



Save the Children



Humanitarian  
Leadership  
Academy

# Men's Health

What are we talking about?

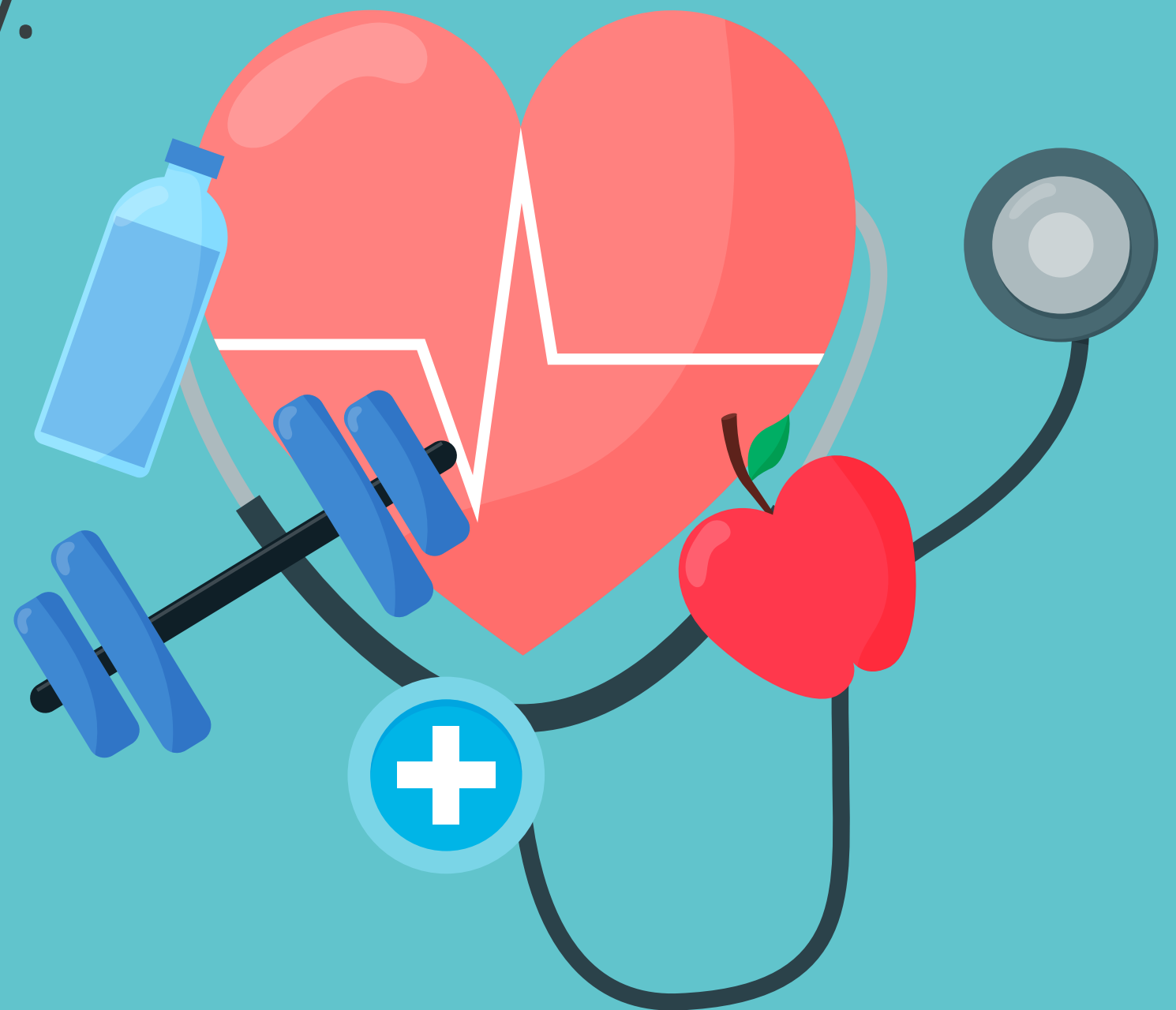


When we talk about men's health, we're referring to different aspects of a man's physical and mental health, well-being and how his body functions.

