MOVEMBER 2024 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
* Know your key messages
* 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**

**Key Messages Reminder:**

* 1 in 8 men will receive a diagnosis of prostate cancer in their lifetime.
* Early detection is key.
* Understand your risk and take action today.

**Introduction:**

* Good morning, everyone.
* Before we dig into our tasks, we are going to take a moment to discuss a 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, and you only need one risk factor to take action:

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 haven’t talked to your doctor in the past year, book an appointment today. **Remember early detection is key.**
2. If you have any symptoms such as urinary urgency, frequency, blood in urine or semen, or pain in your lower back and/or pelvis, we encourage you to speak to your doctor.
3. If you do not have any of the risk factors, here's a task for you this Movember:
	* Reach out to your dad, uncle, grandfather, friend or coworker not here today. 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]. \*\*\***

**Key Messages Reminder**

* 1 in 8 men will receive a diagnosis of prostate cancer in their lifetime.
* Early detection is key.
* Understand your risk and take action today.

# **TESTICULAR CANCER - SAFETY TALK**

**Key Messages Reminder:**

* Testicular cancer is the most common cancer in young men.
* Early detection is key.
* Make it a habit to understand what is normal for you.
* If something doesn’t feel right, take action and get it checked by a healthcare provider.

**Introduction:**

* Good morning, everyone.
* Before we dig into our tasks, we are going to take a moment to discuss an important health concern that younger men need to be aware of: **testicular cancer**.

**What is testicular cancer:**

* Testicular cancer is the #1 cancer in younger men, affecting those in their teens through their 40s.
* But good news: it's highly curable when caught early. Just remember**: early detection is key.**

**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 of your testicles, to get to know your nuts?*

* Despite being the most common cancer for young men, most men (62%) either never have or don't know how to check their testicles for changes, which is an important screening for testicular cancer.
* Getting to know your nuts is easy and you can do it yourself, so there is no reason why 100% of men shouldn't be doing this --- let's learn how.

**A how-to guide:**

Get to know your nuts by checking them regularly in 3 simple steps:

1. **Steam**: find an appropriate place to check - we recommend in the 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 testicle.

**What are you looking for?**

* When performing a self-check, your testicles should feel smooth and firm. Sensitive, but not painful. Every nut is unique, so get familiar with yours so you have a baseline of what normal feels like for you.

**When to talk to your doctor?**

* Getting to know yours means that if something hurts, changes, or doesn’t feel right, you make an appointment to see a healthcare provider and get it checked out. 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, get to know your nuts during your next shower and see a healthcare provider if something has changed. **Remember early detection is key.**
* Other ways you can take action:
	+ Reach out to your friend, brother, son, or coworker not here today. Share what you learned and encourage them to get to know their nuts. Talking about it might feel awkward, but your conversation could make all the difference.

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**Key Messages Reminder:**

* Testicular cancer is the most common cancer in young men.
* Early detection is key.
* Make it a habit to understand what is normal for you.
* If something doesn’t feel right, take action and get it checked by a healthcare provider.

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

**Key Messages Reminder:**

* Talking about mental health is a strength – reaching out helps.
* Checking in with yourself and others can improve well-being.
* Stay connected – strong relationships are essential for mental health.

**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.
* All of us are likely to experience mental health challenges or know someone who does in our lifetime.
* Today we will be talking about things like suicide, depression and anxiety. This may not be the right time for you to engage in these conversations. Feel free to step out at any time. *Or you can chat with me after the session and of course can always access* [insert relevant professional support – e.g. EAP, Movember’s get support page etc].

**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 either don’t encourage or don’t have the words to talk about mental health and how to seek support.
	+ **Professional pressure**: while many workplaces have made great strides in supporting mental health care, opening up about depression or anxiety in the workplace can still feel hard, and many worry about discrimination. Once you do open up, its often hard to know what next.
	+ **Traditional masculinity pressure: Across generations,** many men were taught from an early age not to cry or show emotion, that doing so was a sign of weakness. Many of us have probably experienced moments where we felt we had to 'tough it out' or 'keep it together'—and that's exactly what we need to talk about today. 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. These days we see that the majority of us can both have emotions and be great family men, we can be more authentic.

**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. When men do make the choice to access the healthcare system their needs too often go unmet, this sees men withdraw too early.

**How can you 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 walk or run, writing down your thoughts, catching up with a friend or listening to music.
2. **Talking Helps:** If something is bugging you. Reach out to a friend or health care provider. Try to do this early, don’t spend ages thinking in circles about what might be going on, instead use conversations to help figure this out [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. Many people feel like they are alone, if this is you, you could try [insert – a workplace initiative, a sporting team, a community club, a helpline etc].

**What can you 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
* If you don’t remember all these steps, remember, usually reaching out to a friend and awkwardly asking them if everything is OK, or saying ‘Hey, I’ve noticed things seem a little different for you’ is way better than doing nothing.

Today we have started a conversation about mental health. Hopefully you can keep it going. Remember, we’re all in this together. By looking out for ourselves and each other, we can make a real difference. Movember is advocating for the healthcare system to better meet us where we are at. As you think on today, talk more, things may come up for you. You can always [Insert company mental health resources].

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