

# Men's Health Month

# MOVEMBER



## *Administration Instructions*

### **-4 Week Program**

#### **-Launching the program**

-Suggested that you decide how your group will promote the topics featured for men's health.

There will be a featured topic each week (4 total). We've provided suggestions below.

-Have the following supplies

-Men's Health Participation Sheet. This sheet can be given to those participating. They simply fill in the activity they participated in and what they specifically did. This form can be turned into the champion in charge at the end of the month.

### **General Directions**

-Decide what your group wants to require. Listed below are 4 topics. You will have materials/information to pass out, post, or e-mail to support these topics. You can choose which week you will promote each topic

**Week 1 – Prostate Cancer Awareness** - (have a "Mustache Day"), where as many people do or wear something related to mustaches... What about a mustache contest?

**Week 2 – Testicular Cancer Awareness** - What about promoting a "Real men wear mustaches"? This could be as simple as an accessory for those who wear a uniform to work. Don't forget to take a picture of your group.

**Week 3 – Colon Cancer Awareness**– Well, the color to promote colon cancer awareness is blue, so having a blue day is a little tricky. Is there a place you could put in a blue light bulb with information posted next to it to raise awareness? Also, what about having people take a pledge? Have a box that people can fill out the pledge and place it in the box. If they are over 50 (they confirm they have had a colonoscopy, or make the pledge to get one). If they are under 50, they make the pledge to get one at 50. You can also make the pledge about asking someone they love if they have had their colonoscopy.

**Week 4 – Wild Card** – This is up to you. If there is something your group is passionate about and wants to feature. Go for it. Keep in mind that any of the information provided for the women's health month on heart health and mental health/stress management could be repeated or used in a new way for the men's health month.

### **Ending the Program**

-Suggested that you designate an ending window (2-3 days)

-Use the turning in of the Tally sheet as a way to end the program. You can also choose to include the evaluation piece as a way to end the program.