



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.

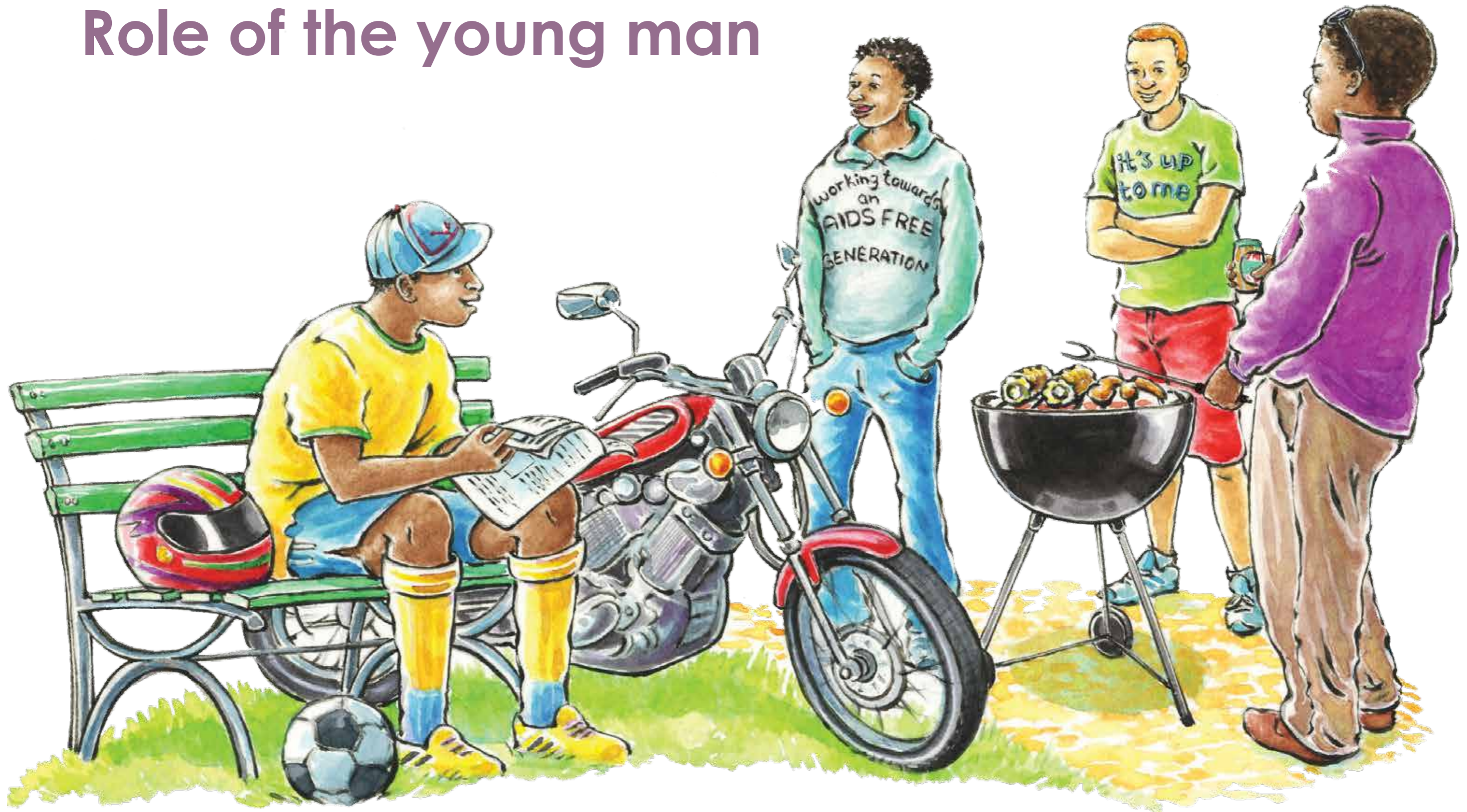
## 6. What role does violence play?

