

# Healthy Masculinities & Gender-sensitivity



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Global Student Wellbeing Summit 2025  
University of the Free State  
16 July 2025



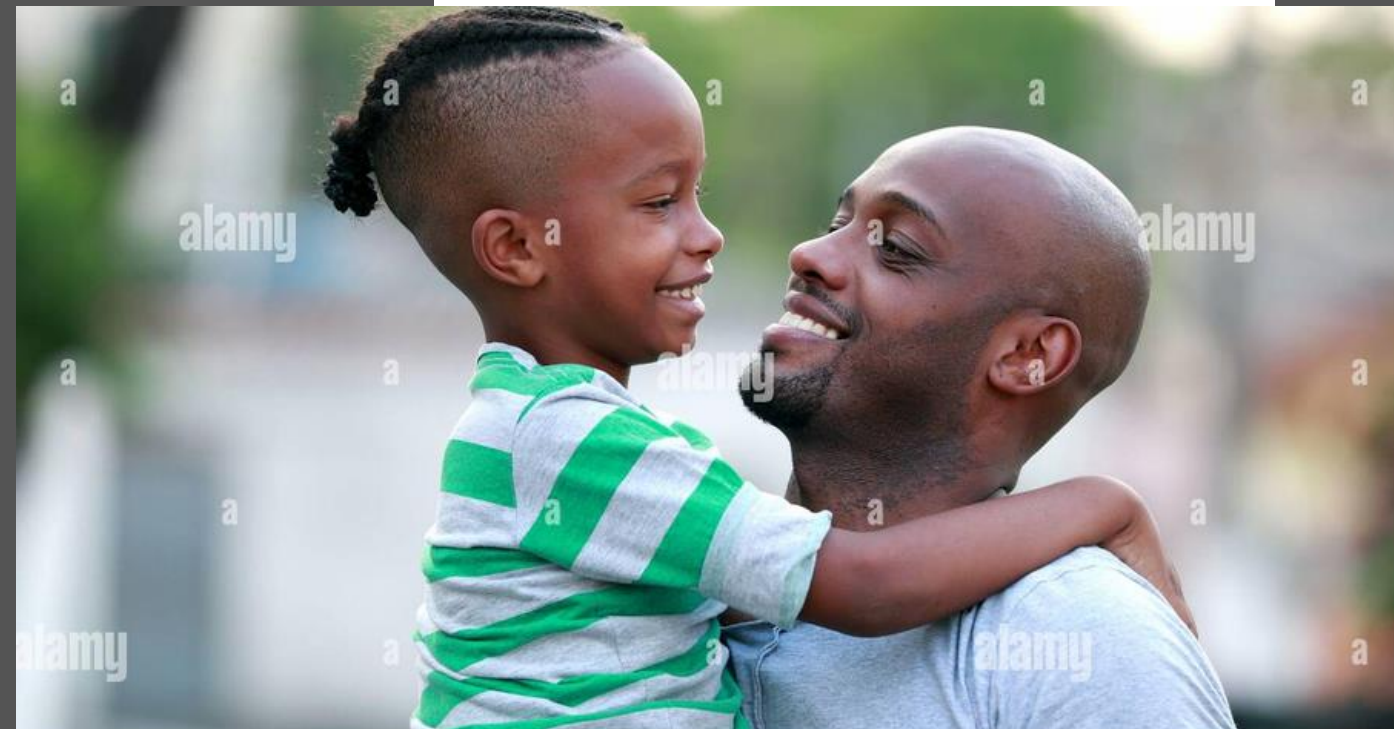
# **Masculinity as Performance**





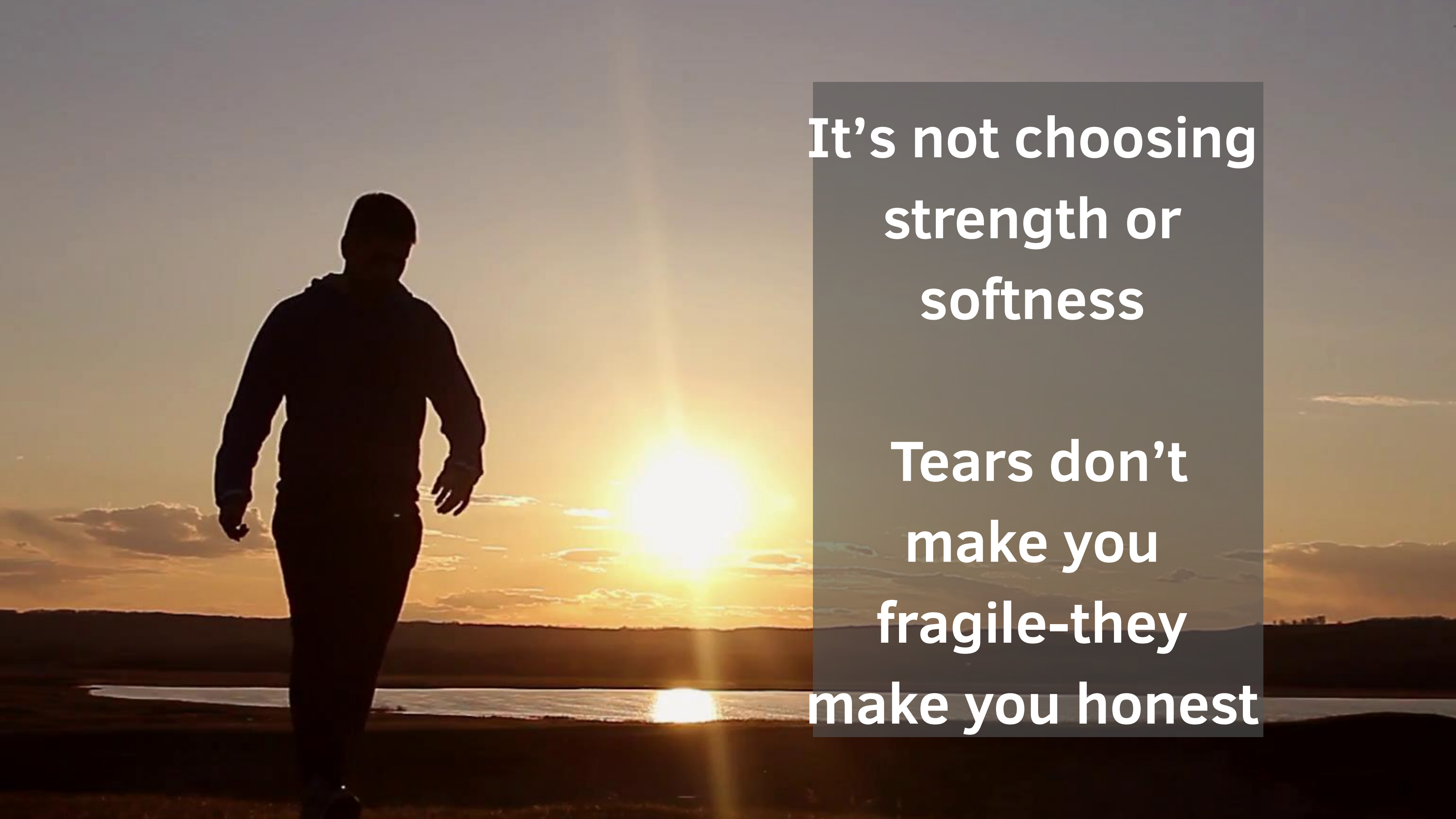
# **Societal Narrative**





# Healthy Masculinities



A silhouette of a person walking away from the viewer towards a bright sunset over a body of water. The sun is low on the horizon, creating a strong reflection on the water and a warm, golden glow across the sky. The person is in the foreground, their form dark against the bright background.

**It's not choosing  
strength or  
softness**

**Tears don't  
make you  
fragile-they  
make you honest**





# Prof Siphiwo Mahala

“Mine are not tears of sadness. They are not tears of joy either. They are the expression of the infinite longing for complete humans. To be a man among man. To love and be loved. To be capable of feeling pain for myself and others. To cry when hurt. That’s what makes a man. without tears he is incomplete.”

