

## Men's Health Newsletter: 'Broad Shoulders'

This newsletter:

- Fathers – 80.6% of Australian fathers agreed that they were as responsible for care work as their partner
- Save the date – breakfast launch of social media campaign for young guys 6 Nov 2024
- Workshop to celebrate fathers passed – Kitsiri (20 years in art therapy)
- How to be with your fear – Miles Protter

Seeing the dedication and lifetime passion at the Olympics takes me to the hours of practice, the sacrifice/allotment of time, patience, perseverance and *how much of that time, energy, and resolve is given without recognition*

This is true of so many people in our community today – thank you and well done



**Strength in Asking  
Breakfast  
Launch**

Join **Men's Health and Wellbeing WA** for the official launch of **Strength in Asking**, a social media campaign designed to empower young men in prioritising their mental health.

**Date:** Wed, 6 Nov  
**Time:** 7.30am-10.30am  
**Location:** Burswood on Swan  
**RSVP below:**



<https://events.humanitix.com/strength-in-asking-breakfast-launch>  
<https://menshealthwa.org.au>



A social media campaign to support young guys to reach out has been developed with support from the Mental Health Commission and several organisations:

Finding Identity Can Be Confusing: Young men are bombarded with conflicting messages about what it means to be "a man." They feel pressure to conform to a stereotype of toughness and stoicism, hindering their exploration of their true selves. They wish to learn from diverse experiences and discover their own identities without feeling like they need to "fit in."

Congratulations and gratitude again to the Fathering Project and findings:

80.6% of Australian fathers agreed that they were as responsible for care work as their partner

76.8% of Australian fathers disagreed that direct caregiving for children was a mother's responsibility

5.25 hours average time spent by Australian fathers with their children each day



**State of the  
World's Fathers:  
Australia**  
2023



Report prepared by The Fathering Project ([www.TheFatheringProject.org](http://www.TheFatheringProject.org))  
Vincent Mancini, Ph.D., The Fathering Project Research Fellow, Telethon Kids Institute, Perth WA  
Thomas Hewitt, Ph.D., Research Officer, Telethon Kids Institute, Perth WA

80.8% of Australian fathers consider caring for their children to be one of the most enjoyable aspects of their lives

80+% of fathers identified the difficulties balancing work and family duties posed the biggest challenge they faced

Six out of seven (85%) Australian fathers who did not utilise eligible parental leave did so as they felt that it was their responsibility to continue to work

86.1% of fathers and 73.8% of mothers agreed it would benefit their partner and children if they took any/longer paid care leave



80% of Australian fathers have never received any formal support for their parenting

17 organisations around the world developed this report

12,000 people took part in an online survey  
403-809 residents have been recruited by each country's organisation

<https://thefatheringproject.org/state-of-the-worlds-fathers-report/>

### **Remembering Fathers passed**

Join us for a special workshop designed for adults who have lost their fathers. This is a special opportunity to honour your father's memory, reflect on his life, and express your feelings creatively in a safe and sacred space  
Enquiries: Kitsiri DeSilva  
[creativitykit@yahoo.com](mailto:creativitykit@yahoo.com)

Booking: <https://www.trybooking.com/CTNBR>

### **How to be with your fear (this from Miles Protter 29 July 2024).**

Recently, I found myself overwhelmed by fear and self-doubt, imagining all the things that could go wrong. Fear is a constant companion on our journey, but it doesn't have to control us.

[Here's how:](#)



Broad Shoulders Definitions:

sturdy and strong in form, constitution, or construction; or

the ability to take criticism, or accept responsibility; or

To be able or willing to accept multiple demands and responsibilities

If you have other ideas about an appropriate title for a men's health newsletter, please contact us.