



Traditional Masculinity Can Hurt Boys, Say New APA Guidelines

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[The New York Times](#) [1]

The American Psychological Association has released its first-ever [practice guidelines on boys and men](#) [2]. Designed to help mental health clinicians address the unique needs of male clients, the guidelines say that traditional masculinity can be harmful to men's health. For example, males who are taught to hide their emotions may be less likely to receive help when they are struggling. Fredric Rabinowitz, a lead writer and University of Redlands psychology professor, said that the guidelines aim to help men lead richer, healthier lives. "We see that men have higher suicide rates, men have more cardiovascular disease and men are lonelier as they get older," Rabinowitz said. "We're trying to help men by expanding their emotional repertoire, not trying to take away the strengths that men have."

Spark Extra! Check out our [report on preventing suicide among middle-aged men](#) [3].

Populations: Men

Settings: Behavioral Health Care

Planning and Implementing: Cultural Competence, Promoting Mental Health

Strategies: Effective Care/Treatment

Links within this resource

[1] <https://www.nytimes.com/2019/01/10/science/apa-traditional-masculinity-harmful.html>

[2] <https://www.apa.org/about/policy/boys-men-practice-guidelines.pdf>

[3] <http://www.sprc.org/resources-programs/preventing-suicide-men-middle-years>

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