like my MacBook and iPad, or some of the popular ways to communicate with others was worth it.

There are just so many more options for customization and features on Android. For starters, you can set up or customize your Android phone much more than an iPhone. Whether it is something like widgets, themes, icons or live wallpapers, customization is much more open on an Android device. There are also special features like installing a second app which lets you install a duplicate of certain communication apps like Facebook, Snapchat and even Viber to give you the option of being logged into two accounts at once.

There are the storage options. Everything can be backed up automatically by Google and there is the choice of expandable memory or external storage for Androids.

Google Assistant is also there to help on Androids and there is Bixby for Samsung devices. It is really nice having Google integrated into a cell phone, especially for a student or frequent user of apps like Google Drive or Google Photos.

Although there are many reasons to choose Android, a lot of people would prefer not to for reasons such as the idea that Androids have a higher chance of malware.

That being the case, if a person is safe and responsible with their phone then there is really not much of a risk of malware.

Many people are joining the Android community and I would welcome all iPhone users to give it a shot. So if you are bored of the same thing, want some more options or whatever your reason is, choose an Android device that works for you and experience these features and the many other pros and possibilities of an Android phone I did not touch on.

Although Androids have many more improved features and options compared to an iPhone, it comes down to what you would like and what is best for you.

The gender pay gap is a reality

The wage gap and other disparities between men and women in the American workforce exist. It is in no way a simple problem and there is no one reason these exist. But disregarding the wage gap and giving organizations a pass for any number of excuses is not helping anyone.

While the gender pay gap is slimming, it still exists, according to a study from Pew Research Center in 2017. In 2015, women made 17 cents less for each dollar a man made. The good news is the wage gap is smaller for the newest generation entering the workforce.

Pew Research found “women were more likely to say they had taken breaks from their careers to care for their family.” Some argue the pay gap is fair because of this, but this is one of the primary reasons that pay gap is unfair. As a society, we can’t expect women to take caregiving roles in their families, which by the way is free labor in most cases, and then decide not to pay them as well at work.

Our own institution is not immune from these workplace gender disparities. In 2017, the top highest paid positions at Iowa State were all men. In almost every level at the university, there is a gender disparity, whether that be low representation of women or differences in wages. Some argue looking at Iowa State’s 2017 salary data alone doesn’t take into account what goes into a salary and therefore cannot point to gender inequality, but come on?

If it’s not simply men being paid more than women with the same or better qualifications, then it’s another gender disparity. Sure there are certain fields and positions that pay more, but if women aren’t holding those positions and aren’t in those fields, doesn’t that say something, too? And if nothing else, the salary disparity shows women are not being granted the same opportunities for success at work.

In a previous editorial, we wrote that the cultural shift of women in leadership is needed to make better decisions that help benefit both women and men. We need to teach young people that professional success should be based on merit and work ethic. We need to show there are not certain jobs meant for men or women and there is no reason a man should be paid more than an equally qualified woman. Together, we can solve this problem. But we can’t do that if we continue discrediting it.

Opinions expressed in columns and letters are those of the author(s) and do not necessarily reflect the opinions of the Daily or organizations with which the author(s) are associated.
FOOTBALL

Iowa State Daily Thursday, February 8, 2018

Signed. Sealed. Ready to play.

BY BRIAN MOZEY
iowastatedaily.com

Iowa State football came into today with 18 recruits already having their national letters of intent signed, but the Cyclones still had three more spots left to fill. They filled them pretty quick and by noon the 2018 class was finalized.

Along with the 21 signed players, coach Matt Campbell and his staff had 11 other players become walk-ons for the start of the 2018 season.

Campbell said the staff did a great job with working together and filling in the spots that were needed to build the roster back up from the seniors that graduated last season.

Now, there’s validity with the Liberty Bowl win along with the vision to grow these players into their maximum potential at Iowa State.

“I appreciate what it means to a young man for what it means to earn a Division I scholarship,” Campbell said. “What he does with that opportunity is what’s really powerful.”

Quarterback

Campbell needed a handful of quarterbacks and he signed a couple quarterbacks with Re-al Mitchell and Brock Purdy.

