

**MEN CAN**  
CREATING CULTURES FREE FROM VIOLENCE  
**STOP RAPE** INC



**Building Young Men's Emotional Intelligence  
as Part of Sexual Violence Prevention**

**Intro to Men Can Stop Rape**

**Mission: To mobilize men to use their strength  
for creating cultures free from violence,  
especially men's violence against women.**

**The Five MCSR Methods**

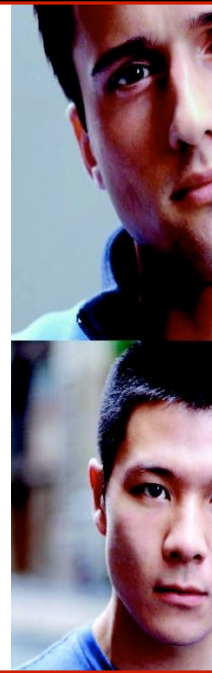
1. Take a positive approach
2. Sustain programming
3. Address masculinity
4. Use stories
5. Focus on cultural change



## **Agenda for the Presentation**

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- 1. Exploring experiential data**
- 2. Understanding assumptions and beliefs about EI and the dominant story**
- 3. Embracing alternatives about EI and the counter story**
- 4. Explaining the Ability-Based model of EI**
- 5. Addressing EI with Young Men**



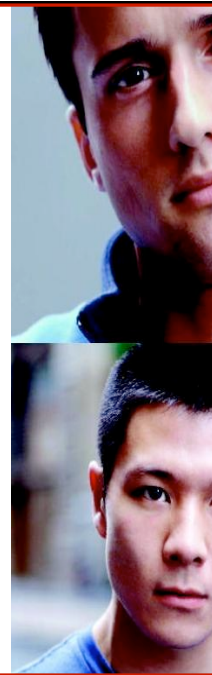
## **The Pacing Story**

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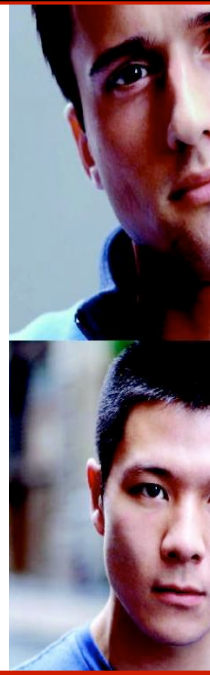
**Why tell my “Pacing Story”?**

**What does it say about emotions and masculinity?**



## **Continuum of Men and Emotions**

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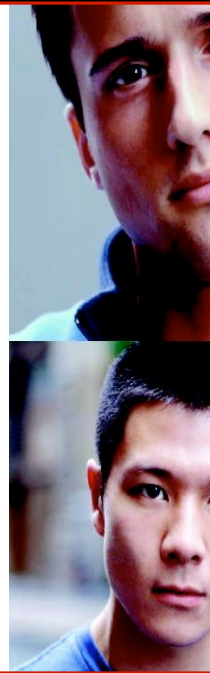


## **Stereotypes of Men and Emotions**

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### **Definition of the Dominant Story**

- A dominant story as it relates to masculinity is:**
- a narrative associated with a shared understanding of what it means to be a man.
  - characteristics identified with traditional masculinity: displays of physical and emotional toughness, the drive to win at all costs, and expressions of aggressive behaviors and attitudes.

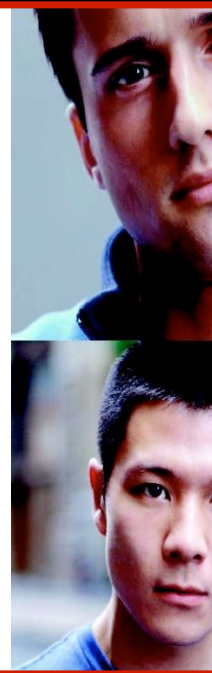


## **Purpose of Emotional Toughness**

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**If emotional toughness is part of the dominant story of masculinity, then emotional pain is not.**

**What purpose does this distancing of men from emotional pain serve?**

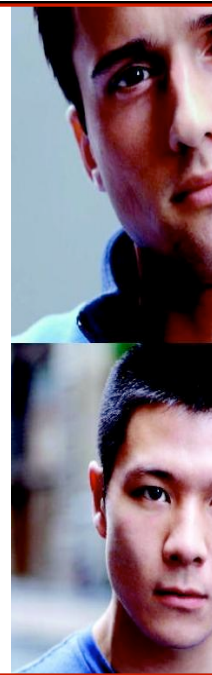


## **Emotions and the Counter Story**

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**A counter story:**

- resists the values and expectations of masculinity's dominant stories**
- represents a moral shift**
- Serves as foundation for an alternative**