- 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

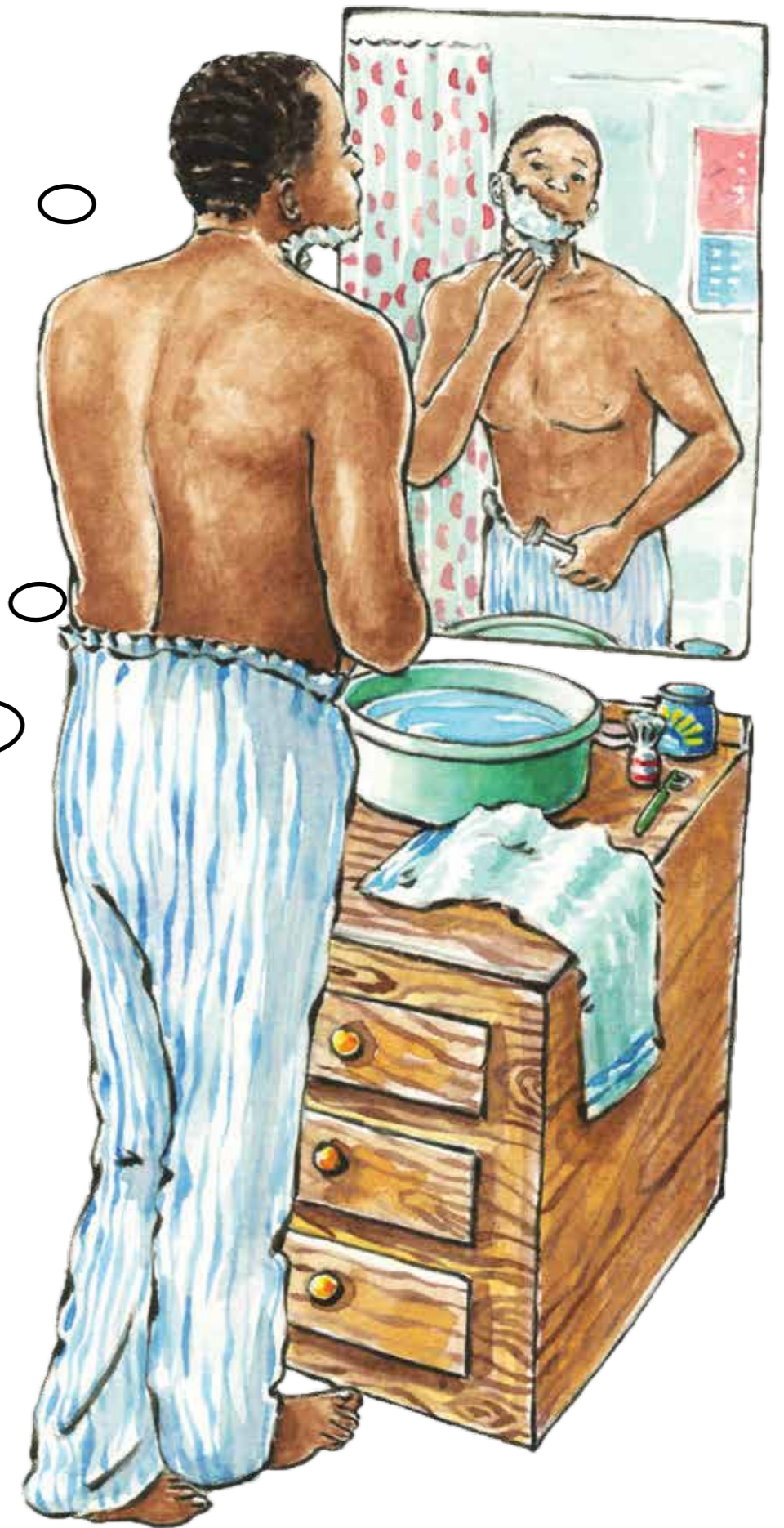
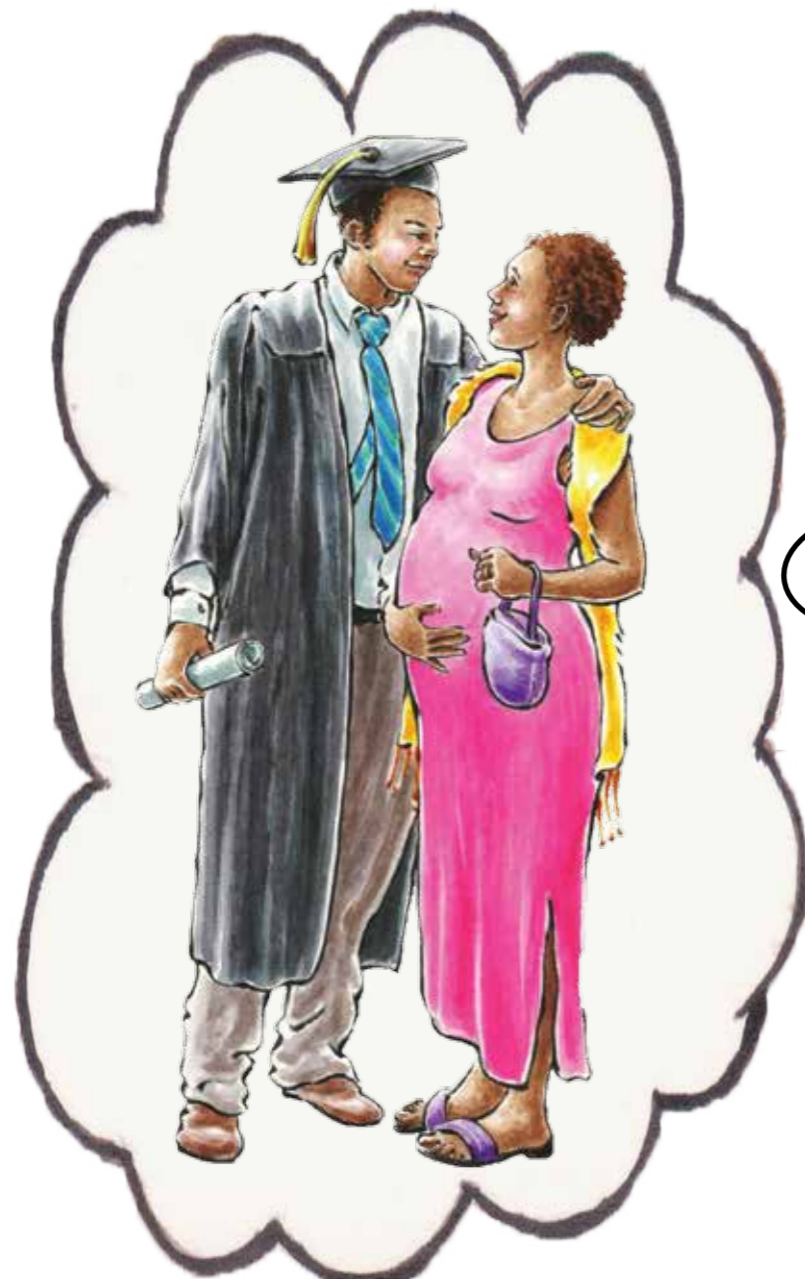
## 5. What is his role as a sportsman?

