

# 5 WAYS TO HELP MEN

**FEEL COMFORTABLE AND SAFE TO ENGAGE IN REAL TALK DURING HEALTHCARE EXAMS**

1

## **Be gender-aware!**

We live in a gendered world, but in reality many care needs are the same across genders. But that doesn't mean we just ignore gender. As a practitioner, pay attention to how gender is showing up in the ways patients talk, behave, and understand their health.

2

## **Take time to “un-masc” the conversation.**

When working with men, masculinity is bound to come up. There are many ways in which masculinity can impact health and help-seeking, but often it needs to be “un-masc”ed to get at what is really going on. It may take a re-frame or a really specific question to see through the fog and get real with patients.

3

## **Vulnerability is power.**

An unfortunate myth that is perpetuated about men is that they aren't or are unwilling to be vulnerable, because that shows weakness. Men have a great capacity for vulnerability, and this is a great power. However, it may look different or take some unique approaches to understand each individual patient's comfort and experience with vulnerability.

4

## **Know the facts about men's health.**

Research indicates there are significant health challenges that are unique to men. Learn about/remain aware of these particular considerations when working with men, and be prepared to talk about them honestly and while knowing your facts. If we don't talk about something, we can't address it.

5

## **Chip away: consistency is key.**

It may take more than one interaction to get 'real' with men in your practice. That's okay! Be consistent in your efforts to consider and untangle gendered roles, scripts, and expectations for men when they come to seek help, consistently providing clear messages for them to hear and engage with.

*Please see the back of this page for further resources*

Prepared by **Kiara Mikita, PhD** | Sexual Violence Educator | [Learn More](#)

INFORMATION and RESOURCES PROVIDED by  
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CLICK ON THE RED TEXT BELOW TO LINK TO THE RESOURCE

## **Guys, Nail the Five: 5 Things You Should Know (November, 5 Men's Health Tips)**

These 5 tips are designed to engage men in their health and wellness by addressing 5 straightforward tips to improve health. It is accessible, and "leans in" to masculinity and how it shows up for men in health.

## **Heads Up Guys: Men's Mental Health and Suicide Prevention**

A BC based resource for mental health for men, and tools to check in if help is needed or right for them (including a therapist directory)

## **Discussing Sexual Health, Substance Use and STBBIs (CPHA): A Guide for Service Providers**

This is a practical guide for taking sexual health histories and discussing often sensitive topics, for all genders!

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