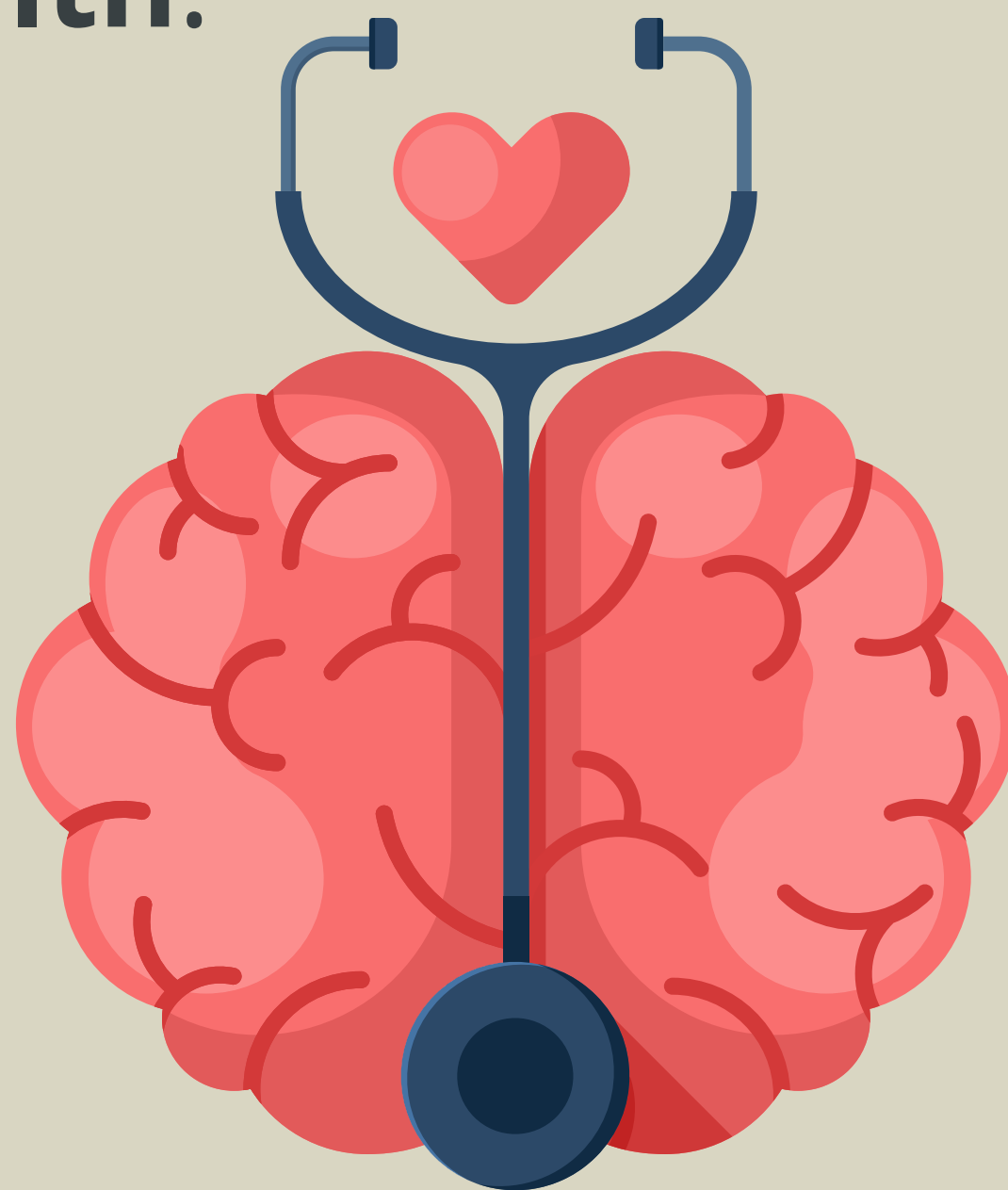


**Physical health** is about taking care of your body by eating well, exercising regularly, and making sure you're at a healthy weight.

It also means paying attention to specific health issues that can affect cisgender men differently to cisgender women, like problems with the heart, prostate, sexual health, and fertility.