- 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



# 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)

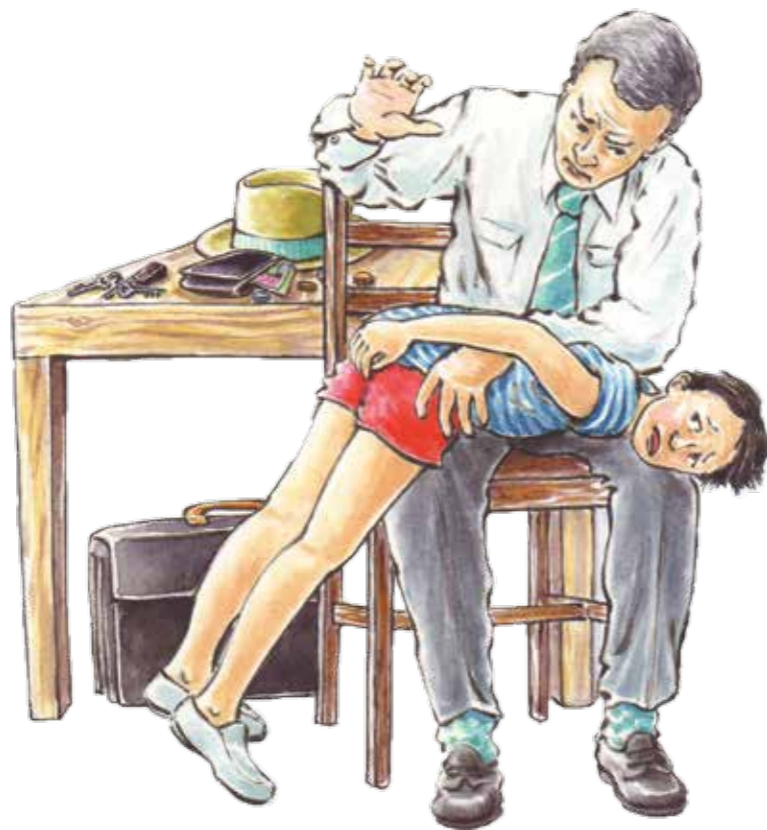
## 5. Why do some fathers go M.I.A (missing in action)?

