

5 – 14 years



- 1 Actively help boys deal with trauma
- 2 Anxiety and asthma are the two leading causes of poor health in boys

15 – 24 years



- 3 Encourage adolescent boys to take fewer risks
- 4 Practice safe sex
- 5 Look after your mental health – 15 to 24 can be a challenging time for young men

25 – 69 years



- 6 Keep stress levels under control – stress levels rise in adulthood
- 7 Taking good care of your insides is a must for adult men

70+ years



- 8 Check your prostate – prostate disease is common in older men
- 9 Focus on maintaining good physical and mental health as an older man

* Age ranges are indicative only.

Get to know the main health risks at each life stage

5 – 14 YEARS: TRAUMA



Actively help boys deal with trauma

Childhood trauma can have lifelong health impacts.

Tips to minimise trauma impacts:



Regular routine



Adequate sleep



Care and understanding



Professional support

5 – 14 YEARS: ANXIETY AND ASTHMA

Anxiety and asthma are the two leading causes of poor health in boys aged 5 to 14



Around **1 in 10 Australian children have asthma**. Seek medical advice to diagnose and successfully manage the condition.



Around **1 in 7 Australian children experience mental health issues**. Boys experiencing anxiety need support. Your GP, school psychologist or counsellor are all good starting points.

15 – 24 YEARS: REDUCE RISK-TAKING



Encourage adolescent boys to take fewer risks

Adolescent boys can show low levels of risk-perception coupled with high levels of risk-taking

Parents can help boys stay safe by:



Modelling sensible drinking behaviours



Supporting strong friendships and community connections



Providing a stable home environment

15 – 24 YEARS: PRACTISE SAFE SEX

Practise safe sex – it's crucial to health



Unsafe sex can lead to potentially lifelong negative impacts including sexually transmitted infections (STIs) and unplanned pregnancy.



Access to accurate information about sex, STIs and contraception is vital for adolescent males.

15 – 24 YEARS: PRIORITISE GOOD MENTAL HEALTH

Look after your mental health – 15 to 24 can be a challenging time for young men



Almost **1 in 4 young adult males** have experienced symptoms of mental ill-health.



Seek online, phone or professional support for mental health issues.

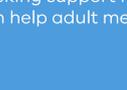


Death by suicide is **3 times more common in males** than females and twice as common in Aboriginal and Torres Strait Islander males.

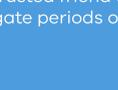
25 – 69 YEARS: KEEP STRESS UNDER CONTROL

Keep stress levels under control – stress levels rise in adulthood

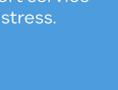
Seeking support from a trusted friend or support service can help adult men navigate periods of major stress.



Work



New fatherhood



Finances



25 – 69 YEARS: LOOK AFTER YOUR INSIDES

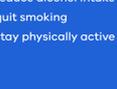
Taking good care of your insides is a must for adult men

How to reduce health risks through midlife:

- ✔ lose weight
- ✔ reduce alcohol intake
- ✔ quit smoking
- ✔ stay physically active
- ✔ manage high blood pressure
- ✔ reduce cholesterol
- ✔ consume a healthy diet
- ✔ stay socially connected



reproductive



lungs



brain



heart



muscles



70+ YEARS: WATCH YOUR PROSTATE

Check your prostate – prostate disease is common in older men

Decrease the risk of prostate disease by:

- ✔ maintaining a healthy weight
- ✔ eating a healthy diet



25%

Around **25% of men aged 55 years and 50% of men aged over 70** have a prostate condition. Prostate cancer affects 1 in 11 Australian men.



50%

70+ YEARS: AIM FOR GOOD PHYSICAL AND MENTAL HEALTH

Focus on maintaining good physical and mental health as an older man



CORONARY HEART DISEASE

- ✔ quit smoking
- ✔ stay active
- ✔ eat a healthy diet
- ✔ lower blood pressure
- ✔ lower cholesterol
- ✔ look after your mental health



DEMENTIA

- ✔ stay socially active
- ✔ keep your mind active



FALLS

- ✔ have regular eye tests
- ✔ improve safety in and around your home
- ✔ wear well-fitting footwear

