



Western Cape
Government

Health

BETTER TOGETHER.



The Ages of Man



One man, in his time, plays many parts

Role of the young man

1. Name a few healthy habits that a young man can start early in life:

- do sport
- eating healthily
- use alcohol responsibly
- don't even start smoking or taking drugs

2. What attitude should the young man have?

- respect for all ages
- deciding what is wrong/right
- work hard
- discipline

3. How do you find your own character ie being true to yourself?

- from your family and friends
- the environment
- your religion
- or you can decide your values for yourself

4. What is your attitude towards AIDS?

- Promote "I am responsible" for my actions
- Don't stigmatise those who are HIV positive
- Use a condom each and every time you have sex
- Have regular HIV test

5. Discuss: Young men like to take risks

- Youth think they are immortal (will live forever). That's why they make good soldiers at that age
- Driving fast/street racing: what are the risks?
- Sleep around. Risks?
- Society encourages young men "to sow their oats". Discuss.

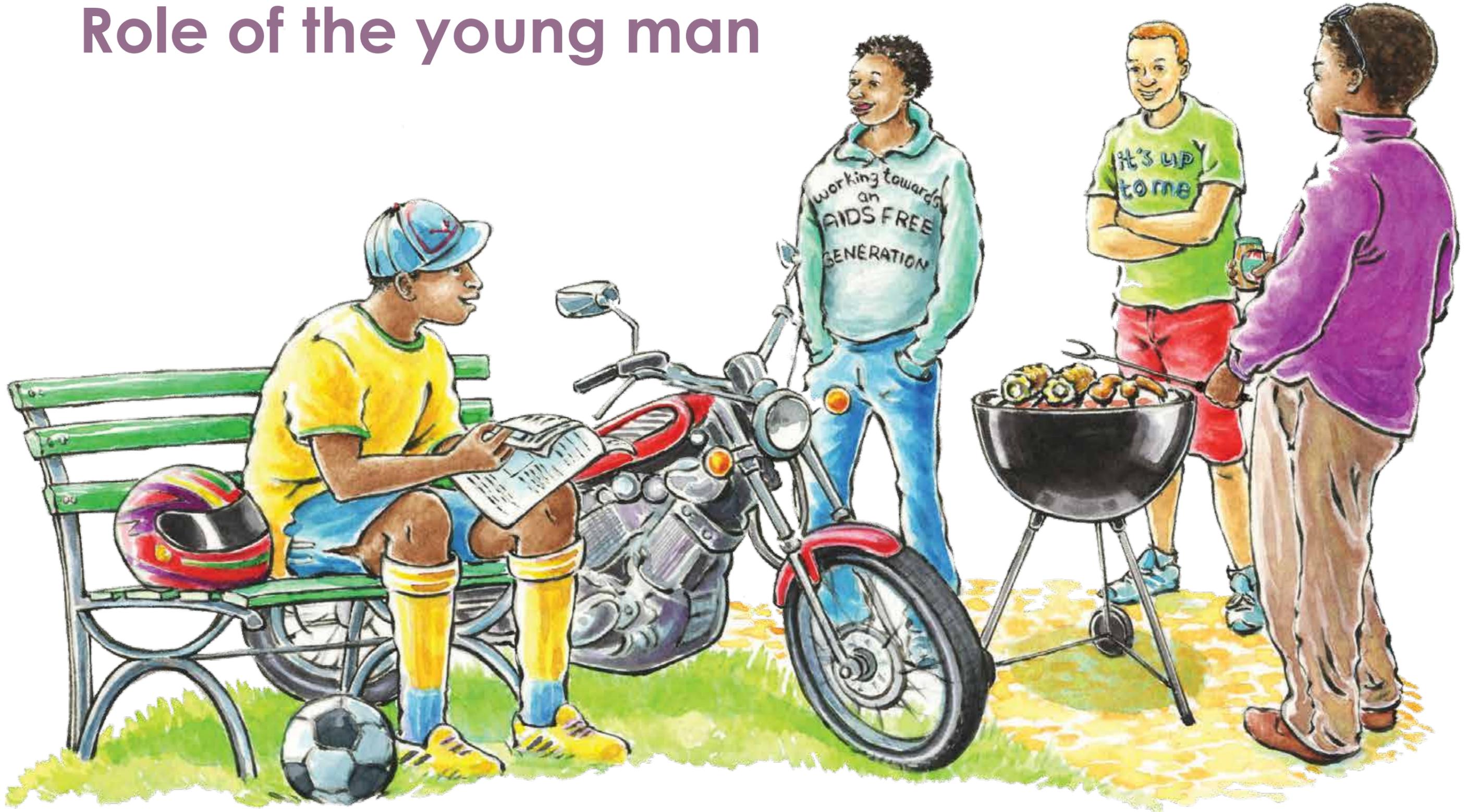
6. What role does violence play?

