

The Man Box 2024

Fact Sheet

Findings for heterosexual men

What does men's agreement with Man Box rules mean for violence against women?

The "Man Box" describes a set of beliefs within and across society that place pressure on men to act in a certain way. The Man Box consists of 19 "rules" that represent a rigid, outdated and often harmful template for how a "real man" should think, feel, and behave. These "rules" include ideas such as "Men should use violence to get respect if necessary" and "In heterosexual relationships, a man should always have the final say about decisions in his relationship or marriage".

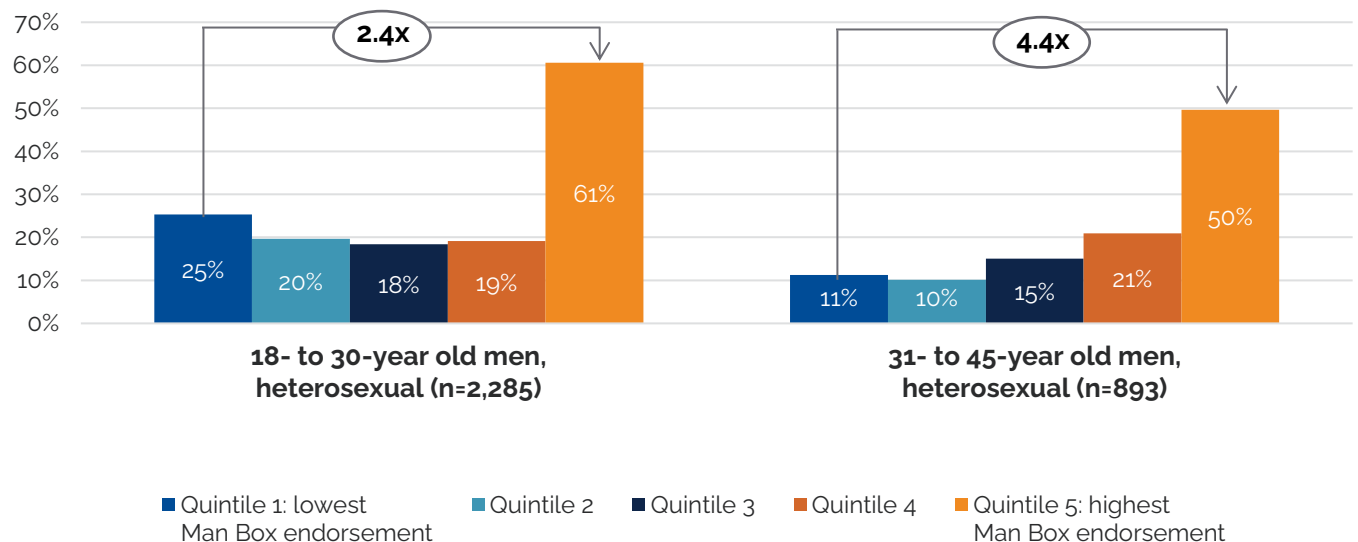
In 2024 we asked Australian men whether they personally agree with the Man Box rules. We also asked them if they had watched violent pornographyⁱ in the previous six months, and whether they have ever used physical or sexual violence against an intimate partner. This fact sheet presents the results for those questions for men who identified as heterosexual in order to specifically consider violence done to a woman.ⁱⁱ To show the results, we divided the men we surveyed into 5 groups (called quintiles) based on how strongly they agreed with the Man Box rules. Men in quintile 1 are those who most strongly reject the Man Box. Men in quintile 5 are those who most strongly agree with Man Box rules.

Key findings: violent pornography

The 2024 Man Box study found that

- 29% of 18- to 30-year-olds and 20% of 31- to 45-year-olds reported having watched violent pornography at least once a week in the previous six months, and
- Men with high Man Box endorsement were more likely to have watched violent pornography. In fact, as the chart below shows, men with the highest endorsementⁱⁱⁱ of the Man Box were between 2.4 and 4.4 times more likely to report watching violent pornography at least once a week.

