



NATIONAL SECRETARIAT

UNIVERSITY TEACHERS ASSOCIATION OF GHANA

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Press Release

INTERNATIONAL MEN'S DAY: *THEME*, "CELEBRATING MEN and BOYS." UTAG-WEO

Today, we join the rest of the world to celebrate International Men's Day, a day set aside to recognize and appreciate the positive contributions of men and boys to families, communities, and the nation at large.

The Women Executive Office of the University Teachers Association of Ghana (UTAG) is using this occasion to shine a light on the often-overlooked efforts of men who serve as fathers, sons, brothers, mentors, leaders, and role models in our society.

Celebrated every year on November 19th, International Men's Day focuses on promoting positive masculinity, improving gender relations, and enhancing the physical and mental well-being of men and boys. It reminds us that creating a balanced and inclusive society requires attention to the needs and experiences of all genders.

We acknowledge the significant role men play in shaping future generations through education, mentorship, and responsible leadership; hence, we need them alive and strong. However, research shows that men are often less likely to seek medical help or mental health support. More importantly, the World Health Organization (WHO) estimates that men die nearly five years earlier than women on average and accounts for about 75% of all suicides worldwide. A reminder of the urgent need to prioritize men's health and emotional wellness.

As part of this year's celebration, UTAG is encouraging open conversations around men's emotional health, work-life balance, and gender collaboration to build stronger families and healthier communities.

In celebrating men and boys, UTAG-WEO reinforces its belief that gender equality is not a competition but a partnership. Supporting men to live healthy, fulfilled lives contributes to the well-being of everyone, strengthens the social fabric of our nation, and fosters respectful and equitable relationships with women and children.

Let us all take a moment today to appreciate the men and boys who inspire, protect, and nurture others in their daily lives. Together, we can promote a culture that values both men and women equally, ensuring a better and more inclusive future for all.

Happy International Men's Day!

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