- gangs (die young)
- more violent if drunk or on drugs
- people scared of you

7. How can the young man stay alive? Discuss

- Have friends who share his values
- Choose life

Role of the young man



The man's role in relationships

1. Describe the role a man has towards his parents and family.

- Respect, care for the elderly
- Role model for children
- Show concern and care for family.
- "Blood is thicker than water"

2. What role does he have with his friends?

- Somebody to share
- Have fun
- Choose positive buddies who live your values

3. What role does he have as a student?

- In an educational setting (school, college, university)
- Work hard
- Look for role-models
- Strive for knowledge
- "education is the key to a better future"

4. What values should he aim for in his work situation?

- Understand employer's perspective
- Be punctual
- Work hard – do his best
- Use opportunities to improve

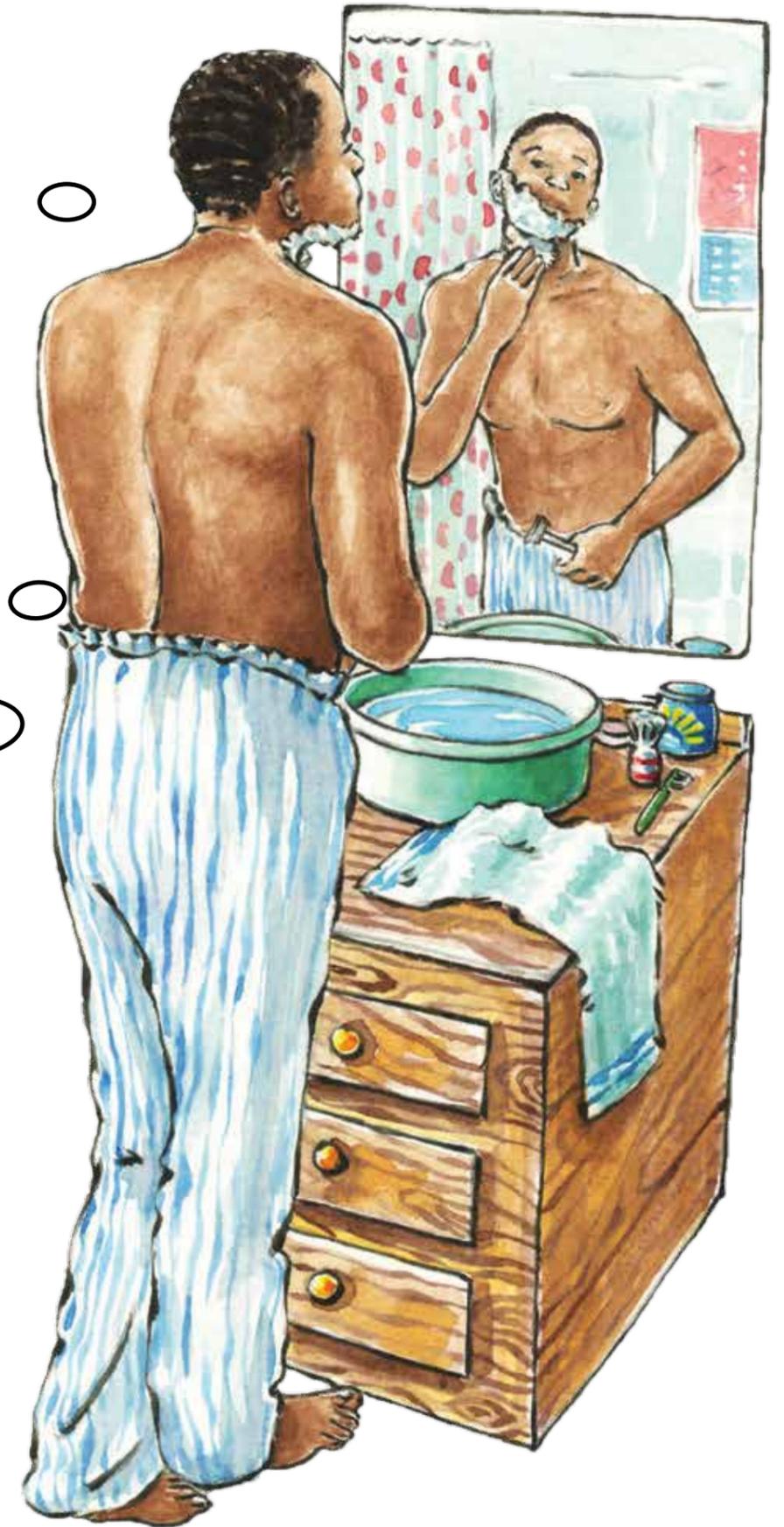
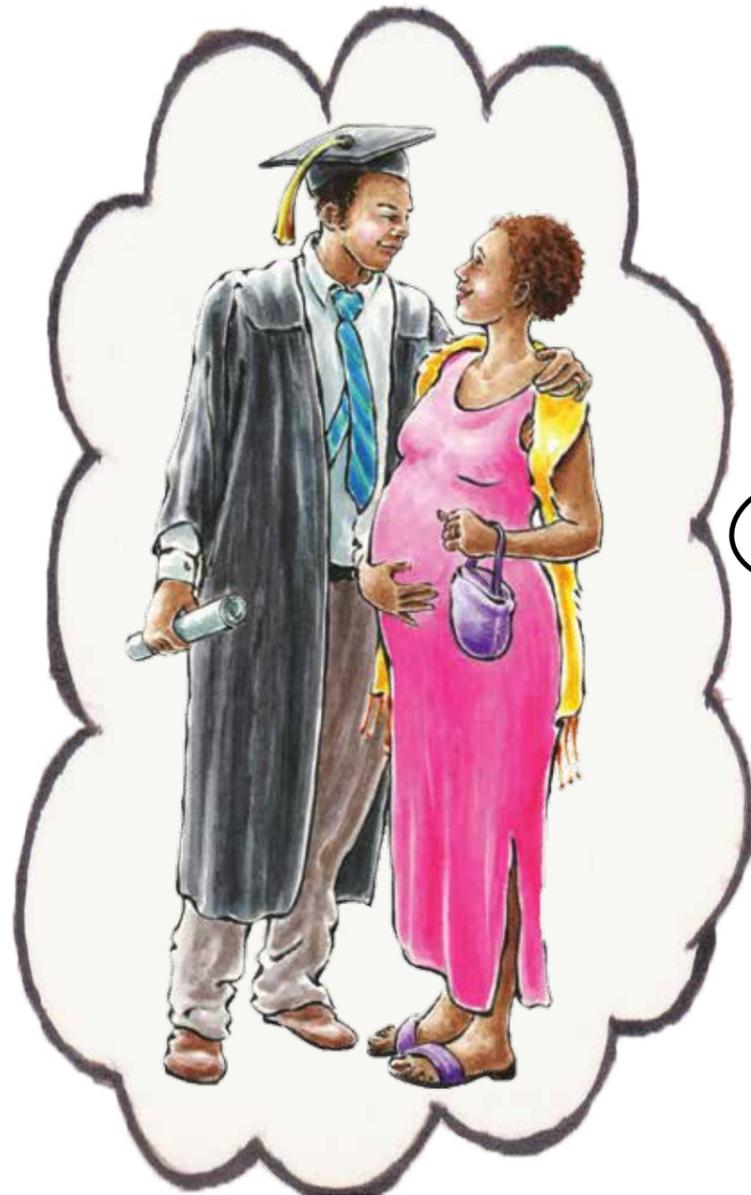
5. What is his role as a sportsman?