Proportion of heterosexual men who reported watching violent porn at least once a week



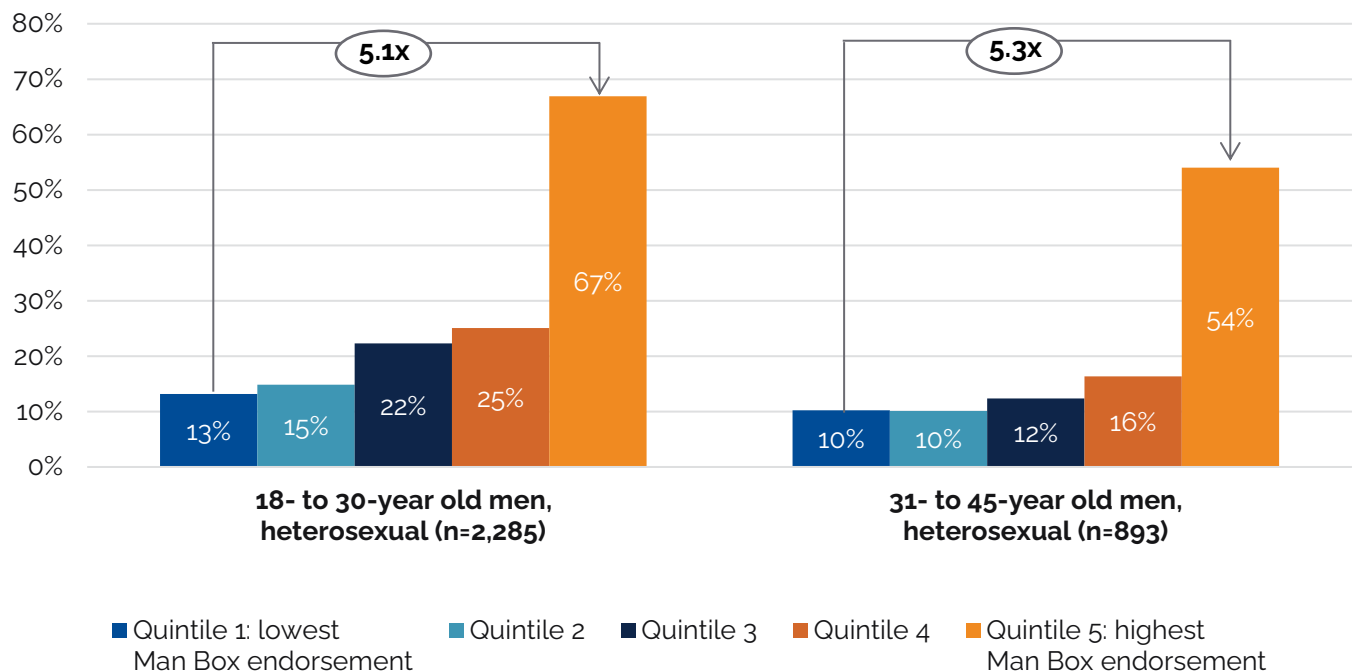
Key findings: intimate partner violence

The 2024 Man Box study found that

30% of 18- to 30-year-olds and 19% of 31- to 45-year-olds reported having used one of the eight forms of intimate partner violence^{iv,v} listed, including

- 21% of 18- to 30-year-olds and 12% of 31- to 45-year-olds reported having used one of the three forms of sexual intimate partner violence, and
- 26% of 18- to 30-year-olds and 16% of 31- to 45-year-olds reported having used one of the five forms of physical intimate partner violence,
- The stronger a man's agreement with traditional ideas about masculinity (the Man Box), the more likely he was to report using violence against a current or former intimate partner. In fact men with the highest endorsement of the Man Box were:
 - Up to 26 times more likely to report having kicked, dragged, or beaten a current or former partner
 - 21 times more likely to report having sexual intercourse with a partner when the partner was afraid of what they might do
 - Up to 15 times more likely to have hit their partner with a fist or something that could hurt them
 - Up to 14 times more likely to report having choked or burned their partner on purpose, and
 - Up to 10 times more likely to report having forced their partner to do something degrading or humiliating,

Proportion of heterosexual men who reported perpetrating at least one form of intimate partner violence in their lifetime