Mitchell is a dual-threat quarterback. His biggest season came in 2016 when he threw for 2,932 passing yards along with 30 passing touchdowns. On the ground, he had 1,058 yards and 15 touchdowns. Purdy, the Arizona Gatorade Player of the Year, threw for 4,405 yards and 57 touchdowns as well as ran for 1,017 yards and nine touchdowns.

“Both of these quarterbacks were on championship teams...and lead them to state championships,” said quarterbacks coach Jim Hoffer.

Wide Receiver/Tight End

After the loss of Allen Lazard, Marchie Murdock and Trever Ryan, Campbell needed to find some replacements in the wide receiver category. Iowa State signed Sean Shaw Jr., Carson Schleker, Joseph Scates and Tayyoun Kyle.

Kyle was a returner as well as a wide receiver last season recording 766 receiving yards and 10 touchdowns on 42 receptions.

Schleker may be 5-foot-9-inch, but he caught nine touchdowns for 715 yards his senior year.

Kyle was a returner as well as a wide receiver last season recording 766 receiving yards and 10 touchdowns on 42 receptions.

Scates had a strong senior season with 966 receiving yards and 20 touchdowns on only 37 receptions.

“I appreciate what [Scates] has been able to do as a team for recruiting, according to 247Sports. “Great things are coming,” Campbell said. “This journey is just beginning.”

Defensive Linemen

The defensive line for Iowa State lost two key players in J.D. Waggoner and Vernell Trent, but Campbell was able to sign three new recruits (Isaiah Lee, Will McDonald and Zach Peterson).

Lee recorded 65 tackles and 11 sacks last season, while McDonald had 130 tackles and 23.5 sacks over the past two seasons. Peterson finished his senior year with 52 tackles and 10 sacks.

“[Lee] is a guy that’s big, physical and strong,” said defensive line coach Eli Rasherd.

Defensive Back

Campbell and the coaching staff signed four recruits consisting of Greg Eisworth, Anthony Johnsion, Jarreyton Morton and Dallas Taylor-Cortez.

At Trinity Valley Community College, Eisworth recorded 47 tackles and two interceptions, while Johnson finished with 36 tackles and four interceptions at St. Petersburg High School.

Morton was named to MLive Detroit Dream Team after a 48-tackle and three-interception season.

Taylor-Cortez finished his high school career with 37 tackles and three interceptions.

Morton then moved to Iowa State to play cornerbacks coach D.K. McDonald.

Special Teams

Campbell said he doesn’t usually offer scholarships to special teams, but Corey Dunn and Brayden Narveson are coming to Ames on scholarship.

Dunn averaged 40.1 yards on 33 punts last season at City College of San Francisco.

Narveson went 10-for-15 on field goal attempts last season, while connecting on 40 of 43 extra points.

As of this afternoon, Iowa State was ranked 11st as a team for recruiting, according to 247Sports.

Now, Campbell and the coaching staff will have the opportunity to build those players to reach the Big 12 Championship and National Championship.

“Great things are coming,” Campbell said. “This journey is just beginning.”
Flor brings synth-pop to M-Shop

Flor, who will perform at the Maintenance Shop on Feb. 8, is performing at multiple festivals this summer including Bonnaroo and Firefly.

BY TANA.GAMAD
@Iowastatedaily.com

Dropping into the Maintenance Shop while on their first ever headlining tour is the band Flor. The indie-alt group will be performing tonight at 8 p.m.

The four-man band has previously worked with the likes of Lostboycrow, Lights, Smallpools and even giving Hailey support during her last full, North American tour. Other bands it has toured with include Colony House and COIN, the latter of which performed at the M-Shop in April of 2017. Flor is currently on its “come out. you're hiding” tour, named after its second full album. They are scheduled to tour with the group MisterWives later this spring.

From Hood River, Oregon, the band moved to Los Angeles to keep pursuing music. Vocalist Zach Grace likens the band dynamic to one that “works surprisingly well.” He says the band works this well together because the members know their strengths and what each person brings to the table.

Grace mentions each member playing a special role in the band.

“You have me, who is the creative part, but maybe I don’t really know how to be social. That’s kind of the downside of it,” Grace says.

He goes on to describe each member’s part. “We have McKinley who can really verbalize what flor’s all about. He’s good at making people feel connected to this stuff,” Grace said about guitarist McKinley Kitts.

“Then we have Dylan, who is like this producing genius. He works with tons of different people and makes all kinds of incredible songs,” Grace describes Dylan William, the bassist with whom he shares a creative side in music production.