- Be active throughout life
- Play fair
- Teach

6. What is the man's role in his relationship with the woman in his life?

- Respect
- Listener
- Friend
- Lover
- Protector

The man's role in relationships



Do to others what you want them to do to you

The role of men in women's health

1. What role does a man play in the health of his female partner?

- He can encourage her to be on contraceptives so that each baby is a planned baby.
- He can encourage her to go for pap smear tests and breast examinations so that cancer can be found and treated early

2. What is the man's role in breastfeeding?

- Encourage and make it easy for her to breastfeed
- She can express milk into a cup and the man can give it to the baby

3. What is post-natal depression?

- It is a feeling of sadness after a baby is born
- The man can watch out for this and take her to the Mental Health nurse at the clinic for help.

4. What can you do if you decide not to have any more children?

- Have a vasectomy (male sterilization)

5. What happens when a couple cannot have a baby?

- Both the man and woman need to be tested. Help can be given to sterile couples
- If treatment does not help then the couple can choose to adopt.

6. Can a man reduce the chance of giving his wife cervical cancer?

- Yes, by having a medical male circumcision.

7. When will a man use a condom?

- If he is having sex with other people
- If he thinks his partner is having sex with others.
- Protect yourself. Use a condom each and every time you have sex.

8. What can the man do when his wife goes through "change of life" (menopause)?

- Be understanding
- Listen
- Suggest she goes to the clinic

9. Who decides the sex of a baby?

- Man does. (Man has X and Y chromosomes. Woman has XX chromosomes. Each gives one chromosome to form baby)

The role of men in women's health



How the role of fathers has changed over time

1. In some families the father is seen as the wallet.

Discuss

- Father believes his role is to provide food and shelter
- Has little contact with his children
- Father works and mother stays at home

2. In other families the motto is “Father’s word is final”. What is life like in such a family

- Father is tough, strict, like a rock
- No democracy
- Hands out discipline

3. How has the family changed to-day?

- Man and woman work
- Man is no longer the only provider
- They need to share roles of looking after the children and home
- Need to be good role models
- Discipline is kinder

4. Can a single father look after his children?

- Yes, many men do (just like many women do)

