

7. Risk Taking

Looks at why we should consider *consequences* before taking risks. *Risky Behaviour* is it normal for males? Encourages taking personal responsibility to stay safe through work and day to day life. Drug and alcohol use features in this discussion.

8. Working Safely

Talks about safety being my responsibility, what often leads to accidents and some tips for keeping safe.

9. Mentoring Our Boys

Looks at the definition of wellbeing, adolescent behaviour and development, bullying, risk taking and why we all need mentors. It also discusses the importance of exploring and pursuing our own passions and interests.

10. Parenting Talks

10.1 New Dads—Antenatal

Talks about whose baby is this? What is my role as a dad? What can I do to help look after myself and my partner?

10.2 The Importance of Fathers/Father Figures

Recognises the important role us blokes play in our children's life no matter what age and stage they are. Our approach needs to change with the challenges we face through their developmental stages.

ADVOCATE

To advocate for positive change concerning men's wellbeing and health

PROMOTE

To increase community awareness and promote the importance of men's wellbeing and health

VISION

To empower men and communities to take responsibility for their wellbeing and health

EMPOWER

To empower individuals and communities to develop and maintain support networks

GOVERN

To operate utilising good governance principles

WORKING WITH WARRIORS®

...empowering men and communities to take responsibility for their wellbeing and health...



**WORKING WITH WARRIORS
FAST TRACK PIT STOP**

and

TALK TO A MATE!!

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WHAT WE DO

The Regional Men's Health Initiative's primary role is to deliver community education and awareness programs on men's holistic wellbeing and health. This is delivered through:

1. Warrior Education Sessions

Where we talk about blokes physical, mental and social/spiritual wellbeing.

2. Fast Track Pit Stop

An interactive wellbeing and health awareness and listening tool that is themed around the servicing of a vehicle. Participants can have the following checks:

- ◆ Waist Measurement—(Chassis)
- ◆ Blood Pressure—(Oil Pressure)
- ◆ Coping Skills—(Shock Absorbers)

3. Advocacy

We support positive change concerning men's wellbeing and health by:

- ◆ Promoting the motto ... *before it all gets too much* ... Talk to a Mate!!
- ◆ Providing short term personal resilience / referral pathways;
- ◆ Providing critical links to other services;
- ◆ Continuing to pioneer and promote men's holistic health and wellbeing at every opportunity.



WARRIOR EDUCATION SESSIONS

Working with Warriors is a series of educational sessions that aims to equip everyone with knowledge to better understand some of the logic that underpins masculine behaviour especially regarding a man's approach to his health and wellbeing.

1. Wellbeing Tips

Looks at a variety of issues including physical, mental and social spiritual aspects of our wellbeing and health. A light hearted session identifying some of the things men do, or don't do! Also includes simple tools and tips to help get the balance right.

Wellbeing Tips can also be broken up into three individual sessions:

1.1 Physical Health and Wellbeing

Talks about eating habits, harmful behaviours, neglectful attitudes, keeping active and some tips for making a change.

1.2 Distress and Why Mental Health and Wellbeing Matters

Talks about situational distress, the dangers of distress, managing distress and caring for ourselves and others.

1.3 Social/Spiritual Wellbeing

Talks about what can define a man's life and the stages blokes go through in discovering themselves and their identity. There is more to us than just our job!

The Slogan "...before it all gets too much... Talk to a Mate!!" is the basis of all our initiatives. Mate-ship, empathy and the appropriate use of humour is the key to connectedness in our programs and presentations.

2. Talk to a Mate®

Looks at who are our real mates and what we need to do to actively identify them. Connection through relationships, community and communication are important parts of mateship and primary care.

3. Looking After Your Mates—Suicide Awareness

Focuses on having a conversation about how we can effectively support someone struggling with life events and being in a state of distress. This can be within our family, community group or workplace. When we consider that 75% of Australian suicides are men, it's important to be aware of risks in our own lives and others.

4. Communication

Delivered with a degree of humour. It encourages understanding of the need to *listen and be heard* in all relationships. Men and women are hardwired differently, ultimately affecting the way we communicate.

5. Progression Planning

Focuses on the importance of retaining family relationships in the farm succession process by looking at *people issues* before dealing with the financial and business aspects.

6. Men's Sexual Wellbeing

Looks at both the physical bits of our reproductive anatomy and the psychosocial aspects which can affect our wellbeing as we age. It is not just about being sexually active, it's about all the bits that make us a man.

All talks can be tailored to suit a specific audience. Contact our office for further information and a more detailed session summary.