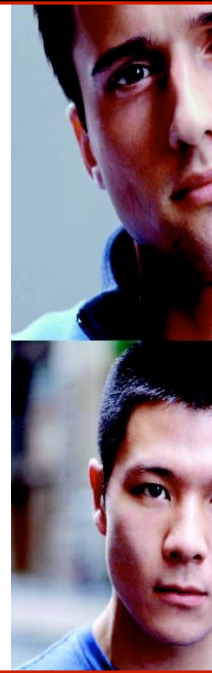
## **Emotional Intelligence (EI) as a Counter Story**

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### **Definition of EI:**

**“...the ability to monitor one's own and others' feelings and emotions, to discriminate among them and to use this information to guide one's thinking and actions.”**

**– Peter Salovey and John Mayer**



## **Teaching Males EI as a Political Act**

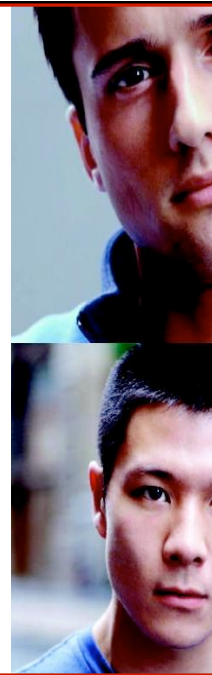
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**Moving away from men exploring emotions as:**

- New Age**
- Touchy-Feely**
- Mama's Boy**

**To:**

**– An act of moral and communal responsibility with profound implications**



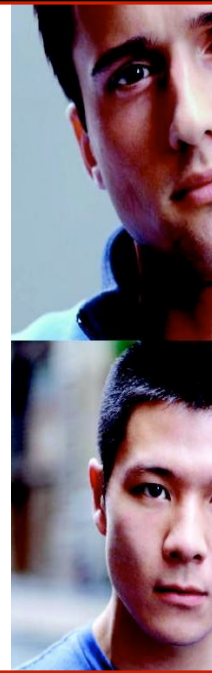
## **The Ability-Based Model of EI**

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**Four types of abilities:**

- 1. Understanding emotions**
- 2. Perceiving emotions**
- 3. Using emotions**
- 4. Managing emotions**

**Based on model developed by  
Salovey and Mayer**



## **Empathy in Ability-Based EI**

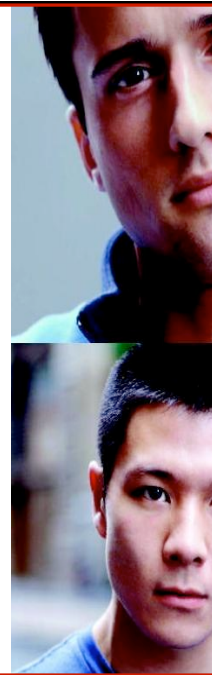
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**Empathy defined: “the ability to comprehend another's feelings and to re-experience them oneself.”**

**“Empathy may be a central characteristic of emotionally intelligent behavior.”**

**“Empathy scales may measure not only one's ability to feel toward others, but general access to one's own feelings as well.”**

**– Salovey and Mayer**

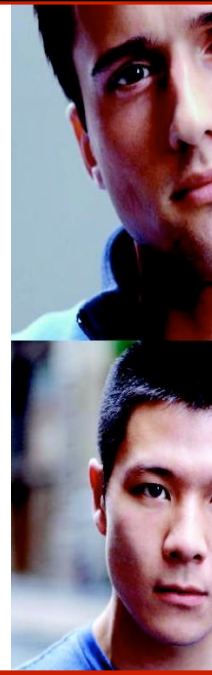


## **EI and Young Men**

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**Four ways of addressing EI with young men in MCSR's middle and high school Men of Strength Clubs:**

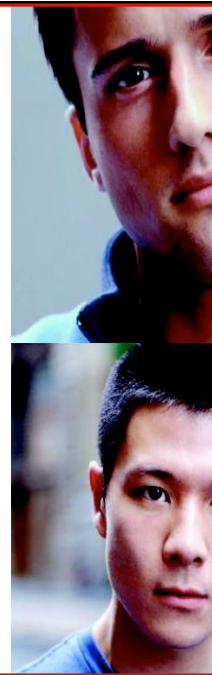
- 1. Check-In**
- 2. Gut Check**
- 3. Curriculum sessions**
- 4. Evaluation**



## **Check-In**

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**Check-in encourages young men to identify how they're feeling, to share their feelings, and to practice active listening by empathizing with their peers through constructive feedback.**