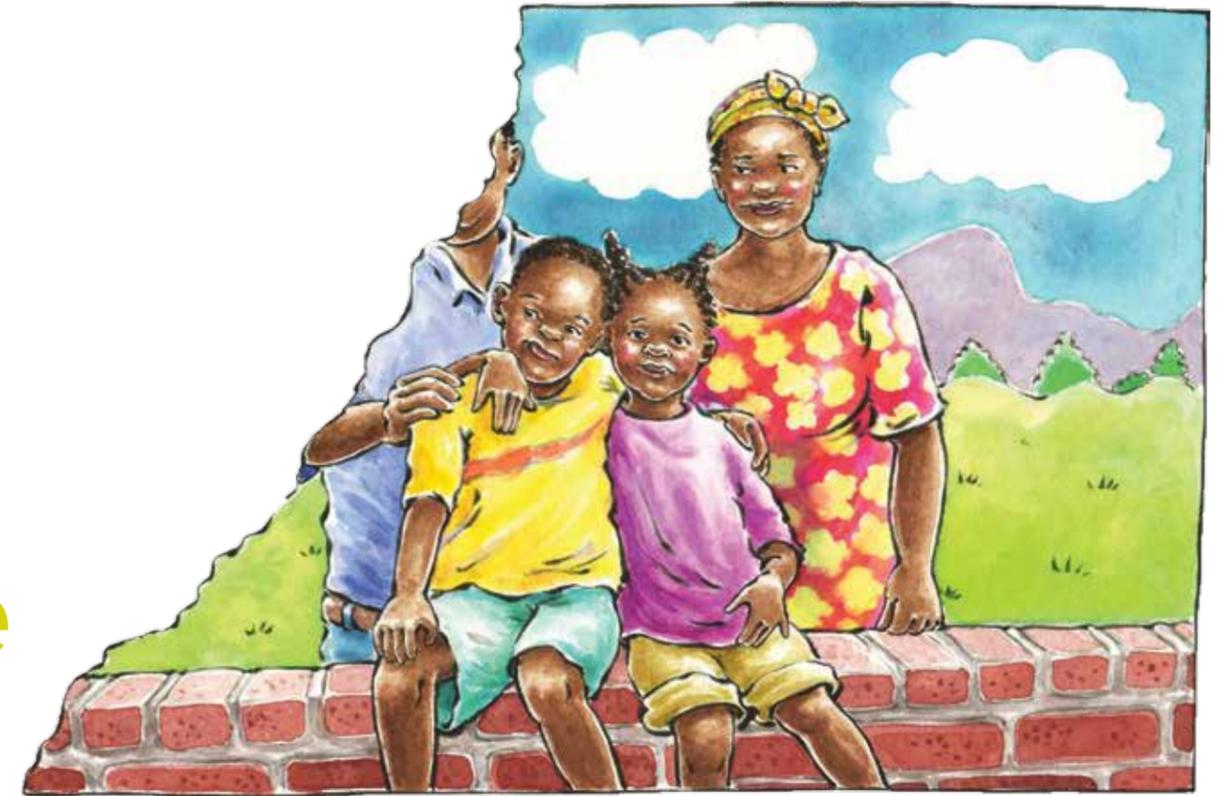
5. Why do some fathers go M.I.A (missing in action)?

- Don’t want responsibility
- Don’t want to be a bad role model

6. When can a father cause fear?

- When he is drunk or on drugs
- Behaviour is not the same everyday
- Hits and bullies
- He becomes violent over those he thinks he can control

7. What does it mean: Take responsibility for wife and children.



How the
role of
fathers has
changed
over time



Why do some men hurt others?

- 1. Discuss: If the boy is a bully, then when he grows up he will be a bully too.**
 - True, uses power to get what he wants.
 - Others are scared and give in to him
- 2. Why do we hurt ourselves by using drugs, alcohol and smoking?**
 - Forget about hurts and troubles for a short while but problems still there when sober.
 - Feel powerless so use drugs to feel manly.
 - Alcohol can make you do things you don't want to.
- 3. Why do 5 in 6 men not rape?**
 - Rape is forcing sex on somebody who says No
 - Was the rapist a bully as a boy?
 - Most men choose not to be violent
- 4. Is it rape if a husband forces sex on his wife?**
 - Yes, Rape is forcing sex on somebody who says No.
- 5. Is violence normal?**
 - No
 - Choose talking over physical violence (hitting). Choose to talk rather than to hit.
- 6. Does alcohol make you do things you don't want to?**
 - Yes. It lowers inhibitions. (You forget the controls you have in your life)
- 7. Discuss: No man has the right to hurt a woman**
 - Violence is a violation of a women's rights
 - Have equal respect for women
- 8. Where does a son learn to be violent?**
 - His father, grandfather, uncles were violent
 - His community uses violence to solve problems
 - He knows nothing else but violence
- 9. Can a man stop hurting others?**
 - He can change if he wants to
 - He can find other ways instead of violence
 - He needs to speak to someone
- 10. Would your family prefer you dead so that you can stop hurting them? Discuss.**
 - Relationships should be built on respect not fear.
 - Women and children are to be protected, not harmed.