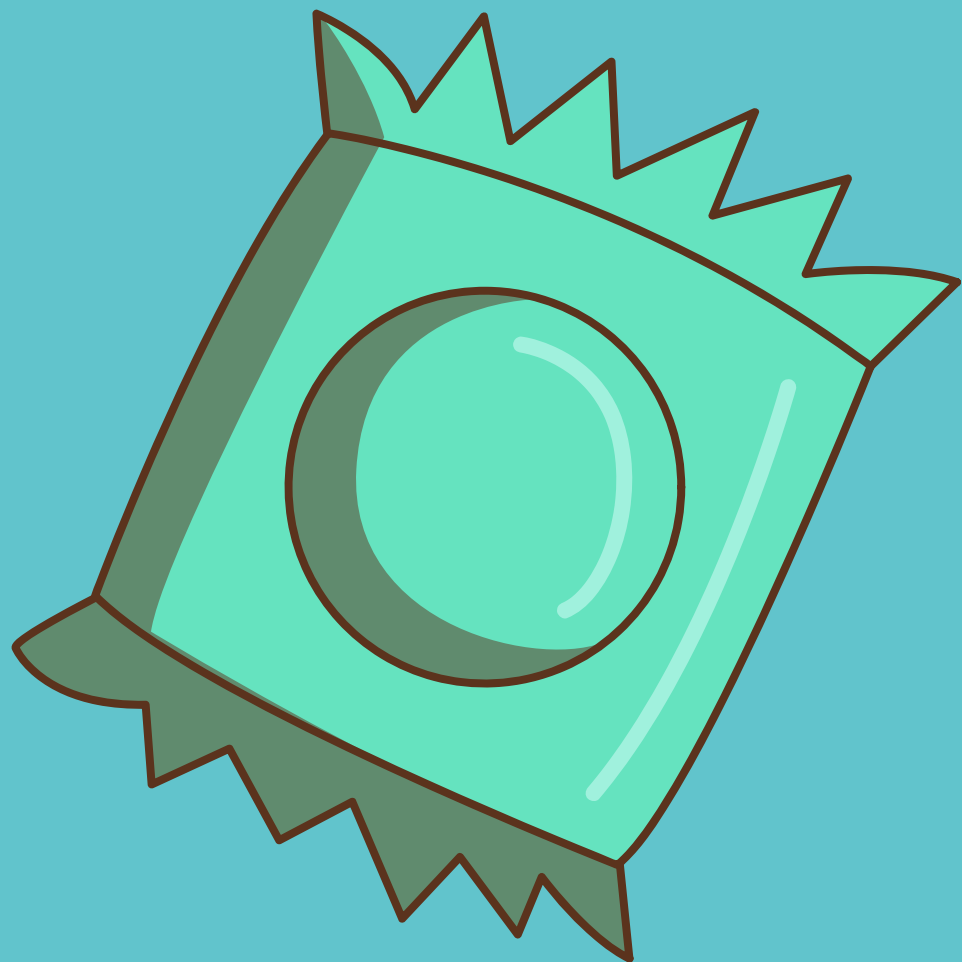


**Mental health** is about how you feel emotionally and how you handle stress. Sometimes men might experience depression, anxiety, or substance abuse, and it's important to address those issues and seek help when needed. **Taking care of your mental well-being is just as important as taking care of your physical health.**



**Sexual health** is about sexual performance, fertility, and staying safe from sexually transmitted infections (STIs).

It's important to have open discussions about sex and to practice safe sex to protect yourself and your partner.



**Toxic masculinity** refers to harmful societal expectations and behaviours imposed on men that promote aggression, dominance, and the suppression of emotions, perpetuating a cycle of harmful masculine norms instead of healthier ones.

One of the reasons why men's health suffers is the way they are expected to be tough, strong, independent, and not to ask for help.



Some men view their bodies almost as if they are indestructible machines.



Language is important. Men tend to talk differently about health, preferring terms like fitness instead of health and may use mild or indirect language to discuss sensitive health topics.

For example, men might refer to a certain condition as "not feeling well", "having a little trouble" or "angry."

Anger is often the only acceptable emotion to express, which may lead to violence against others, especially women & LGBTQIA+ people.



**Online gambling and porn can be addictive and have a severe impact on mental health, relationships, and financial well-being. These can become hard to control and these behaviours could negatively impact your life.**



If you require urgent assistance you should contact your local emergency services. You can contact your doctor and ask for an emergency appointment.

If your situation is not urgent you may find useful information in your local community health centre or on these sites:

[www.menshealthresourcecenter.com](http://www.menshealthresourcecenter.com)

[www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

[www.humanitarianleadershipacademy.org](http://www.humanitarianleadershipacademy.org)