MOVEMBER SAFETY MO-MENT SPEAKING NOTES

Movember Safety Moments are brief, impactful presentations designed to raise awareness about men's health and safety issues. These moments spark conversations around critical topics like mental health, prostate cancer, testicular cancer, and suicide prevention, encouraging men to prioritize their well-being.

**Best Practices for Hosting a Safety Moment:**

* Keep it brief and focused
* Be prepared with your script and statistics
* Engage and encourage questions
* Use Movember Health Posters for visual aid; display them post-session for easy key takeaways review
* *Bonus:* If you can, share personal stories

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# **PROSTATE CANCER - SAFETY TALK**

**Introduction:**

* Good morning, everyone.
* Before we dig into our tasks, we are going to take a moment to discuss a silent threat many men face: prostate cancer.
* Many men could talk for hours about how to cook the perfect steak or their favourite sports teams. But there are also things that we/they don’t talk about nearly enough. **Like prostate cancer.** Today we're going to do just that.

**What is prostate cancer?**

* Globally, it's the most common cancer for men over 45.
* But there’s good news. There’s a lot that you can do. Just by knowing some important facts about risk – and knowing when to take action.
* Just remember: **early detection is key.**

**Do you know your risk?**

*\*Question to the group\* -- can anyone tell me one of the 3 risks for prostate cancer?*

There are three risk factors to remember:

1. **Age:**  If you have a prostate, then your risk of developing prostate cancer increases with age. However, that doesn't mean prostate cancer is limited to the older generation. So if you’re 50 or older, start talking to your doctor about your risk.
2. **Ancestry:** Prostate cancer is more common in Black men and men with African ancestry. So if you’re Black or have African ancestry, start talking to your doctor about prostate cancer when you’re 40.
3. **Family History:** The genes from our parents and relatives play a part in prostate cancer risk. Your risk is higher if there’s a father, brother or uncle who had prostate cancer. If there’s a family history like this, start talking to your doctor about prostate cancer when you’re 40.

**How can you take action today?**

1. If you fall within one of the risk areas and havent talked to your doctor in the past year, book an appointment today. **Remember early detection is key.**
2. If you're not in one of the high-risk categories, here's a task for you this Movember:
   * Reach out to your dad, uncle, or grandfather. Share what you learned today. Encourage them to speak to their doctor. Your call could be the one that saves a life.

In our jobs at [INSERT COMPANY NAME], we talk a lot about safety and precaution. Let's apply the same principles to our health. Let's protect our futures, our families, and all the men we love in our lives. Early action can, and often does, make all the difference.

**\*\*\* We have a poster that highlights the key takeaways for today’s safety moment, please review it at [where the poster will be located]. \*\*\***

# **TESTICULAR CANCER - SAFETY TALK**

**Introduction:**

* Good morning, everyone.
* Before we dig into our tasks, we are going to take a moment to discuss a silent threat many men face: testicular cancer.

**What is testicular cancer:**

* Testicular cancer is the #1 cancer in younger men aged 15-45.
* But good news: it's highly curable when caught early.

**Why is it important we talk about testicular cancer?**

*\*Question to the group\* -- for the men here today (age 15-45), how many of you have performed a self-check for testicular cancer in the past 3 months?*

* Despite being the most common cancer for young men, most men (62%) either never have or don't know how to check for testicular cancer.
* Testicular cancer is one of the few cancers you can check yourself, so there is no reason why 100% of men shouldn't be doing this --- let's learn how.

**How to perform a testicular cancer self-check?**

Every month or so Movember recommends you follow the 3 simple steps:

1. **Steam**: find an appropriate place to check - we recommend a hot shower
2. **Roll**: with your thumb and finger, roll one testicle to get to know what’s normal for you. Check for any changes or anything painful.
3. **Repeat**: don’t choose favourites, make sure to repeat with the other testicular.

**What to look for during a self-check?**

* When performing a self-check your testicles should feel smooth and firm. Sensitive, but not painful. Get familiar with them so you have a baseline of what normal feels like.

**When to talk to your doctor?**

* If you notice any changes in the testicles, such as lumps, swelling, pain in your groin or lower back, consult your healthcare provider promptly. It may not be testicular cancer but you will want to get it checked out.

**How can you take action today?**

* If you're between 15-45 perform a self-check during your next shower
* If you're not in the high-risk categories:
  + Reach out to your friend, brother, or son. Share what you learned today. Encourage them to perform a self check. Your call could be the one that saves a life.

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# **MEN'S MENTAL HEALTH - SAFETY TALK**

**Introduction:**

* Good morning, everyone.
* Today, we're delving into a topic of utmost importance – Men's Mental Health. It's important to address the unique challenges men face when it comes to mental well-being.

**Why is it important to talk about our mental health?**

* We lose, on average, 1 man a minute to suicide across the world
* Globally, men are less likely to seek help for mental health issues compared to women - and more than 2 out of 3 deaths by suicide are men.
* Unfortunately, the stigma surrounding mental health continues to keep many men from getting the help they need.

**Why men have a hard time talking about mental health?**

* Stigma is a powerful force. Men in particular feel pressure on all fronts to keep quiet about their mental health:
  + **Cultural pressure**: some communities or societies stigmatise talking about mental health or seeking professional support.
  + **Professional pressure**: while many workplaces have made great strides in supporting mental health care, historically opening up about depression or anxiety in the workplace could cost a person their job.
  + **Masculinity pressure:** Many men were taught from an early age not to cry or show emotion, that doing so was a sign of weakness. Some feel constant pressure to appear ‘tough’ and equate ‘strength’ with ‘having it all together.’ Many of us have built our identities on being solid, steady providers for our families, and it’s easy to believe that opening up about your mental health will put all that in jeopardy.

**How you can take action for your mental health?**

1. **Pause-Check & Power Moves:** Life's pace can be relentless. **Pause**. How do you feel? Amidst the whirlwind of life, find time to check-in with yourself and then prioritize bite-sized actions that boost your spirits. Maybe it’s a brisk walk or run, writing down your thoughts, catching up with a friend or listening to music.
2. **Talking Helps:** A lot of us are tough. But tough doesn’t mean holding everything in. If something is bugging you. Reach out to a friend or health care provider. [Insert company mental health resources]
3. **Stay Connected:** research shows having close friendships and social connections is one of the most important factors for your mental health. They provide a support system and people to open to when times get tough.

**What you can do to support others mental health?**

* If you have a friend who might be struggling with their mental health or notice a change in their behaviour. Reach out to them with Movember's ALEC framework:
  + A - ask them how they are doing
  + L - listen without judgment or prejudice
  + E - encourage them to take positive actions for their mental health
  + C - check-in with them regularly to see how they are doing

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