

Men's Equality Month: November 2025

Theme: Celebrating Men and Boys

Media Toolkit



November is Men's Equality Month (MEM), a time to celebrate men's roles in society and raise awareness about the 12 areas of male disadvantage - see page 3

#GenderEqualityForMen



We encourage global participation in events and activities spotlighting these issues to promote gender equality.

Why Men's Equality Month?

The contributions of men and the unique challenges they face, such as educational disparities, mental health crises, workplace fatalities, and biases in the criminal justice system, have often been overlooked. MEM aims to highlight these issues and foster a balanced society.

A Global Movement

By participating in Men's Equality Month, you are contributing to an emerging global movement to address the disparities faced by men and boys. Together, we can create a society where everyone, regardless of gender, has the opportunity to thrive. Let's make November a month of action, awareness, and advocacy for men's equality!

12 Areas of Male Inequality



1. Education



2. Health



3. The Boy Crisis



4. False Allegations



5. Violence against Men



6. Shared Parenting



7. Victims of Crime



8. Partner Abuse



9. Homelessness



10. Workplace Injury



11. Reproductive Rights



12. Media Bias



International Council for Men and Boys Celebrates International Men's Day

Founded in 1999 and observed globally on November 19, International Men's Day (IMD) shines a spotlight on the contributions and challenges of men and boys. The day highlights critical issues like suicide, mental health, fatherlessness, violence, and educational struggles, while celebrating the positive roles men play in families, communities, and society.

IMD is built on six pillars:

- promoting positive male role models,
- celebrating men's contributions,
- focusing on health and well-being,
- addressing discrimination,
- improving gender relations, and
- creating a safer, fairer world for all.

IMD aligns with the goals of Men's Equality Month by advocating for true gender equality—one that includes the needs and voices of men and boys.



International Council for Men and Boys
3220 N Street, NW, Suite 114
Washington, DC 20007
Email: info@menandboys.net
Telephone: +1-301-801-0608



Lisa Britton

Outstanding Journalist: 2025

The International Council for Men and Boys (ICMB) proudly honors journalist Lisa Britton for her outstanding contributions to the cause of true gender equality. Through her incisive writing and public commentary, Lisa has consistently championed the mental health, education, and well-being of boys and men, while calling attention to the vital role of fathers in healthy families.

Lisa's work courageously challenges prevailing narratives, highlighting the often-overlooked struggles faced by men and boys—from fatherlessness to educational disparities and media bias. Her advocacy has reached national leaders and earned recognition at the highest levels, including Congress and the White House.

Here are some of Lisa's featured articles:

- ['Have you considered helping boys?' The other gender gap - LA Times](#)
- [We Need to Stop Sharing boys - Evie Magazine](#)
- [If Men Aren't The Problem, Who Is?](#)
- [If Women Are Devalued, Why Do They Have To Act Like Men?](#)

Information for ICMB Supporters

Following is a listing of various activities to consider for Men's Equality Month (MEM) and International Men's Day (IMD) on November 19th:

1. Schedule an event.
2. Organize a 'themed march' at the country or state capital on men's and boys' issues.
3. Have a public event with presentations about MEN and International Men's Day.
4. Issue a proclamation with press releases, around a planned event.
5. Schedule a series of podcast interviews during Men's Equality Month and on International Men's Day around the theme you have chosen.
6. Set up a series of local radio interviews throughout MEM and IMD.
7. Have a roundtable discussion with leading government officials and key experts in your country at the Country's Capital
8. Ask government officials (national, state or local) to issue press releases/statements, throughout MEM, especially on International Men's Day.
9. Conduct session/events in local schools for boys or in public forums.
10. Organize a 'health fair' on men and boys' issues,
11. Organize events through local churches in your community,
12. Develop a public media campaign to raise awareness about the health of men and boys
13. Have a radio host or podcast host dedicate a time slot to men and boys' issues on IMD or during MEM in November,
14. Ask lawmakers to give a one-minute speech from the floor of the legislative chamber.
15. Consider writing articles for newspapers, as well as, place on your group's website,
16. Develop a social-media campaign in your country, state or local community.
17. Publish a video or video playlist in support of men, boys, fathers, and families in recognition of IMD or MEM.

SAMPLE SOCIAL MEDIA POSTS

The following are images and sample messages for posts for you to place on your social media channels during Men's Equality Month.

Partner Abuse

Men can be victims, too. Domestic violence doesn't discriminate, but support services often do. Equality means recognizing *all* victims.

#GenderEqualityForMen #MensEqualityMonth
#PartnerAbuse #MenToo



False Allegations

False accusations don't just ruin lives—they erode faith in justice and harm real victims. We need due process, not trial by accusation.

#FalseAllegations
#DueProcess #JusticeForAll



Parental Alienation

When a parent manipulates a child to reject the other, everyone loses.

Parental alienation is emotional abuse—and it must be named and stopped.

#ParentalAlienation
#KidsDeserveBothParents
#SharedParenting



Shared Parenting & Equality

Equal time, equal respect: shared parenting acknowledges both parents' roles. Reforming custody laws is essential for children—and for justice.

#SharedParenting #FathersRights
#MensRights



More SOCIAL MEDIA POSTS

Child Support Reform & Incentives

Under Title IV-D of the Social Security Act, states receive federal incentives tied to how well they enforce child support. It's time to overhaul those incentives so they reward fairness, not undue punishment. #ChildSupportReform #FairParenting



Gender Equality & Media Bias

Let's expand gender equality to include the 12 areas where men and boys face disadvantages. When media portrays men as villains or 'deadbeat dads,' we must challenge that bias. #EqualityForMen #MediaFairness



Men's Health

Where's the Office for Men's Health? With men dying younger and suffering more, it's time governments catch up and look out for me, too. #MensHealth #HealthEquity #GenderEqualityForMen



Male Suicide Crisis

Men account for 4 out of 5 suicides, yet mental health outreach rarely targets them. Let's break the stigma and save lives. #MensMentalHealth #SuicideAwareness #BreakTheSilence



The Boy Crisis

Boys are falling behind—in school, in health, in hope. The 'Boy Crisis' is real, and it's time we faced it head-on.

#BoyCrisis #SupportOurBoys
#GenderEqualityForMen