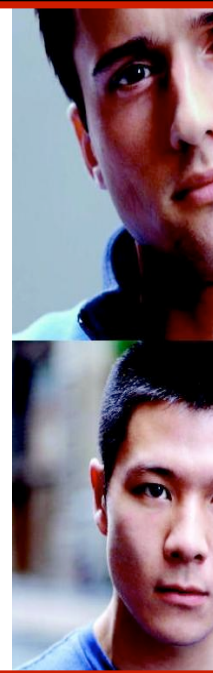
## Check-In Examples

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**Young man on the get-back when a friend is killed**

**Young man sharing his sadness when a two friends are killed during drive-by shootings and receiving support from MOST Club members**

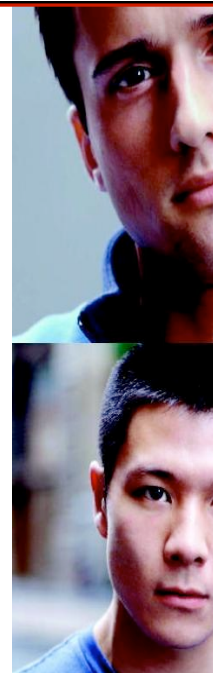
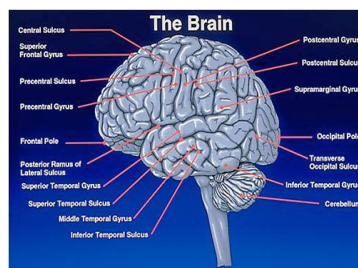
- Facilitator can connect stories to dominant and counter stories of masculinity
- Can connect to sexual and dating violence



## Gut Check

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- The gut as intelligent
- As a conveyor of feelings





## **Gut Check Story**

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**“When I was raped, I was very, very drunk. I was at an after bar at my friend’s apartment....I had started passing out on his couch (something I had safely done before) and my friend started touching me under my clothes. He told my ‘best friend,’ ‘I get Anne tonight.’ The sad thing is that this was in front of other friends of mine and no one did anything.”**

**--Anne, “Taking Back the News,”  
*The Minnesota Daily***

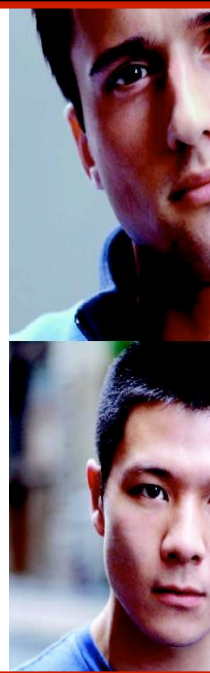


## **Curriculum Sessions**

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**Integrating two new sessions into the Men of Strength Club's 22-session curriculum:**

- 1. Time Capsule and emotional development**
- 2. Intellectual intelligence and emotional intelligence**

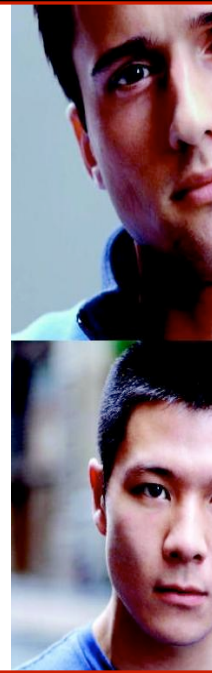


## **Evaluation and EI**

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**Integrating EI scenarios and questions into the MOST Club evaluation tools and protocols:**

- 1. Looking at using Mayer, Salovey, Caruso Emotional Intelligence Test (MSCEIT) to evaluate MOST Club facilitators**
- 2. Developing tools to evaluate growth of empathy in MOST Club members**

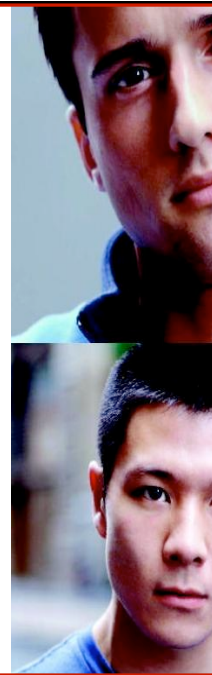


## **Benefits of EI for Young Men**

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- Stronger sense of emotional security**
- Better able to relate to self**
- Better able to relate to other people**
- Less stress**
- Physically healthier**

**What else?**

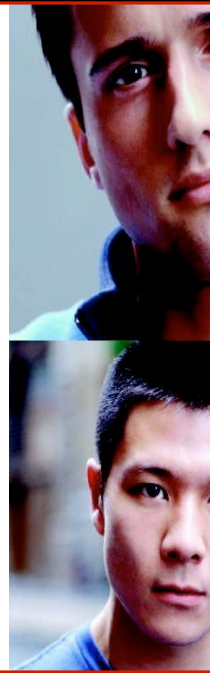


## **An Ending Quote**

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**Intelligence is not about how much we know.  
It is about how we act when we don't know.**

**– John Holt, educator and scholar**



## **Contact Information**

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