Proportion of heterosexual men who reported perpetrating intimate partner violence in their lifetime (18- to 30-year-olds)

% of survey respondents who answered "yes" when asked if they had done any of the following to a current or former partner	Quintile 1: lowest Man Box endorsement	Quintile 2	Quintile 3	Quintile 4	Quintile 5: highest Man Box endorsement	Quintile 5 ÷ Quintile 1
Intimate partner violence – sexual						
Physically forced a partner to have sexual intercourse with you when they did not want to?	7%	4%	4%	4%	24%	3
Had sexual intercourse with a partner when they were afraid of what you might do?	2%	3%	6%	8%	33%	21
Forced a partner to do something sexual that is degrading or humiliating?	6%	4%	7%	8%	29%	5
Intimate partner violence – physical						
Slapped or thrown something that could hurt them?	2%	5%	7%	9%	22%	9
Pushed or shoved a partner?	7%	4%	6%	9%	30%	4
Hit a partner with your fist or something else that could hurt them?	2%	4%	6%	6%	24%	15
Kicked, dragged or beat a partner up?	5%	3%	4%	6%	21%	4
Choked or burned a partner on purpose	5%	8%	7%	4%	18%	3
At least one form of sexual intimate partner violence	9%	8%	13%	15%	56%	6
At least one form of physical intimate partner violence	12%	14%	18%	21%	59%	5
At least one form of <u>any</u> intimate partner violence	13%	15%	22%	25%	67%	5

ⁱ The Man Box survey asked 3,500 men whether they had consumed pornography or sexually explicit material which included a man doing any of the following to a woman: pushing or shoving, pulling hair, spanking, gagging, choking, slapping, kicking, punching, bondage or restraint, or forcing sex.

ⁱⁱ The survey data presented in this fact sheet is from men who identified themselves as heterosexual. Similar data for men of all sexualities can be found in the fact sheet "What does men's agreement with Man Box rules mean for understanding intimate partner violence and sexual harassment?", available on www.themanbox.com.au

ⁱⁱⁱ When compared with men with the lowest endorsement of the Man Box.

^{iv} Only selected types of sexual and physical intimate partner violence were investigated. Forms of violence that were not captured include emotional abuse, psychological abuse, financial abuse, spiritual abuse and coercive control.

^v Note that some of the forms of intimate partner violence required men to report on their perception of their partner's affective reaction (e.g. whether their partner wanted to do something, was scared etc). The data reported for these questions are likely to underestimate the prevalence of violence, as men may not have been aware of, or accurately interpreting, their partner's reaction.

Proportion of heterosexual men who reported perpetrating intimate partner violence in their lifetime (31- to 45-year-olds)

% of survey respondents who answered "yes" when asked if they had done any of the following to a current or former partner	Quintile 1: lowest Man Box endorsement	Quintile 2	Quintile 3	Quintile 4	Quintile 5: highest Man Box endorsement	Quintile 5 ÷ Quintile 1
Intimate partner violence – sexual						
Physically forced a partner to have sexual intercourse with you when they did not want to?	2%	2%	1%	5%	23%	14
Had sexual intercourse with a partner when they were afraid of what you might do?	1%	2%	3%	3%	23%	21
Forced a partner to do something sexual that is degrading or humiliating?	2%	6%	1%	5%	22%	10
Intimate partner violence – physical						
Slapped or thrown something that could hurt them?	3%	3%	5%	6%	20%	6
Pushed or shoved a partner?	5%	6%	7%	7%	18%	4
Hit a partner with your fist or something else that could hurt them?	2%	1%	1%	5%	16%	7
Kicked, dragged or beat a partner up?	1%	2%	2%	3%	14%	26
Choked or burned a partner on purpose	1%	1%	5%	4%	15%	14
At least one form of sexual intimate partner violence	4%	7%	5%	9%	44%	12
At least one form of physical intimate partner violence	10%	9%	11%	13%	44%	5
At least one form of <u>any</u> intimate partner violence	10%	10%	12%	16%	54%	5

For more information about *The Man Box 2024* and to download the full report, visit www.themanbox.com.au.