- 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



Take responsibility for wife and children

# 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

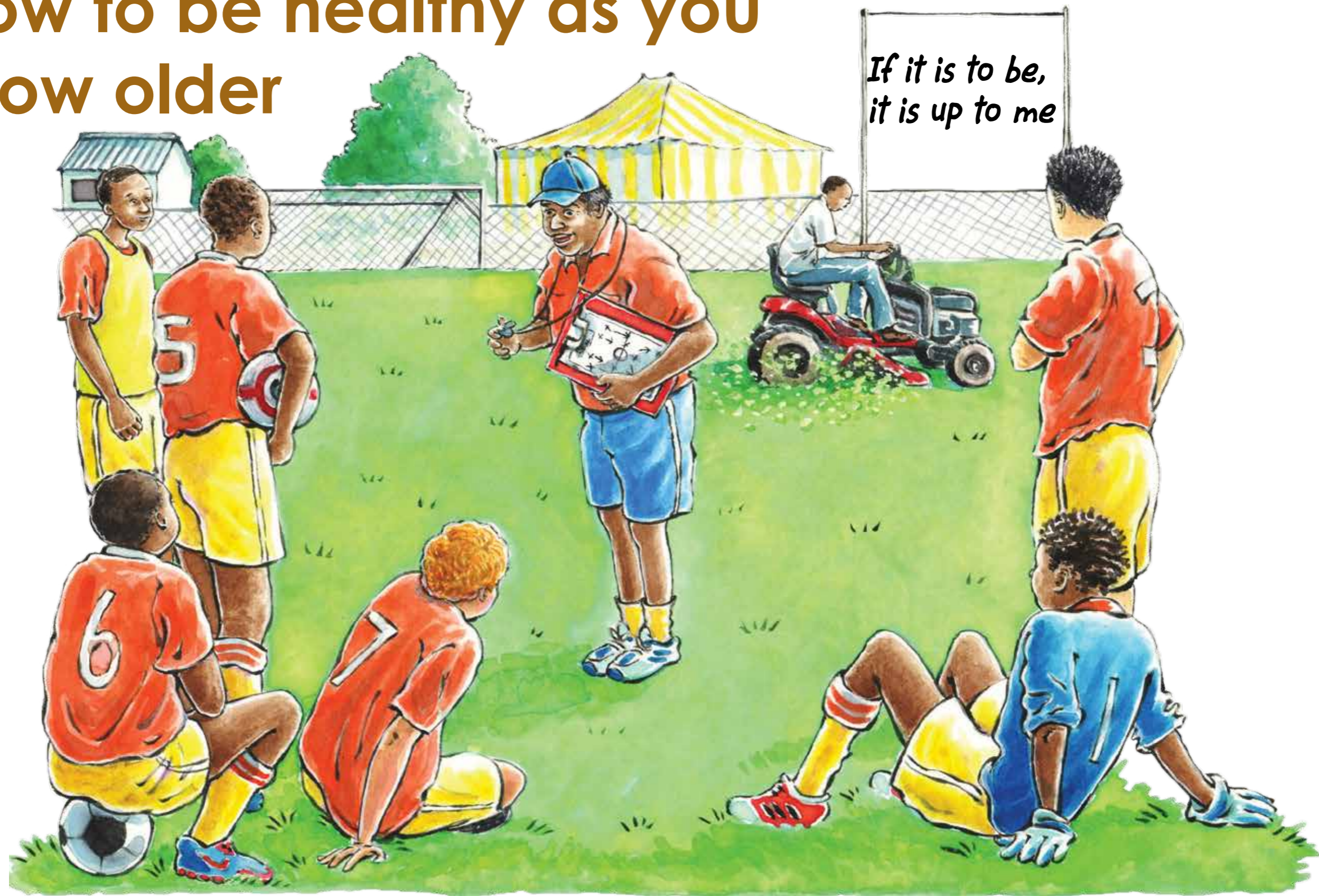
**4. What should you do if you find a lump or bleed from anywhere on your body?**

- 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



# 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



# **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