Lastly, he talks about drummer Kyle Hill, who he calls the band’s rock who keeps them going. Grace expressed Hill is always leading them like he does on stage by keeping the beat, keeping the music steady.

“He gives us a reason to do it all. He is the person that we most want to see succeed,” Grace said.

Together, Flor generates music that is mostly a blend of synth-pop and rock. Its atmospheric sound carries both melodic and rhythmic hooks which turn out to be quite catchy. Lyrically, the band tends to be more thoughtful and reflective, pairing the upbeat music with more journal-like words.

Flor released its latest album "come out. you're hiding" in May of last year and the deluxe version of the same album only last Friday under the music label Fueled by Ramen with whom the band signed back in 2016. Label mates and the Handsome Ghost, whose debut singer Tim Noyes, also known as Handsome Ghost, whose debut album “Welcome Back” was released in January of 2018.

On dropping the deluxe version of “come out. you're hiding,” Grace feels the whole story of the album is being told.

“Not like what’s happening is just a couple more songs on this album. We say, ‘Let’s look at this project, look at this album and let’s put a nail in it. Not just be done with it but really feel it and make it perfect and really finish it in a really special way,’” Grace said.

“Come out. you’re hiding” has grown increasingly important to the band. While Grace is anticipating a long tour, he doesn’t mind.

“It never gets old. Being able to just step back and let the crowd sing for you,” Grace said. “I think my favorite part [about touring] is to be able to step back and take all that in.”

On the other hand, Grace thinks the hardest part on touring is finding time to sleep on tour due to its tight schedule.

“For those next months, it’s going to be ‘Go go go! I’m hoping I can just find places to nap everywhere,’” Grace said.

Grace hopes Flor’s experience at Iowa State will be a special night, just like they hope to make every night.

“I’m really looking forward to crafting a whole new memory. It’s always fun to come to a new place and be like ‘This is a new beginning of something. This is a whole new chapter.’ That’s what I’m most excited about,” Grace said.

The show will be supported by singer Tim Noyes, also known as the Handsome Ghost, whose debut album “Welcome Back” was released in January of 2018.

Tickets are $8 with a student ID or online at Midwestix. Doors open at 7:30 p.m.

Tickets are $8 with a student ID and $10 for the public. Tickets can be purchased at the M-Shop box office or online at Midwestix.
Iowa State Daily  Thursday, February 8, 2018

**RAGBRAI pg1**

Iowa State in 1988, has participated in RAGBRAI for 23 years.

Benak has been biking since he was a kid, as his family just had one car, so if he wanted to get somewhere, he would have to bike. He brought a bike to Iowa State and rode to classes like many students still do today.

One year, Benak was staying in Iowa City with friends and had his bike stolen. “I’ve gone through a few bikes. One of my bikes got stolen and you know where it got stolen… Iowa City. That’s the only place I’ve had a bike jacked,” he said.

Benak is excited to return to both Ames and Iowa City during RAGBRAI this summer. “I will one hundred percent be decked out in Iowa State gear [when in Iowa City],” Benak exclaimed. “Everybody will be wearing Iowa State stuff!”

Benak has been an avid, year-round biker for nearly 20 years. As a teacher in Omaha, Nebraska, he bikes to school as much as he can—even the harsh winters can’t stop him.

Every month, Benak flies to bike at least one day, despite the weather and has only missed one month of January due to extreme conditions.

Benak will be biking again this year on his team, Team Martini, along with numerous other Iowa State alumni.

Team Martini member Laurie Entringer lived on the same floor of Friley as Benak and some of their other teammates while at Iowa State. She graduated in 1987 with a degree in graphic design.

“I have my best friends that I made in college. I participated in intramurals,” Entringer said. “I remember going to play football and volleyball.”

Though Entringer was always active, she did not participate in intramurals.

Though Entringer was always active, she did not participate in intramurals.

To enregister, this year’s route is the seventh shortest at 428.1 miles and the fourth flattest with 12,576 feet of climb. The register also considers this year’s route the fourth easiest in RAGBRAI’s 46-year history, perfect for any first time riders.

RAGBRAI takes place during the week of July 22 and stops in Ames toward the middle of the week.

