



**HAPPIER
HEALTHIER
LONGER**

LET'S TALK ABOUT TESTICULAR CANCER and MENTAL HEALTH



LEARNING OBJECTIVES

We will learn:

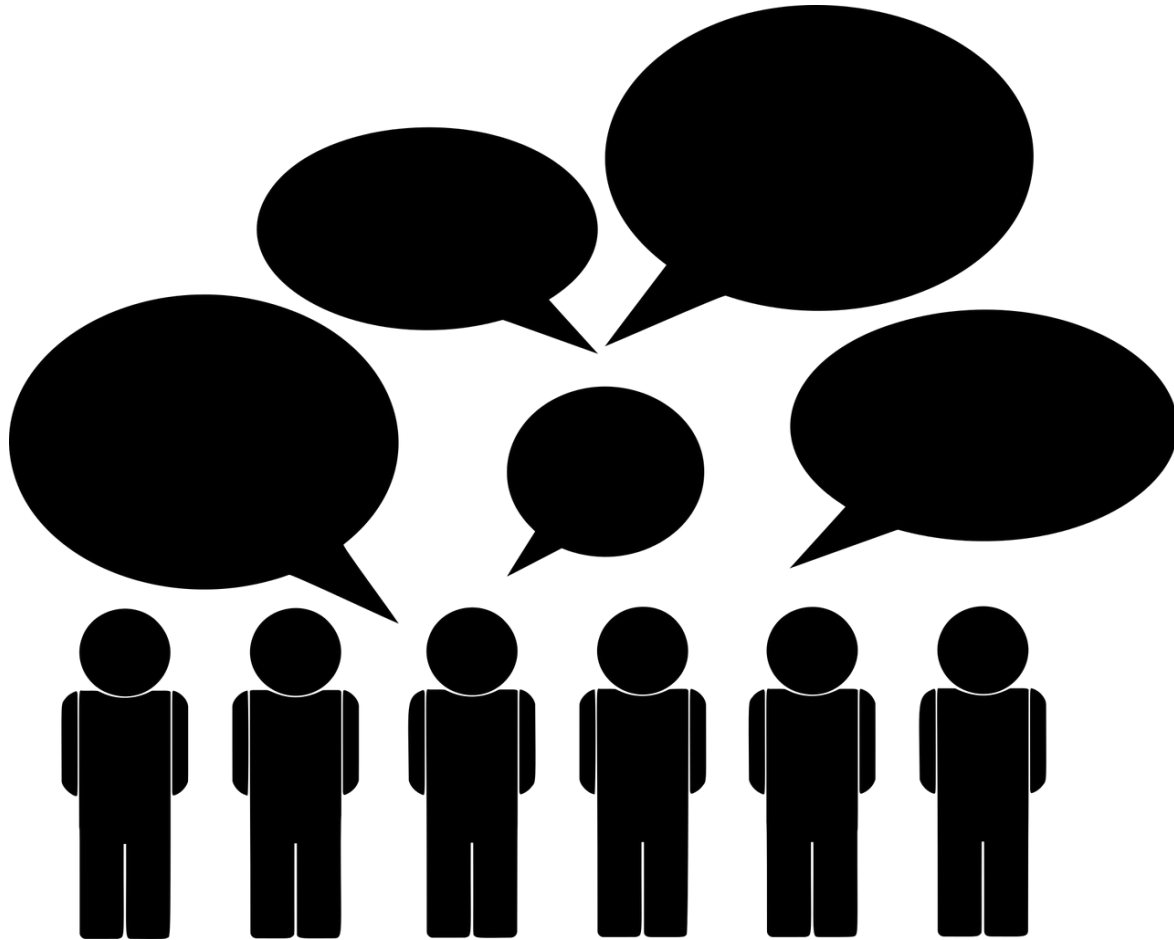
- to consider and challenge preconceptions about male health
- information and facts about aspects of male health
- ways in which boys and men can carry out self-examination for testicular cancer

LEARNING OUTCOMES

I will be able to:

- discuss different issues related to male health and wellbeing
- describe some of the preconceptions and factual information and research around male health and wellbeing
- explain the importance of carrying out a self-examination for testicular cancer and how to do this

GROUND RULES





AS A CLASS, DISCUSS:

Are there any health problems or illnesses that:

- affect girls more than boys?
- affect boys more than girls?
- affect everyone equally?

Are there any health problems or illnesses that affect only males?

Why do you think this is?

GENERALLY, ARE THESE HEALTH CHARACTERISTICS 'TYPICALLY MALE' OR 'TYPICALLY FEMALE'?

- Likely to live longer
- More likely to have first sex at a younger age
- Self-conscious about their body
- Happy to talk about their emotions
- More likely to take their own life*
- Good at seeking medical help
- Higher risk of developing cancer
- More likely to be active
- More likely to smoke
- Take more risks with their health



WHAT RESEARCH TELLS US

- The average life expectancy for men in the UK is 3.5 years less than women¹.
- Men have concerns about body image. In a recent survey, 51% of men said they wanted to look as athletic as sports stars, compared with 34.9% of women².
- In a survey, 67% of British men said that they were not open about showing their emotions to others³.
- In 2013, 78% of suicides in the UK were male⁴.*
- Men are 20% less likely to go to the doctor than women⁵.
- Men have a 14% higher risk of developing cancer than women (and a 37% higher risk of dying from it). Testicular cancer is the most common cancer for boys and young men⁶.
- 33% of English men admitted to not getting the recommended 2.5 hours of moderate exercise a week⁷.

TESTICULAR CANCER QUIZ

Have a go at the quiz in pairs or small groups.