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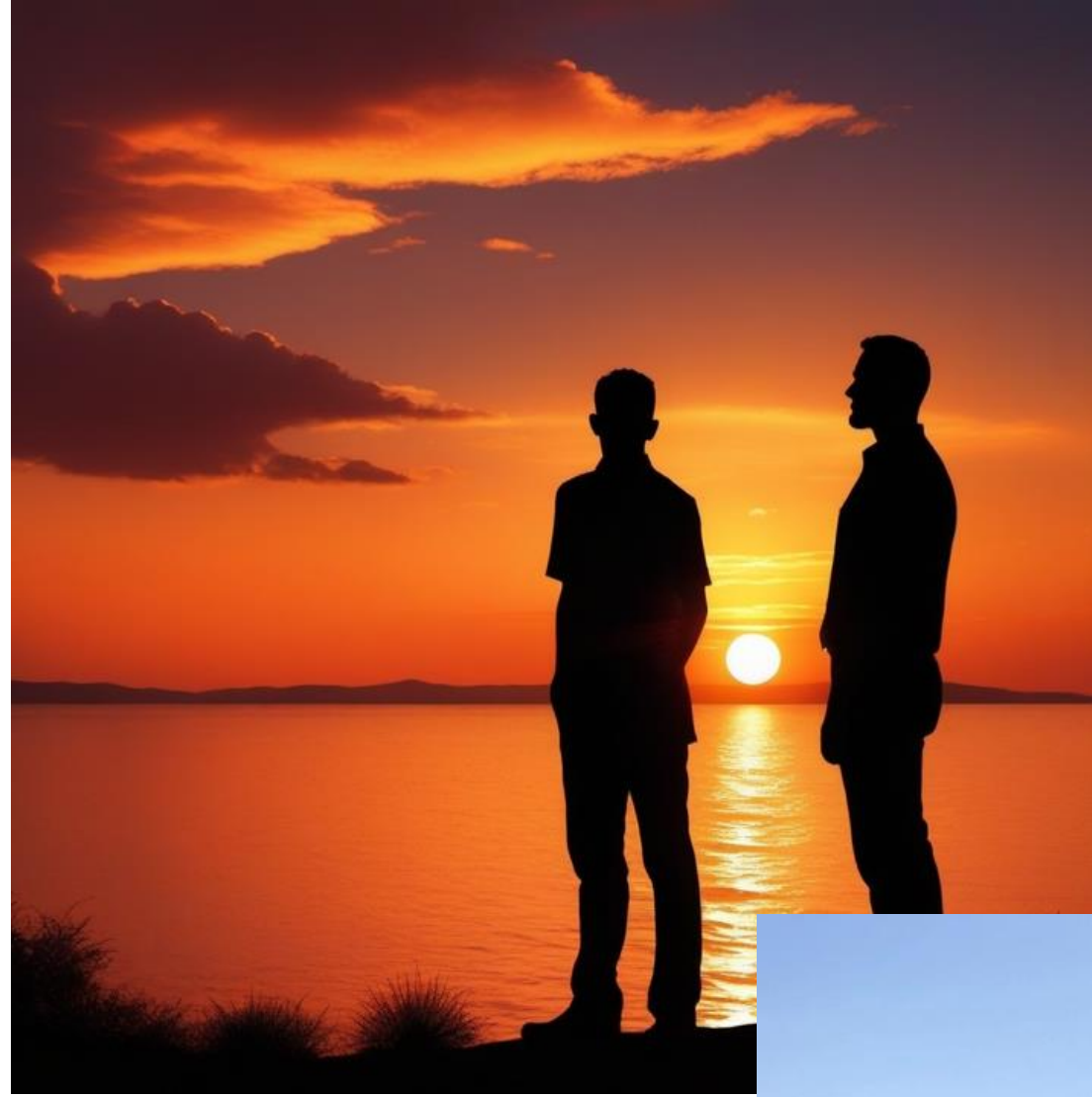


# Ubuntu

# Masculinities



# Ukuphefumlelana Framework







# **Transforming MEN'talities Beyond Perfomance**

**You are not  
broken**

**You are  
enough**

**“You don’t have to hustle for your  
worth”**







**Thank You!**  
**Ngiyabonga!**  
**Kea Leboha!**