Why do some men hurt others?



I can change if I want to

How does a man handle middle age?

1. How does a man know that he is growing older?

- Needs spectacles
- Putting on weight especially around stomach
- Loses hair
- Erectile dysfunction (impotence)

2. Does male menopause/midlife crises exist? Discuss

- Time to re-evaluate life
- Will you achieve the dreams of your youth?
- Death is approaching

3. Why do some middle aged men have affairs? Discuss

- Want to know they still have sex appeal
- Replace older wife with a younger one

4. Can fear of growing older result in risky behaviours? Discuss

- Yes. Wants to have thrills
- No. Choose safe option because has a lot to lose; or is wiser.

5. Can men suffer from depression?

- Yes, seek help from Mental Health nurse

6. Are your negative emotions making you ill?

7. Can a middle aged make positive changes in his life?

- Change your lifestyle to live healthier
- Include exercise in your life
- Watch what you are eating
- Change mindset about growing older – it is the next stage of life

How does a man handle middle age?



Seek help. Don't go it alone. Join a group.

Chronic diseases of lifestyle

1. What are Chronic Diseases of Lifestyle?

- Diseases that you get when your lifestyle (what you eat and do everyday) starts making you sick

2. Name some Chronic Diseases

- diabetes, asthma, cancer, high blood pressure, cholesterol, gout, heart disease, organ failure, dementia

3. What is usually the trigger for chronic diseases to start?

- Being overweight

4. Who here knows what their healthy weight should be?

- Speak to dietitian to work out your goal weight

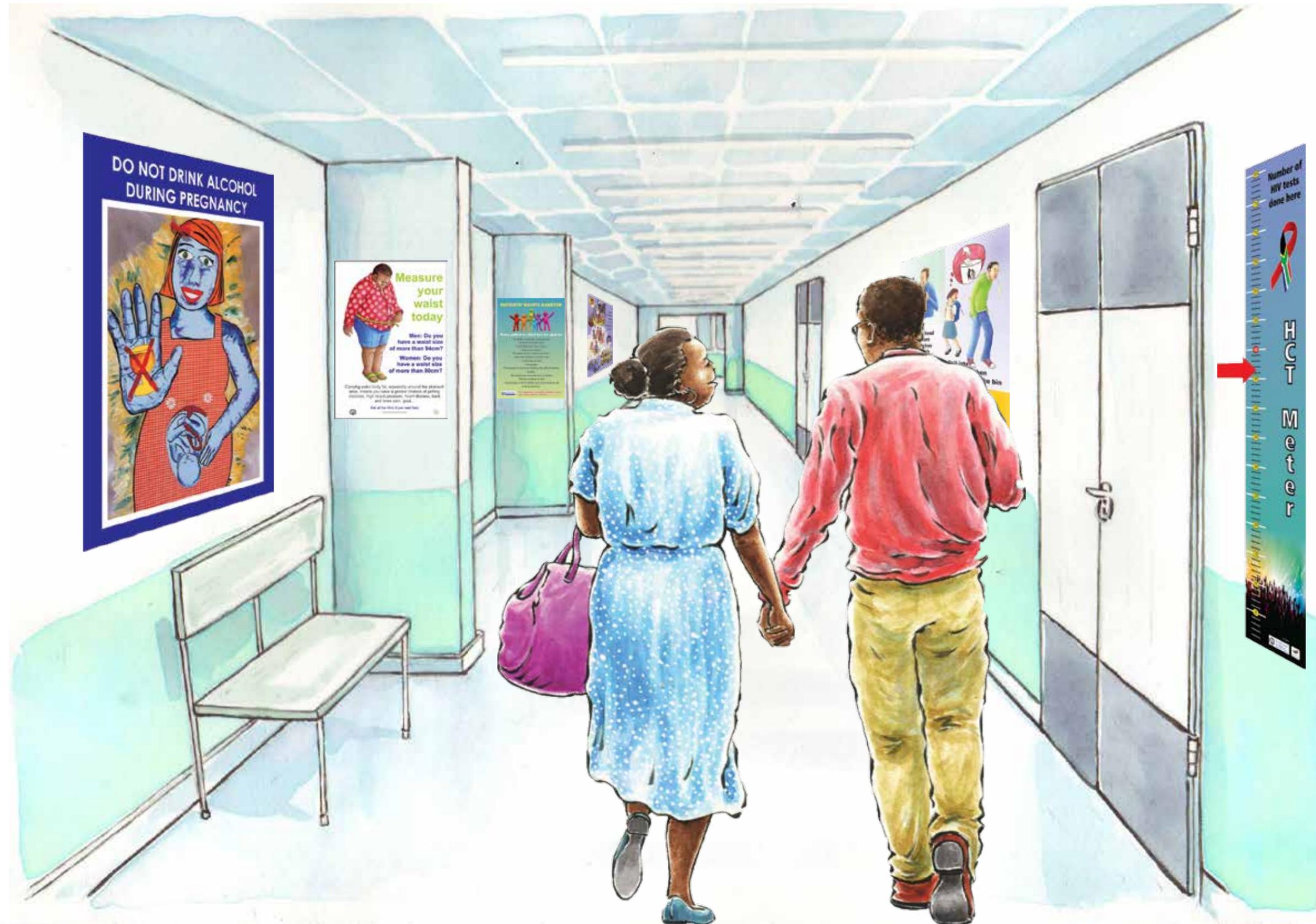
5. What sort of health tests should a man have?