You may not know some of the answers, but don't be afraid to have a guess after giving each question some thought.

Your teacher will review the answers with you at the end.



KEY MESSAGES

- It is important to be aware of testicular cancer, but remember also that it is rare.
- 95% of men survive testicular cancer (and this figure is closer to 100% if the disease is caught early).
- Seeing the doctor if someone experiences any possible symptoms of testicular cancer is essential for early diagnosis – this is not wasting anyone's time!
- Regular self-examination is a brilliant way to spot any possible symptoms.

THE THREE STEPS OF SELF-EXAMINATION

In the same way that girls and women can examine their breasts, boys and men can check their testicles.

1. Get to know what's normal for you in terms of size and shape so you can notice any changes
2. Once a month, in the shower, roll one testicle between the thumb and fingers to check for lumps, swelling, or pain, then repeat with the other one
3. If you notice a change in size or shape, a lump that wasn't there before or if a testicle becomes painful, get it checked out

Visit www.movember.com/mens-health/testicular-cancer for more information on self-examination and testicular cancer.



REMEMBER THE LIST FROM THE BEGINNING OF THE LESSON?

Highlight health problems or illnesses that:

- are related to physical health
- are related to mental health

Are there any health problems or illnesses related to mental health that are more likely to affect males?

Why do you think this might be?



LEARNING OBJECTIVES

We will learn:

- about some of the preconceptions around masculinity and where these come from
- how these can impact on boys' and men's perceptions of themselves, and the effect on mental health and wellbeing
- different ways to support, encourage and develop positive mental health in boys and men, including ways to prevent social isolation

LEARNING OUTCOMES

I will be able to:

- describe preconceptions and expectations around 'being a man' and where these might come from
- identify the potential impact of these on male mental health
- identify ways to support boys and men in maintaining positive mental health and wellbeing, and prevent them becoming socially isolated



Are there any health problems or illnesses related to mental health that are more likely to affect males?

Why do you think this might be?



‘BEING A MAN’

In groups, write down all the words, phrases, descriptions, images etc. that you associate with ‘being a man’.

THE IMPACT OF STEREOTYPED EXPECTATIONS

Discuss the phrases below. Have you heard them before? Where do they come from?

How do phrases like this impact on expectations of boys' and men's behaviour?

How can they be harmful to both males and females?

**'HAVE SOME
BALLS'**

**'BIG BOYS DON'T
CRY'**

'MAN UP!'

**'STOP ACTING
LIKE A GIRL'**

**'TAKE IT LIKE
A MAN'**

'GROW A PAIR'

TOM'S STORY PART 1

“I think a lot of guys are given mixed messages. One person tells them to be strong and not to be weak and cry, and another person says ‘talk about your feelings’. It’s not easy for a teenager to know when it’s okay to do either.

I think the trap is - if you’re stuck with a stereotype that says no emotion, what happens when things go badly and you can’t express that in any way but how you’ve been told how guys solve problems? They sort it out with a fist, they don’t talk about it. They go down to the pub for a beer. We know where those things end up.”

TOM'S STORY PART 2

“We need to change the dialogue to be ‘you can be tough but if things are going really badly and you can’t find a way out of it on your own, then have a conversation with your best mate and shed some tears and release the valve and get some help with it’. There’s nothing unmasculine about that. If you can do that then you’re the most courageous man in the room because, for 99% of guys, that terrifies them.

I was an island for the first sixteen, seventeen years of my life. I didn’t need anybody, I wasn’t vulnerable to anybody and I wasn’t in a relationship. I’ve had to learn how to be vulnerable. It’s not a weakness, it’s actually a gift, because if you are vulnerable to somebody, it means that they’ve got a ticket to you. Showing vulnerability is so much more courageous than closing yourself off.”

RYAN AND SEAN'S STORY



24 year-old twin brothers Ryan and Sean Collard were diagnosed with testicular cancer just 20 days apart. Ryan was diagnosed with stage 4 testicular cancer after suffering severe back pain and passing out on numerous occasions.

“I started chemo immediately and had eight months of intense treatment, then I had a stem cell transplant and finally had surgery to remove the tumours left inside me.”

While Ryan was receiving treatment, Sean came down to visit him. Sean noticed his left testicle had become swollen and decided to go for a check-up.

Sean was told he too had testicular cancer, and six days later had surgery to remove the testicle.

Ryan: “When I was first diagnosed Sean helped me talk through my feelings and fears. When he was diagnosed we spent lots of time crying and talking about what we were going through together. It helped us both stay strong and get through – things would have felt much worse if we’d not talked about it.”

GET CONNECTED CAMPAIGN

“I was an island for the first sixteen, seventeen years of my life. I didn’t need anybody, I wasn’t vulnerable to anybody...” (Tom’s Story part 2)

How could you turn expectations around and help encourage boys and men to talk about their feelings and stay connected?

Man Up: <https://www.youtube.com/watch?v=gpxqXZvH0kl>

Be a Smart A.L.E.C. : <https://uk.movember.com/mens-health/we-need-to-ask>



NEED MORE INFO?

The national websites below provide further information and guidance about testicular cancer, or a space to talk confidentially. They may also be able to direct you to more local sources of support.

NHS UK: www.nhs.uk/conditions/testicular-cancer/

Testicular Cancer Network: www.testicularcancernetwork.co.uk

Childline: www.childline.org.uk

The Samaritans: www.samaritans.org

Movember/testicular cancer: <https://uk.movember.com/mens-health/testicular-cancer>

Movember/mental health: <https://uk.movember.com/mens-health/mental-health>

Movember/starting conversations: <https://uk.movember.com/mens-health/we-need-to-ask>