Numerous apartment complexes, including Campus Pointe, Wyndham Heights Apartments, Copper Beech Ames and South End off their leases toward the end of July, potentially making moving out of apartment complexes slightly more challenging. Be sure to contact your apartment complex and make arrangements if RAGBRAI will affect you more out plans.

**TOXIC pg3**

This understanding gives men a very small set of acceptable roles that are expected to fall into, and if they do not, there can be serious consequences and retaliation from friends and peers, Goebel said.

“Men are more likely than women to be asked culturally this is what manhood is,” Katz said.

In gender studies courses, it is common to do the “man box” activity.

In this activity, men are asked to draw a box. Inside of the box, they are supposed to put words they associate with masculinity or manhood.

Outside of the box, they are supposed to put the repercussions that will happen or the words they will be called, if they do not fit in the box.

“When you step back and you analyze it, what you see is that in this box is not necessarily positive, although we align that positively because we tend to think male positive, female negative, what we see is some of the most toxic elements of being a man,” Goebel said.

“Almost all of the names that boys are called when they don’t adhere to that, align them with being a woman or being gay.”

Goebel uses a metaphor to explain this topic.

“You know the bumper bowling lanes?” Goebel said. “You think you have all of this space, but there are all these elements that are pushing you to conform to this very narrow understanding of gender in order to reach the goal at the end of the lane.”

Media also plays a huge role in our society and, in turn, plays a huge role in the normalization and teaching of toxic masculinity.

**Toxic masculinity in college**

This toxicity can be seen in everyday college society as well. The inability to share, aligning heroism with violence, is seen in a lot in action movies.

Denigration of women as persons and reducing them to body parts and sex objects, lack of empathy and hypercompetitiveness.

In college, there are many ways hypermasculinity and more specifically toxic masculinity are seen. In party culture, “how much you can drink becomes a marker of how masculine you are,” Goebel said.

Bullying, drinking, drugs and even the Tide Pod challenge are examples of toxic masculinity at play.

“What’s important to understand about toxic masculinity is that it hurts men just as much as it hurts women,” Goebel said. “It’s like a slow cancerous growth, it limits the possibilities for them.”

Katz, in his series of Tough Guise films, points out this violent form of masculinity plays a role in male violence against women, violence against other men, mass shootings, road rage and many other forms of violence.

Men are also being taught it is not acceptable to show emotions or to discuss their feelings which leads how people can work against toxic masculinity

Despite the society around toxic masculinity, there are ways people can counteract it, according to experts.

Katz, in his Ted Talk, talks about using the bystander approach to end gender violence and challenge toxic masculinity.

The bystander approach is an approach that gives people the tools to interrupt friends and colleagues and to speak up and create a peer culture climate where the abusive behavior will be seen as unacceptable as defined by Katz.

“If we can get to the place where men who act out in sexist ways will lose status, young men and boys who act out in sexist and harassing ways toward girls and women, as well as toward other boys and men, will lose status as a result of it, guess what? We’ll see a radical diminishment of the abuse,” Katz said.

Traitorous identity is another way men can change the culture in their own peer groups. As defined in Gendered Lives by Julia Wood and Natalie Fissmer-Oraiz, traitorous identities is “a group member’s criticsim of particular attitudes and actions—for example, sexist jokes—that are accepted and normative within the group.”

Goebel believes reframing social media in terms of what is considered as masculine, and working in multicultural environments to gain some of the positve influence or positive attributes from these cultures, are ways to combat this toxicity.

“Becoming more educated, becoming more self-interrogatory, looking introspectively at who we are and where we learn these things,” Goebel said.

Men are

more likely than women to be

be arrested for forcible rape

More people work against toxic masculinity

To end gender violence and challenge toxic masculinity.

How do people can work against toxic masculinity

Despite the society around toxic masculinity, there are ways people can counteract it, according to experts. Katz, in his Ted Talk, talks about using the bystander approach to end gender violence and challenge toxic masculinity.

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“Becoming more educated, becoming more self-interrogatory, looking introspectively at who we are and where we learn these things,” Goebel said.

Toxic masculinity can be changed, but it is up to members of the society to step out and make an effort to change it.

“We should respect the toughness and strength of men who challenge the myth that being a real man requires putting up a false front, disrespecting others and engaging in violent and self-destructive behavior,” Kimmel said.