

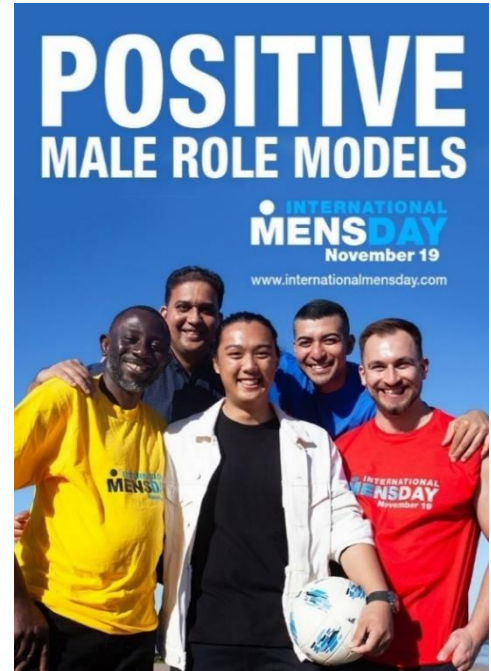


International Men's Day

Today is International Men's Day, and the theme for this year's campaign from the International Men's Day foundation is 'Positive Male Role Models'.

International Men's Day is a global observance that celebrates the positive contributions and achievements of men while addressing important issues affecting men's health, well-being and gender equality. This day provides an opportunity to promote discussions and actions that support men's physical and mental health, encourage positive role models, and advocate for a more inclusive society.

International Men's day is an annual event that highlights the importance of recognising and addressing the challenges and experiences of men and boys. It encourages conversations about men's mental health, positive masculinity and gender equality.



Men face a series of health challenges that need to be addressed in order to have our communities function to their fullest potential. Current research tells us that men have a suicide rate **3 times higher** than women. 1 in 3 men have been the **victims of domestic violence**. Men, on average, die **4-5 years before women**. Men are nearly **twice as likely to suffer from lung cancer** than women and twice as likely to **suffer from heart disease** compared to women.

International Men's day encourages men to teach boys and younger men in their lives the values, characteristics and responsibilities of being a man. It is only when we all,

both men and women, lead by example that we will create a fair and safe society that allows everyone to prosper.

How to participate in International Men's Day 2024

There are a variety of ways to participate in International Men's Day which involves acknowledging and supporting the well-being of men. Different ways to get involved are:

- Promote Men's Health: Encourage men to prioritise their physical and mental health by seeking medical advice and support when needed.
- Recognise achievements: Acknowledge and celebrate achievements and contributions of men in various fields of work.

- Engage in Mentorship: Support mentorship programmes that connect boys and young men with positive male role models in their communities.
- Support Positive Masculinity: Celebrate positive male role models and encourage boys and men to express their emotions and vulnerabilities. A great, recent, example of someone to look up to is Sir Chris Hoy who was very open about his emotions and illness saying in an interview he still felt “fit, strong and positive”.



Using Hashtags

You can also participate through social media. When sharing your support for International Men’s Day 2024 and participating in discussions about men’s issues on social media consider using these relevant hashtags:

#InternationalMensDay #MensHealth #PositiveMasculinity #GenderEquality
 #MaleRoleModels #IMD2024 #MentalHealth

By using these hashtags, you can connect with others who are passionate about promoting positive masculinity, men’s health, and gender equality on International Men’s Day.

Movember

The month of November is important because it gathers several events that are important to men. November is seen as Men’s Mental Health Month, with the most notable event being Movember. Movember involves people being encouraged to grow a moustache for the month of November. The event aims to raise awareness of men’s health issues such as prostate cancer, testicular cancer and men’s suicide.



Positive Role Model Challenge

A challenge, should you wish to accept, is to think about who your role model or role models are and ask yourself why you look up to that person(s). Think about the attributes they possess which attract you to them and what it is you try to take from them to help you become a better role model for others around you.

Additional ideas and suggestions for getting involved with International Men’s Day 2024 can be found on the International Men’s Day and Movember websites, which you can access by scanning the QR code below. There is also a QR code that will take you to the Sir Chris Hoy interview that provides a good insight into what a positive role model looks like.

International Men’s Day



Sir Chris Hoy Interview



International Men’s Day – Awareness Days



Movember

