

LET'S TALK
ABOUT
MEN.

19 NOVEMBER 2019
**INTERNATIONAL
MEN'S DAY**

#KnowYourManFacts

GET INVOLVED. FIND OUT MORE.

ANSWER FIVE QUESTIONS

1. How many years younger do men die than women?
2. How many men die of suicide every day?
3. How many men are overweight? 3 in 4 4 in 5 7 in 10
4. Name 2 of the 5 things we all know NOT to do if we want to stay healthy?
5. Name 1 of the top 3 things that Australians get stressed about?

WRITE DOWN THREE THINGS

1. Something you **already do** that keeps you healthy that you can keep doing
2. Something you could **do more** of to keep yourself healthy
3. Something you could **do less** of to keep yourself healthy

TELL US HOW TRUE THIS IS

To what extent do you agree with the following statements?

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I enjoyed the talk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I learnt some new facts about men's health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The talk made me want to take better care of my health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The speaker was engaging	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I would recommend this talk to others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SEX/GENDER Male Female Other (please describe)

AGE Teens 20s 30s 40s 50s 60s 70s 80+

ANY OTHER COMMENTS?

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