

# Ask Dad Project

## What is the Ask Dad Project?

- A brand new innovative health education, training and upskilling programme for Scottish Dads nationwide, in partnership with Fathers Network Scotland.

## Who is the Ask Dad Project for?

- The programme will engage with Father's groups and networks across Scotland but essentially it is for fathers of all descriptions (any man with a parenting role) with children of any age.
- The training is free.

## What does the Ask Dad Project do?

- Provide customised workshops and educational sessions addressing risk-taking, health and wellbeing, including alcohol, gambling, substance misuse, smoking, mental health and online safety.
- Empower Dads to feel confident about talking to their children about risk taking behaviour.
- Allow Scottish Dads to respond better to their children's health queries.
- Allow Dads to consider their own risk taking behaviour and how it might impact their children.

## Why do Dads need this?

- Research reveals that Dads are the most common first contact for young people with questions on risk-taking behaviour.
- However, research also reveals that most Dads lack the confidence, knowledge and information that would allow them to properly address risk-taking behaviour in their children and can be perceived as poor role models.



How can I find out more about the Ask Dad Project?

Contact:

Mark Hunter

Ask Dad Project Officer

Fast Forward

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

0131 554 4300

4 Bernard Street

Edinburgh

EH6 6PP

In partnership with:



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

[mark@fastforward.org.uk](mailto:mark@fastforward.org.uk)