

International Men's Day

On Nov. 19, International Men's Day celebrates the positive value men bring to the world, their families, and communities. This day raises awareness on issues that men face, including abuse, homelessness, suicide, and violence.

Dr. Jerome Teelucksingh set out "Six Pillars of International Men's Day" to frame the observance of the day.

1. To promote positive male role models; not just movie stars and sports men but every day, working-class men who are living decent, honest lives.
2. To celebrate men's positive contributions to society, community, family, marriage, childcare, and the environment.
3. To focus on men's health and wellbeing: social, emotional, physical, and spiritual.
4. To highlight discrimination against men in areas of social services, social attitudes and expectations, and law.
5. To improve gender relations and promote gender equality.
6. To create a safer, better world, where people can be safe and grow to reach their full potential.

On this day, you can get involved by:

- **Promoting Men's Health:** Encourage men to prioritize their physical and mental health by seeking medical advice and support when needed. At [Niagara Region](#), you can get free and confidential sexually transmitted infection testing, treatment, vaccines and learn more on the connection to community resources. You can also check out the [Employee and Family Assistance Program \(EFAP\)](#) that ensures our employees have a trusted place to turn to for expert help and support when work, health or life issues arise.
- **Advocate for Gender Equality:** Promote gender equality and challenge stereotypes and behaviours that affect both men and women.
- **Organize Events:** Host events, seminars, workshops, or panel discussions that address men's issues, such as mental health and career development.
- **Engage in Mentorship:** Support mentorship programs that connect boys and young men with positive male role models in their communities.

Social Media:

On Nov. 19, #InternationalMensDay celebrates the positive value men bring to the world, their families, and communities. This day raises awareness on issues that men face, including abuse, homelessness, suicide, and violence. At [Niagara Region](#), you can get free and discreet sexually transmitted infection testing, treatment, vaccines and learn more on the connection to community resources.