Introduction
In 2017, men made up more than half of total refugees accepted into Canada, and the majority of economic class admissions (except for the caregiver category). Despite the fact that men make up a large percentage of the newcomer population and the fact that they face unique pressures and struggles, there is limited research or support aimed specifically at newcomer men.

Men and migration
Unaccompanied men face unique barriers in the migration process. While women and girls experience higher rates of sexual violence in conflict, men are still vulnerable -- yet receive fewer supports. Humanitarian aid organizations are more likely to deem women and girls “vulnerable” and thus deserving of help, whereas men are seen as more capable and are often overlooked for aid. Men might even be associated with violent behaviour and be deemed more of a threat than a vulnerable refugee needing help.

Gender identity and sexual orientation
In many countries around the world, LGBTQ+ folks are not safe. Men in particular may face discrimination and violence due to traditional ideas of masculinity and may have a harder time receiving or seeking help. Even the migration journey is more dangerous for LGBTQ+ migrants, and they often face discrimination from other migrants. While there is little research done specifically on GBTQ+ newcomer men, there is evidence that even once in Canada, many may still experience discrimination, exclusion, or even violence. They may experience racism or xenophobia within the LGBTQ+ community, as well as homophobia or transphobia in their diasporic community.

Men’s health
In terms of physical health, there are no significant gender differences among recent immigrants. Recent immigrants generally report better health than their Canadian-born counterparts, a phenomenon called the “healthy immigrant effect” (HIE). The HIE is much lower in refugees than in immigrants, with refugee men reporting slightly poorer health than their female counterparts.

Mental health
A recent study showed that, despite struggling with mental health issues and trauma, Syrian refugee men were less likely than their female counterparts to access mental health services due to the stigma. When they do seek out help, it is more likely to be from peers but there is often a lack of formalized peer support networks for men and boys. In fact, there is a shortage of services specialized for men and boys. The marginalization and lack of support of unaccompanied boys and men can also lead to addiction or substance abuse.

References
Labour and employment
Newcomers are important contributors to the Canadian economy. However, they face a number of barriers in accessing the labour market, including language and cultural barriers, and lack of recognition for qualifications. Being unemployed, underemployed, or being a secondary earner in the house can have unique effects on men and their identity.

Economic class admissions, 2017

<table>
<thead>
<tr>
<th>Class</th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Federal Economic-Skilled</td>
<td>57,834</td>
<td>49,724</td>
</tr>
<tr>
<td>Provincial Nominees</td>
<td>49,724</td>
<td>22,253</td>
</tr>
<tr>
<td>Caregivers</td>
<td>22,253</td>
<td></td>
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</tbody>
</table>

Effects on identity and mental wellness
If masculinity in the country of origin means being a sole-provider, some newcomer men may experience a dual-provider household or a reversal of traditional roles in the host country as disempowering or a loss of dignity. Men in Middle Eastern & North African countries reported feeling high stress and depression when they lost work or income as a result of displacement or conflict. Furthermore, not only is there the potential for identity re-negotiation, there is also pressure that comes with financially supporting a family and often also sending money to family in the country of origin.

Workplace injury
Overall, men make up 72% of those involved in serious workplace injuries. This is likely due to the kinds of work they do. Recent immigrants and refugees have an even higher likelihood of injury than their Canadian-born counterparts, making newcomer men particularly vulnerable to injury or death in the workplace. They may have trouble refusing dangerous work either because of language barriers, power differentials, or lack of workplace protection.

Entrepreneurship
Many newcomers may find it more empowering to start their own business than to navigate the labour market as immigrants or refugees. For many, it allows them freedom and upward mobility. Furthermore, a business that celebrates their ethnic origins such as a restaurant or food truck allows them to maintain their culture rather than feeling pressure to assimilate. For men having to renegotiate identity, this may provide an alternative to struggling in the labour market.

Conclusion
Newcomer men face unique barriers based on their gender. Depending on their country of origin, there may be acculturation stress around changing gender roles and an adjustment to gender role expectations. Despite vulnerabilities and struggles, including mental health, newcomer men are less likely to access supports or to have specialized resources. Newcomer men who are racialized, identify as GBTQ+, and/or live with disabilities have additional barriers.

Further resources
- Men - UNHCR
- Portal-Pathway - White Ribbon
- Just for You - Men - Health Canada
- Men’s Mental Health & Substance Use Information – Here to Help
- Trans Newcomers Resource Hub - MOSAIC
- Men in Change Program - MOSAIC

Webinar & e-symposium
- Men’s Health and Well-being: Strategies for EAL Instructors – Tutela login required
- Newcomer Men’s Integration: Challenges & Perspectives - AMSSA

AMSSA also has a Newcomer Men online video in the works!

References
14 El Feki, S., Heilman, B. and Barker, G., Eds. (2017) Understanding Masculinities: Results from the International Men and Gender Equality Survey (IMAGES)
18 Ensign, P.C. &Robinson, N.P. (2011). Entrepreneurs because they are Immigrants or Immigrants because they are Entrepreneurs. The Journal of Entrepreneurship 20(1) 33–53

See all issues of AMSSA’s Migration Matters: www.amssa.org/resources/Infosheet.