

## MOvember at ISB



**THE GOAL OF MOVEMBER** is to raise awareness around serious, but treatable health issues affecting boys and men. Unfortunately, the majority of young men don't know the medical risks they face, what screenings should be done at their age, or how to get those screenings done. Meaningful conversation is an important first step to helping one another to live healthier.



**GROW A MO TO START A CONVERSATION** and help educate your fellow dudes. Rockin' a "mo" (or even a wispy shadow of one) for a few weeks is an easy and fun way to let everyone know that you are open to talking about health issues that affect boys and men, and are working to take better care of yourself. To help others, keep a pic of this QR code on your phone, it links to this doc.



At the end of Movember there will be a student and faculty judged **Best in Show Mo** contest decided by this [rubric](#). There will also be a couple of simple games to see you can **Match the Mo** within a pool of faculty mos and another of celebrity mos. Get a little crazy and grow a mo!



**STAYING HEALTHY IS A LIFESTYLE**, not a once-a-year fad like New Year's Resolutions. But, you don't have to join another sport or go on any kind of extreme diet. Check out [this quick list](#) of some "oh, yeah" reminders, so that you can take better care of yourself every day. Hopefully you'll find that you're already doing many of these things and can find a few more that fit into your regular day-to-day. Get after it and encourage your friends to do the same!



**HEALTH RISKS ASSOCIATED WITH "SEX, DRUGS & ROCK N ROLL"** are a very real concern to adolescents and young men. Alcohol, tobacco, and drug use ([stats and treatment options](#)) are more common in boys than in girls, with immediate and long-term consequences, and interlinked effects on violence and injuries. While the [results of the recent FCD survey](#) show that ISB kids are thankfully well below typical levels found in many parts of the world, tobacco, alcohol and other drugs are still a reality at ISB.

Additionally, high school aged boys report higher rates of sexual activity (sexual intercourse) than girls but are less likely to follow [safe sex practices](#), including contraceptive use, such as condoms. This exposes boys to higher rates of STDs, including HIV/AIDS. Encouraging one another to make healthy choices and seeking help from a trusted adult if you're concerned about a friend are important.



**YOU SHOULD VISIT THE DOCTOR** once a year to make sure there aren't any more serious health issues brewing beneath the surface. There are some specifically that Movember would like to highlight. Here are lists of recommended screenings for [18-39 year old](#) men. Included on this list is a regular screening for testicular cancer ([facts and figures](#)). This is especially important as testicular cancer is the most common cancer for young men and can happen as early as 15 years old. You can even perform your own monthly testicular screening [after a shower](#) so that you can detect any abnormalities right away.



**NOT ALL HEALTH ISSUES BOYS AND MEN FACE ARE PHYSICAL.** Mental health affects about 1 in 5 boys at some point during high school. But, less than half of males who are dealing with anxiety or depression seek support. As a result, men have suicide rates that are about 3.5 times that of women. Stigmas and stereotypes of traditional male roles often get in the way of seeking much needed help.

Boys are also more likely than girls to engage in excessive video gaming. This means less sleep, less physical activity, and could have a negative effect on their ability to form positive and stable relationships. Check out [this great and comprehensive website](#) with lots of up-to-date information, tips, and ways to seek support so that you can help yourself and others to stay mentally healthy everyday. As a reminder, the ISB admin team and counseling office is available at any time, day or night, to support all issues related to mental health if needed.



**MAKE SURE YOU WALK THE WALK**, not just talk the talk about taking care of yourself. You can read through this doc, you can share it with others, you can get up early and go for a run, and hit the salad bar on the regular. But, boys and men are much less likely than girls and women to visit the doctor and are much more likely to have a serious condition by the time they make their first visit. Make sure you're getting appropriate and timely facetime with medical professionals to get all the recommended screenings taken care. Cancers detected early have a 95% survival rate at 5 years compared to 28% if not detected until later stages. *Talk with your parents about how to make sure you're up to date on your screenings.*



**MAKE A DONATION** that will go to funding research that seeks to find treatments and cures for physical and mental issues that affect men. A **Team ISB** account has been set up at [Movember.com](#) with a goal of \$500. It's easy to donate and the funds go to reputable organizations around the world. [Donate here](#).