- Prostate exam over the age of 40 years
- Check blood pressure: 120/80 is normal
- Annual diabetes (sugar) test
- Cholesterol test
- HIV test

6. What is the main message re. medication?

- Take it as prescribed by the health worker
- Only take your own medication. Do not share
- Do not use other people's medication.

Chronic disease of lifestyle



Healthy food + exercise = 😊

How to be healthy as you grow older?

1. What should you do if you have asthma or COPD?

- Stop smoking immediately
- Limit your exposure to smoking

2. Can a diabetic drink alcohol?

- Alcohol can raise blood glucose. Getting drunk can affect adherence to medication
- Non diabetics can enjoy alcohol responsibly

3. Name some healthy eating tips

- Cut out fried food; eat red meat no bigger than your palm, drink about 8 glasses of water daily, reduce salt and sugar, eat 5 fruit/veg daily

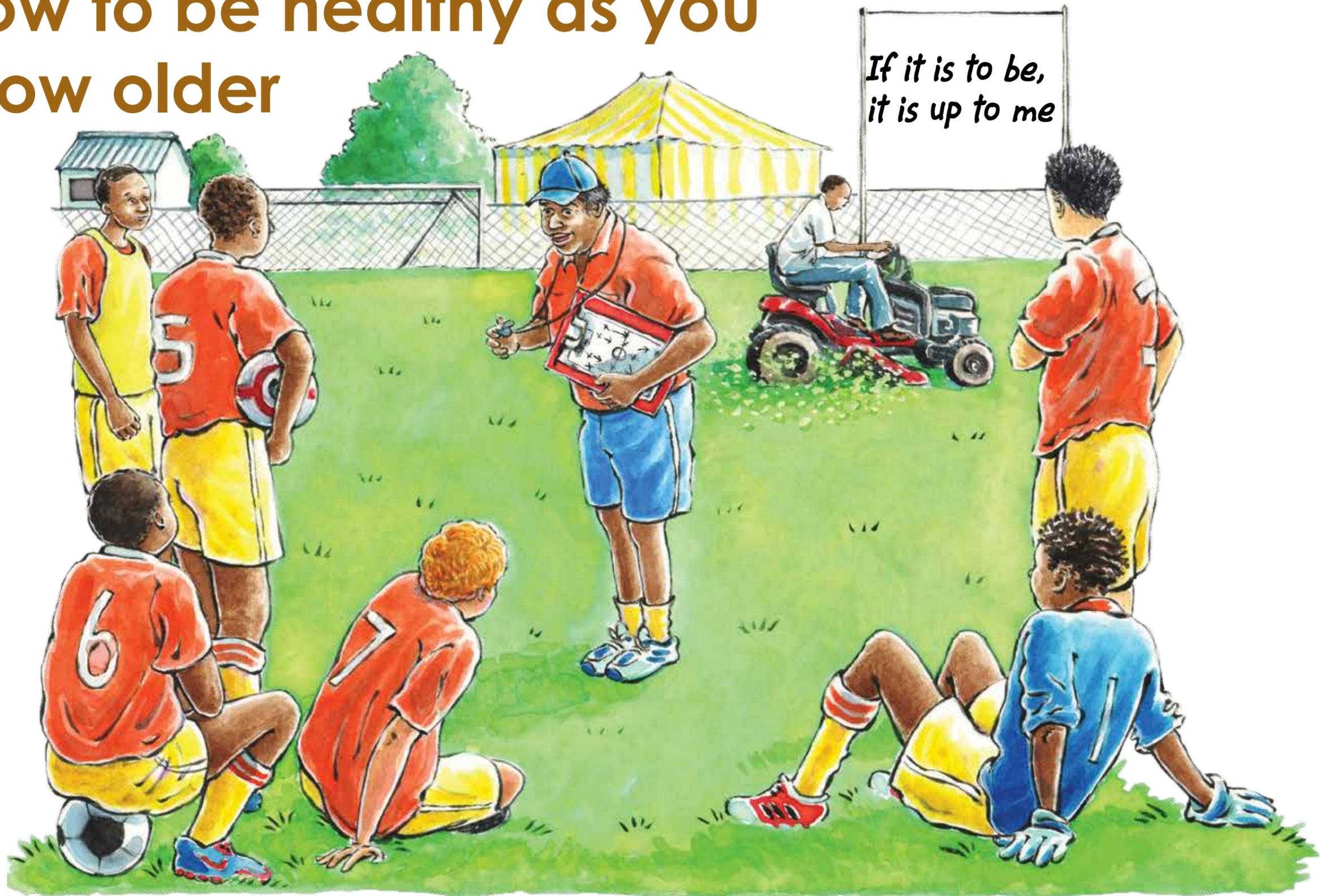
4. What should you do if you find a lump or bleed from anywhere on your body?

- Seek medical help immediately

5. What is the best way to reduce stress?

- Do physical activity 5 times per week for 30 minutes a day eg. wash car, sweep yard, etc.
- Walk more. Walk faster.
- Participate in sport

How to be healthy as you grow older



*If it is to be,
it is up to me*

The older wiser man in the community

1. What does the older, wiser man bring to the community?

- Has lived longer – can share experiences of life
- Pass on knowledge that was learnt
- Discuss traditions with younger people
- Share stories of the past

2. What fears can an older, wiser man in the community have?

- Fear of growing old and sickly
- Fear of death

3. How can he be mentally active?

- Participate in activities with other people
- Read, do quizzes
- Communicate with the young – find out what is 'cool'

4. How can a senior citizen be physically active?

- Move – walk around, do gentle chair exercises

5. How can the older man look after his health?

- Continue with your health checks at the clinic

- Check your hearing and sight
- Seek help early

6. How can you worry less about your finances?

- Is your funeral policy paid up?
- Did you do your will? Where is it?

7. Can religion help an older man?

- Yes, gives purpose and meaning to his life
- Be an elder in the church

8. What would you like others to say about you at your funeral?

- Discuss values such as respect, love, role-model etc.

9. How can you adopt a thankful attitude?

The older wise man in the community



Adopt a thankful attitude

Men's march for better health

- 1. Look at the slogans. Discuss**
- 2. What other slogans could be included?**
- 3. Discuss: Let your life have meaning.**

Men's march for better health

