



Workshop: Men's Health

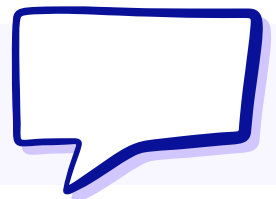
I SAMPLE LEARNING OBJECTIVES



LEARNERS WILL BE ABLE TO:

- Describe how men's health outcomes are related to rigid expectations of manhood.
- Summarize the importance of being proactive about mental, sexual, and physical health. Identify signs that someone is struggling with their mental wellbeing.
- Discuss mental, sexual, and physical health more openly.

II SAMPLE INTRODUCTION



“It might seem obvious that taking care of your health is important, and yet data shows us that many men refuse to seek medical help for their physical, sexual, and mental health. So today, we’re going to discuss what this trend is all about: What barriers might be leading to men ignoring or being nervous to get support? What pressures do men experience to be self-sufficient, tough, or invisible? These expectations about what it means to be manly are tied up in health issues. Let's talk more about it.”



III SAMPLE DISCUSSION QUESTIONS



Physical

- Do you think being a man has anything to do with your physical health? How do the men in your life (e.g., family, friends, pop culture) relate to the topic of taking care of their physical health? Do they go to the doctor often? Do you see a primary care doctor for an annual checkup? Why or why not? What are some examples of the barriers that keep you from going?

Sexual

- [Heads-down for privacy]. I'd like to get a sense of how important you think it is to get routinely tested for sexually-transmitted infections (STIs). Raise 5 fingers for Very Important, 3 for somewhat important, and 1 for Not Important. [Raise heads] Why did you give the number you gave?
- Do you think there is stigma against men getting tested for STIs? Why or why not?
- How knowledgeable are you about methods to prevent STI transmission?
- How knowledgeable are you about different contraceptive methods? Is there stigma against any of them?



III SAMPLE DISCUSSION QUESTIONS



Mental

- Do you think it's important for men to talk about mental health? Why or why not?
- If you knew a friend was struggling with mental health, what signals might tell you that and what would you want them to know?
- Are there people you feel like you can talk to when you're feeling down or anxious? What might stop you from talking to them?
- What are some things you can do to feel better when you're stressed, lonely or sad?

IV SAMPLE TALKING POINTS



- The stigma that causes men to withhold emotions is the same stigma that leads them to avoid seeking treatment for physical pain. And what's true for physical health is also true for mental health.

- There are a few key reasons why men are resistant to seeking care. One study found that men who self-reported very traditional views on masculinity were also those least likely to get consistent health care. Other reasons were fear of diagnosis, being uncomfortable with exams (particularly more "invasive" ones like rectal and prostate), and not seeing the issue as serious enough to warrant a visit. [\[Harvard\]](#)



IV SAMPLE TALKING POINTS (CONTD.)



- ▶ More than 40% of men don't go to the doctor at all unless a serious issue develops. This is especially true for men of color, given the United States' history of medical discrimination. [[Cleveland Clinic](#)]
- ▶ Men struggle with body image too. It's important to be able to talk openly about these topics to diminish the stigma around them.
- ▶ Try thinking of going to the doctor like getting your car serviced. It's better to catch issues early and get things looked at when they seem even a little off to prevent bigger, more serious problems. It can feel embarrassing or awkward to get tested for STIs, but getting tested is quick and easy and together we can commit to not judge anyone for it.
- ▶ STIs can be incredibly serious, causing issues like infertility. If you're having sex, it's important for your own health and in order to treat your partners with respect that we all get tested.
- ▶ Mindfulness, counseling, talking with friends, and working out can help us when we're struggling. It's okay to seek and ask for help or advice. It doesn't make you weak! It just makes you human.
- ▶ It's important to look out for your friends. Keep an eye out for changes in moods, being more withdrawn or upset, drops in their school or team participation, and increased alcohol or drug use.



V SAMPLE ACTIVITIES



**PODCAST LISTEN & DISCUSS:
“WAVERLY’S STORY”**

Share Waverly’s story and play his podcast episode to the group.

Sample Discussion Questions:

- What parts of Waverly’s story connected with you?
- Does anyone have any personal experiences they’d be willing to share related to what we heard in the episode?
- Does this story make you feel more likely to be proactive about your health? Why or why not?



**GALLERY BRAINSTORM:
MENTAL HEALTH**

Write questions on 2-4 large papers around the room. Prompt participants to write at least one response per question. Instruct participants to read each other’s comments. Discuss each of the prompts and ask follow-up questions.

Sample Prompts:

- What comes to mind when you hear the term ‘mental health’?
- What are some things that can negatively impact your mental wellbeing, either that you’ve experienced or have seen others experience?
- When you’re having a hard time, what keeps you from asking for help?
- What are some things you like to do or people you like to talk to when you’re feeling stressed, anxious, or sad?



VI WORKSHOP RESOURCE LIBRARY



- **Curriculum:** *Condoms and Pizza, a sex education program for college fraternities - Partnership for Male Youth*
- **Curriculum:** *Manhood 2.0 - Equimundo*
- **Tool:** *Tackle Difficult Conversations - Movember*
- **Tool:** *Depression Screening Tool | Self Check for Depression | HeadsUpGuys*
- **Fact Sheet:** *Young Male Health Fast Facts - The Partnership for Male Youth*
- **Video:** *Man Enough Episode 3 - The Ugliness of Body Image - The Man Enough Podcast*
- **Video:** *STDs and HIV - AMAZE*
- **Video:** *Using Comedy to Escape Hopelessness | Jermaine Fowler | Man to Man: A Wellness Series - Black Love*
- **Podcast:** *Cleveland Barber “Pays It Forward” and Becomes Advocate for Minority Men’s Health - Cleveland Clinic*
- **Article:** *Sexism Sucks for Everybody, Science Confirms - Smithsonian*
- **Article:** *5 College Guys Talk About Mental Health - Mud*
- **Article:** *Contraception - CDC*
- **Research:** *Men will do Almost Anything to Avoid Going to the Doctor - Cleveland Clinic*
- **Organization:** *HeadUpGuys*